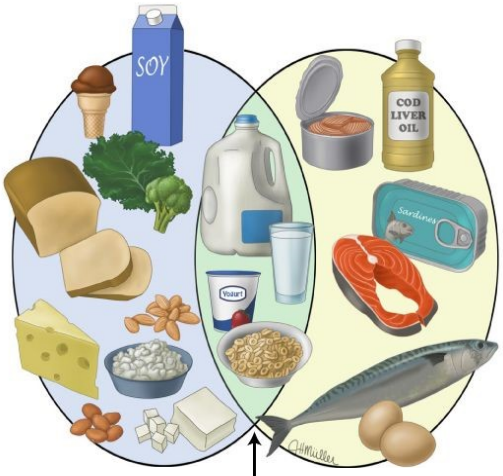
SPECTRUM COMMUNITY SERVICES, INC.

MEALS ON WHEELS AMERICA 2024 MEMBER

Nutrition Education



Fun Fact:

Did you know that doing weight bearing activities daily can help stimulate bones and makes them stronger?

Sources:
Eatright.org and
Understanding Nutrition by Whitney Roles

Created by Heather Cuellar, RD
Presented by: Becky Bruno,
Senior Services Project Coordinator

October 2024

Calcium and Vitamin D

Getting adequate calcium and vitamin D is essential for bone health. Calcium is often highlighted the most when it comes to maintaining strong bones. However, vitamin D also plays an important role by helping the body to absorb calcium and by bringing calcium to the bones and teeth. If you are not getting enough calcium and vitamin D, your bones may suffer and become weak.

What are food sources of calcium and vitamin D?

Calcium: Most common in dairy products such as milk, cheese, and yogurt. There are also calcium fortified foods found in certain juices, plant based milks, cereals, and tofu. Nondairy calcium sources include almonds, broccoli, bok choy, and collard greens.

Vitamin D: Known as the "sunshine" vitamin because your body can convert sunlight into vitamin D. Vitamin D is not as common in everyday foods, but you can find it in salmon (and other fatty fish), egg yolks, beef liver, some mushrooms, and vitamin D fortified foods such as orange juice.

Tips to increasing your intake of calcium and vitamin D:

1. Spend 5-10 minutes in the sun, 2-3 times per week (to get your vitamin D) while enjoying a cup of milk (to get your calcium). Remember to use sun protection to avoid over exposure.
2. When grocery shopping, remember to read food labels and look for foods that have calcium or vitamin D or have been "fortified" with calcium or vitamin D.
3. Consume 8 ounces of milk or a calcium fortified milk alternative with a meal.
4. Try eating more fatty fish such as salmon, mackerel, herring and sardines.
5. Include a side of calcium rich greens to your meals.

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OCTOBER 2024

DOWNTOWN OAKLAND SENIOR CENTER
(510) 238-3284 | DOSC@oaklandca.gov
Lunch Pick Up 12-12:30PM, RSVP 72 hrs ahead
Indicate meal choice: Meet & Eat, Grab & Connect, Take-Away

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**

Mon	Tue	Wed	Thu	Fri
1% Milk served each meal ***Menu subject to change without notice.***	✓ 1 Pesto Tortellini Primavera+* Roasted Cauliflower+ Garlic Bread Fruit	2 Apricot Glazed Chicken Vegetable Blend+* Spinach Medley Salad WW Roll Fruit	3 Ginger Beef Bowl Carrots* Brown Rice Fruit+	4 Chicken Salad w/Raisins over Romaine, Tomato & Cucumber+ Lemony Mushroom and Orzo Soup WW Crackers, Fruit
7 Pork Adobo Steamed Spinach* Carrots* Garlic Rice Fruit+	8 Chicken Leek Pie* with a Biscuit Tossed Vegetable Salad* Fruit+	9 Greek Cod w/Potatoes, Scallions, Tomatoes+ Cold Beet & Garlic Salad WW Roll Fruit	*NEW* ✓ 10 Black Bean & Quinoa Bowl+ Spinach Salad w/Carrots & Cherry Tomatoes+* Fruit	11 Thai Chicken Broccoli Entrée Soup+ Sesame Ginger Noodle Salad+ Fruit
✓ 14 Veggie Chili House Salad* Broccoli+ Cornbread Fruit	15 Cod Fish Tacos+ on WW Tortillas w/Mexican Slaw Black Beans+ Azteca Soup+*, Fruit	16 Turkey Cabbage Roll Entrée Soup*+ Tossed Vegetable Salad* WW Roll Fruit	*NEW* 17 Open Faced Chicken Sandwich on WW Bread Mashed Potatoes w/Gravy Lemon Pepper Broccoli+ Fruit	*NEW* 18 Beefy Chili Mac (WW Pasta) Vegetable Blend+* Baby Carrots* Fruit
21 Chicken Stew* Spinach Medley Salad+ WW Roll Fruit	*NEW* ✓ 22 Moroccan Chickpeas Lentil Salad Roasted Sweet Potatoes*+ Couscous Fruit	23 Chicken Parmesan w/Marinara Sauce over WW Pasta Cesar Salad Carrots*, Fruit+	24 Baked Cod w/ Sundried Tomato Sauce Rice Pilaf Hearty Vegetable Soup+* Fruit	25 Turkey & Veggie Sauté Roasted Cauliflower+ Brown Rice Fruit
28 Southwestern Baked Cod over Cilantro Rice Mexican Coleslaw+ Chef's Choice Soup Fruit	*NEW* 29 Turkey, Spinach & Cheese Frittata Garlic Roasted Potatoes Roasted Brussels Sprouts+ WW Roll Fruit	✓ 30 Pasta w/ Marinara Sauce House Salad* Garlic Bread Fruit+	HALLOWEEN MEAL 31 "Drippy Bones" < > *(Chicken Drumsticks drizzled w/Marinara & Pesto Sauce)* Pumpkin Soup* Peas and Carrots* Garlic Bread, Fruit+	<u>KEY</u> + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat ✓ = Vegetarian Day

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