











**NORTH OAKLAND SENIOR CENTER**  
To reserve a lunch, call or email 24 hours in advance.  
(510) 597-5085 | NOSC@oaklandca.gov

**Suggested donation: \$3.75**  
Guests under 60 may purchase a meal for \$10.00  
Any additional contribution is greatly appreciated.  
No registered senior over 60 will be refused a meal due to lack of funds.

Mon	Tue	Wed	Thu	Fri
<p><b>2</b></p> <p>Baked Cod w/ Lemon-Caper Sauce Tomato Florentine Soup* Green Beans Brown Rice Fruit+</p>	<p><b>NEW 3</b></p> <p>Chef Entrée Salad WW Roll Fruit+</p> 	<p><b>NEW 4</b></p> <p>Shelf Stable Meal with fresh fruit and milk. <b>OLDER AMERICANS MONTH</b> <b>VIRTUAL WATCH PARTY</b></p>	<p><b>Cinco de Mayo 5</b></p> <p>Pork Carnitas &lt;&gt; Lentil Taco Soup Salad w/Fruit and Nuts +* Spanish Rice Garnish: sour cream, tortilla chips, lime wedge</p> 	<p><b>6</b></p> <p>Glazed Meatloaf Mashed Potatoes w/Gravy Peas &amp; Carrots* WW Roll Fruit+</p>
<p><b>9</b></p> <p>Egg Salad Sandwich on WW Bread w/ Lettuce, Tomato and Onion Chef's Choice Soup Fruit+</p>	<p><b>10</b></p> <p>Turkey Chili Tossed Vegetable Salad Cornbread Fruit + Garnish: cheese and onion</p>	<p><b>NEW 11</b></p> <p>Veggie Stir Fry House Salad* Brown Rice Fruit + Dessert</p> 	<p><b>12</b></p> <p>Chicken Gumbo w/Okra Red Beans Brown Rice Fruit+</p>	<p><b>13</b></p> <p>Southwestern Baked Cod Southwest Side Salad Carrots * Rice Pilaf Fruit+</p> 
<p><b>NEW 16</b></p> <p>Meatball Sub Italian Cut Green Beans Spinach Medley Salad* Fruit+ Garnish: shredded cheese</p>	<p><b>17</b></p> <p>Herb Baked Chicken Potato Cabbage Soup Peas &amp; Carrots * WW Roll Fruit+</p> 	<p><b>18</b></p> <p>Baked Cod w/Coconut Curry Sauce Cabbage Slaw Seasoned Cauliflower+ Rice Pilaf, Fruit</p>	<p><b>19</b></p> <p>Pasta w/ Marinara Sauce Brussels Sprouts + House Salad* Garlic Bread Fruit</p> 	<p><b>20</b></p> <p>Sweet &amp; Sour Pork Broccoli + Asian Blend Vegetables Brown Rice Fruit</p>
<p><b>23</b></p> <p>Imitation Crab &amp; Egg Salad over Romaine w/tomato Hearty Vegetable Soup* WW Bread Fruit +</p> 	<p><b>24</b></p> <p>Chicken Veggie Fajitas+ Black Beans Soft WW Tortillas Fruit Dessert Garnish: sour cream</p>	<p><b>NEW 25</b></p> <p>Pesto Tortellini Primavera+ Tomato Soup Garlic bread Fruit</p> 	<p><b>26</b></p> <p>Albondigas Entrée Soup +* with Meatballs Tossed Vegetable Salad Roasted Corn Tortilla Chips Fruit</p>	<p><b>27</b></p> <p>BBQ Chicken Sandwich on WW Bun w/ Lettuce, Tomato and Onion Broccoli Cranberry Salad + Fruit</p>
<p><b>HOLIDAY 30</b></p> <p>CENTER CLOSED <b>MEMORIAL DAY</b> REMEMBER &amp; HONOR</p> 	<p><b>NEW 31</b></p> <p>Moroccan Chickpeas Baked Sweet Potatoes*+ House Salad* Couscous Fruit</p>	 <p><b>MAY IS OLDER AMERICANS MONTH</b></p>	<p><b>1% Milk served each meal</b></p> <p><b>Menu subject to change without notice</b></p>	<p><b>KEY</b></p> <p>+ Vitamin C Source * Vitamin A Source &lt; &gt; High Sodium Day WW = Whole Wheat</p>



# Nutrition Education



## The Importance of Water

Did you know that water is one of the body's most important and essential nutrients? Staying properly hydrated is crucial to overall health. It is a good habit to be aware of your daily water intake to avoid dehydration.

### Ways to Hydrate

- Carry a refillable water bottle with you wherever you go
- Set a timer to remind you to drink water
- Keep a glass of water next to you while you are at home
- Make water your drink of choice
- Add fruit to your water for natural added flavoring

**Fun Food Facts:** Some fruits and vegetables can contain up to 90% water! **Try including hydrating foods into your diet** such as watermelon, lettuce, strawberries, celery, fat free milk, oranges and more.



### What does water do?

- Helps carry nutrients throughout your body
- Maintains blood volume
- Helps to protect and cushion the body including your organs
- Aids in regulation of body temperature

### What is Dehydration?

Dehydration occurs when you lose more water than you are taking in. Keep in mind that it does not have to be a hot sunny day for a person to get dehydrated as dehydration can occur during any type of weather. **Signs of dehydration include: thirst, dry mouth, dry lips, headache, weakness, reduction in urine, dizziness, dark yellow urine color, and more.**

### Water recommendations

The most common recommendation for water is to drink eight – 8 oz of water per day (totaling 64 oz per day). This is a general recommendation as water/fluid needs vary person to person depending on factors such activity level, diet, and medical conditions.



*Did you know a person could survive weeks without food, but a person could not survive several days without water? That is just one indicator of how important water intake is.*

Sources:  
Understanding Nutrition by Whitney/Rolfes  
The Academy of Nutrition and Dietetics

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