



Nutrition Education



Smart Snacking for Seniors

When we eat breakfast, lunch, and dinner it is important to make healthy food choices. But, we must not forget about the importance of smart snacking too! The snacks we have between meals can also help contribute to meeting calorie needs, giving one energy, providing vitamins and minerals, and achieving overall nutrition goals.

Smart Snacking Ideas

- Enjoy carrots or celery dipped in hummus
- Low fat cheese with whole grain crackers
- Greek yogurt with berries and walnuts
- Hard boiled eggs
- Bell peppers dipped in tuna
- Whole grain toast with nut butter and bananas

Here is how to make the most of snack time:

- ⇒ Choose nutrient dense snacks that are rich in vitamins, minerals, protein, healthy fats, and fiber. This includes but not limited to fruits, vegetables, whole grains, lean proteins, low fat dairy, nuts, and seeds.
- ⇒ Limit snacks with added sugars and sodium.
- ⇒ Plan ahead by keeping a variety of nutritious snacks on hand.
- ⇒ Balance carbohydrate based snacks with a little bit of protein for balance and for satiety. For example, eating apples with peanut butter.
- ⇒ Avoid highly processed snacks with limited nutrients such as chips, pastries, donuts, candy, sugar sweetened items and fast foods.

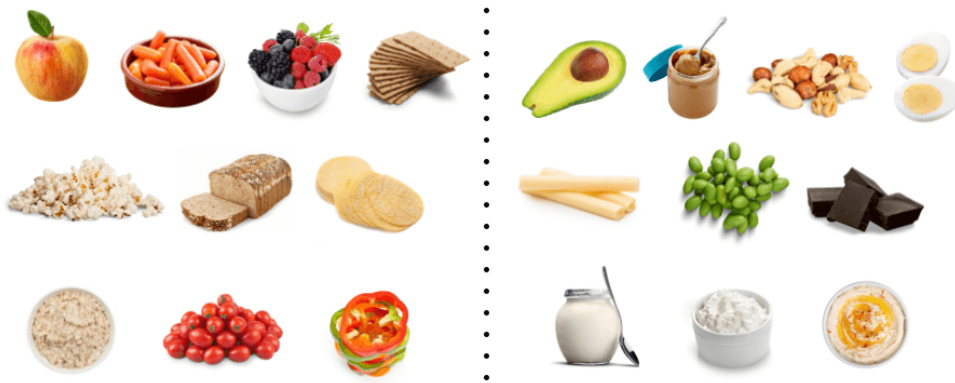
Remember to stay hydrated in between meals as well!

Smart Snacking Combinations

Pick one of these:

+

Add these:



Sources:
 Eatright.org & Understanding Nutrition
 by Whitney Roles

Created by Heather Cuellar, RD













Presented by Becky Bruno,
 Senior Services Project Coordinator

August 2024

Senior Rate: \$4 contribution per meal
 Any additional contribution is greatly appreciated.
 No registered senior will be denied a meal due to inability to give. **Guests under 60: \$14 flat fee**

AUGUST 2024

Indicate meal choice: Meet & Eat, or Take Away

Mon	Tue	Wed	Thu	Fri
1% Milk served each meal Menu subject to change without notice.	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day		1	2
			Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit 	Coconut Curry Cod Cilantro Lime Coleslaw Seasoned Cauliflower+ Rice Pilaf Fruit
5	6	7 	8	9
Chicken Salad w/Raisins over Romaine, Tomato, & Cucumber Lemony Mushroom and Orzo Soup WW Crackers, Fruit+	Ginger Beef Bowl Carrots* Brown Rice Fruit+	Pesto Tortellini Primavera+* Roasted Cauliflower+ Garlic Bread Fruit Dessert (M&E only) 	Baked Cod w/Melted Leeks Sauce* Carrots* Brussels Sprouts+ Rice Pilaf Fruit	Apricot Glazed Chicken Vegetable Blend+* Spinach Medley Salad WW Roll Fruit
12	13	14	15	16 
Chicken Cacciatore+ over WW Pasta Spinach Medley Salad Fruit 	Imitation Crab & Egg Salad over Romaine* with Tomato Minestrone Soup+ WW Bread, Fruit+	Pork Adobo Asian Blend Vegetables Baby Carrots* Garlic Brown Rice Fruit+	Turkey & Cheese Sandwich on WW Bread w/Lettuce, Tomato, & Onion Broccoli Raisin Salad+ Fruit	Spinach Mushroom Lasagna* House Salad* Garlic Bread Fruit+ 
19	20 	21	22	23
Southwestern Baked Cod Southwest Side Salad Carrots* Rice Pilaf Fruit+, Dessert (M&E only)	Veggie Chili House Salad* Cornbread Fruit+ 	Meatball Sub w/Marinara Sauce on Sourdough Hoagie Chef's Choice Soup* Fruit+	Chicken Gyro w/Tzatziki Sauce Fresh Cucumber & Tomato Roasted Vegetables+ WW Pita, Fruit	Garlic Ginger Glazed Pork Roasted Broccoli+ Carrot Coins* Brown Rice Fruit
26 	27	28	29 	30
Veggie Burger on WW Bun with Lettuce, Tomato, & Onion Chickpea Carrot Salad* Fruit+	Garlic Rosemary Lemon Chicken Rosemary Red Potatoes Green Beans WW Roll, Fruit+	Baked Cod w/Bell Pepper Relish Brussels Sprouts+ Peas and Carrots* Brown Rice, Fruit	Veggie Quiche+* Vegetable Medley Salad* Fruit 	Asian Chicken Salad+ Ginger Sweet Potato Soup* WW Roll Fruit

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Subaru Share the Love, Cities of Hayward, San Leandro & Union City, Eden Health District, AWS InCommunities Hayward Fund, and Hayward Rotary Club.

For reservations, contact sites directly. For other inquiries, call our Main kitchen (510) 785-1997 Program manager, Jessica Moses: JMoses@SpectrumCS.org