







AUGUST 2021

Spectrum is working in collaboration with SOS Meals on Wheels to deliver chilled, portioned meal for takeout.



DOWNTOWN OAKLAND SENIOR CENTER
*To reserve your take-out meal,
 please call (510) 238-3284 or email DOSC@oaklandca.gov
 72 hours in advance indicating the days of your choice.*

Mon	Tue	Wed	Thu	Fri
2 Cheese Enchiladas Black Beans Fiesta Corn Seasonal Fresh Fruit+	3 Chicken Jambalaya with White Rice Capri Vegetables+ Cinnamon Apples	4 Cold Salad Meal Tuna Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+ 	5 Brown Rice, Black Bean and Chicken Burrito Bowl Sweet Corn w/ Peppers Broccoli+ Fresh Fruit	6 Beef Stroganoff over Egg Noodles Green Peas Baby Carrots* Fresh Fruit+
9 Pasta Primavera+ with WW Rotini Yams*+ Spiced Apples 	10 Pork Loin with Country Gravy over Brown Rice Mixed Vegetables* Zucchini Fresh Fruit+	11 Cold Salad Meal Asian Chicken Salad Noodles*+ Edamame Mandarin Oranges Wheat Crackers, LS V8+	12 Chicken Cacciatore+ over Wheat Pasta Green Beans Cauliflower+ Fresh Fruit	13 Beef Chow Mein Broccoli+ Mixed Vegetables*+ Seasonal Fresh Fruit
16 Cheesy Pasta Bake Lima Beans Cauliflower w/Red Peppers+ Fresh Fruit	17 Salisbury Steak Mashed Potatoes Brussels Sprouts+ Wheat Bread Fresh Fruit	18 Cold Salad Meal Chicken Ranch Salad on Romaine+ 3-Bean Salad Marinated Tomatoes Wheat Crackers, LS V8+	19 BBQ Pork Riblet Pinto Beans Broccoli+ Wheat Bread Fruit 	20 Beef Stew Mashed Potatoes Spinach* Seasonal Fresh Fruit+ Wheat Roll
23 Pancakes Veggie Sausage Breakfast Potatoes Warm Apricots	24 Breaded Catfish with Herbed Orzo Broccoli+ Corn w/Red Peppers Seasonal Fresh Fruit	25 Cold Salad Meal Southwest Chicken Salad on Romaine+ Pasta & Vegetable Salad Pineapple Tidbits LS V8+	26 Chicken Dijon over WW Penne Pasta Mixed Vegetables*+ Herb Roasted Potatoes Fresh Fruit	27 Beef Tamales Pinto Beans Mixed Vegetables* Seasonal Fresh Fruit+
30 Vegetarian Frittata Cauliflower Broccoli+ Wheat Roll Seasonal Fresh Fruit	31 Turkey Burger on Wheat Bun Green Beans Carrots* Seasonal Fresh Fruit+ 	1% Milk served each meal Menu subject to change without notice	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat	Suggested donation: \$3.75 Any additional contribution is greatly appreciated. No registered senior over 60 will be refused a meal due to lack of funds.

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Fremont Bank Foundation, San Francisco Foundation, Meals on Wheels America, Cities of Hayward & San Leandro.
 For reservations, call sites directly. Program Manager, Becky Bruno email: BBruno@SpectrumCS.org



Nutrition Education



Why is it important?

- Vitamin C is necessary to form blood vessels, cartilage, muscle, and collagen in bones.
- It is an antioxidant that protects our body's cells from damage.
- It supports a healthy immune system. There is evidence that vitamin C can reduce risk of cancer, the common cold and eye diseases.

Sources:

*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3727637/>

<https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>

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August 2021

VITAMIN C



A study* on vitamin C showed that maintaining healthy vitamin C levels can protect against age-related cognitive decline and Alzheimer's disease, and the most beneficial way to avoid a vitamin C deficiency is through a healthy, balanced diet.

What is Vitamin C?

Vitamin C is an essential vitamin, and because your body cannot make vitamin C it must come from the food you eat every day.

What Foods Provide Vitamin C?

Fruits and vegetables are the best sources of vitamin C. You can get recommended amounts of vitamin C by eating a variety of foods including the following:



- **Citrus fruits** (such as oranges and grapefruit) and their juices, as well as **red and green peppers and kiwifruit**, which have a lot of vitamin C.
- **Other fruits and vegetables** - such as broccoli, strawberries, cantaloupe, baked potatoes, and tomatoes - which also have vitamin C.
- **Some foods and beverages that are fortified with vitamin C.** To find out if vitamin C has been added to a food product, check the product labels.

How Much Do We Need?



It is recommended that older adults **consume between 75-90 mg of vitamin C per day.**