



Nutrition Education



Healthy Frozen Food options to add to your grocery list:

Frozen Fruits & Veggies

- berries
- pineapple
- carrots
- spinach
- peas
- and more...

Frozen Lean Proteins

- chicken
- fish
- turkey burgers

Frozen Whole Grains

- brown rice
- whole grain waffles

Information obtained from:
Eatright.org

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Frozen Foods

Frozen foods can be a convenient and healthy option when shopping for food or when used for preparing meals. While you should continue to eat fresh foods when possible, you can still maintain a healthy diet by incorporating frozen foods.

Benefits of Frozen Foods:

- Frozen fruits and vegetables are picked at their peak ripeness and then frozen immediately which helps to preserve nutrients and offers a long shelf life.
- Frozen foods are both convenient and affordable.

<p>HELP REDUCE FOOD WASTE due to portion control & longer shelf life</p>	<p>EXTEND SHELF-LIFE retains the quality of foods over long storage periods</p>	<p>JUST AS NUTRITIOUS choose no added sugar or low salt options</p>	<p>CHEAP & CONVENIENT save time & money</p>
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Choosing Frozen Foods:

- Some frozen foods can be high in sodium, saturated fat, and added sugar. When choosing frozen foods, it is important to read food labels and the ingredient list to help you make a healthy and informed choice. Try choosing frozen foods low in sodium, low in saturated fats, high in fiber, low in added sugar, and high in vitamins and minerals.
- Don't forget to read the thawing and cooking directions on frozen packages carefully to safely thaw and cook food items.



Mon	Tue	Wed	Thu	Fri
1% Milk served each meal <i>Menu subject to change without notice.</i>	Meal Options Meet & Eat: Dine at site Grab & Connect: To-go with participation in Zoom activity Take-Away: To-go with no social activity	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat = Vegetarian Day		
4 Blackened Cod with Creole Sauce+ Rosemary Red Potatoes Vegetable Blend+* Cornbread, Fruit	5 Baked Lemon Chicken with Mushroom Sauce Bean Soup with Kale+ Brown Rice Fruit	6 Pesto Tortellini Primavera+* Green Beans Garlic bread Fruit <i>Dessert (Meet & Eat only)</i>	7 Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit 	8 Turkey Sloppy Joes+ on WW Bun Cowboy Caviar Vegetable Medley Salad* Fruit
11 Beef Stew* Tossed Vegetable Salad* WW Roll Fruit+	12 Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes & Onions Pinto Beans WW Tortilla, Fruit	13 Coconut Curry Cod over Rice Pilaf Seasoned Cauliflower+ Carrots* Fruit	14 Pasta w/Marinara Sauce House Salad Garlic Bread Fruit+	15 Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit
18 Turkey Chili Vegetable Medley Salad* Cornbread Fruit+	19 Asian Veggie Curry* Broccoli+ Brown Rice Fruit	20 Chicken Enchilada Verde Casserole*+ Black Beans Steamed Corn Fruit 	21 Baked Cod with Melted Leeks Sauce* over Couscous Turmeric Lentil Lemon Soup+ Fruit	Holiday Meal 22 Pot Roast with Gravy Mashed Potatoes Southern Style Collard Greens WW Roll Fruit+, <i>Dessert (M&E only)</i>
Closed for Holiday 25 	Closed for Holiday 26 	27 Thai Chicken Broccoli Entrée Soup+ Sesame Ginger Noodle Salad+ Fruit	28 Pork Adobo Steamed Bok Choy*+ Carrots* Garlic Rice Fruit	29 Greek Cod w/Potatoes, Scallions, Tomatoes+ Over Orzo Blend+ Cold Beet & Garlic Salad Fruit