



June 2021 

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



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

Mon	Tue	Wed	Thu	Fri
<p><b>Suggested donation: \$3.75</b>                      Any additional contribution is greatly appreciated.</p> <p>No registered senior over 60 will be refused a meal due to lack of funds.</p>	<b>1</b>	<b>Cold Salad Meal 2</b>	<b>3</b>	<b>4</b>
	Chicken Jambalaya over White Rice Capri Vegetables+ Cinnamon Apples	Tuna Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+	Brown Rice, Black Bean and Chicken Burrito Bowl Sweet Corn w/ Peppers Broccoli+ Fresh Fruit	Beef Stroganoff over Egg Noodles Green Peas Baby Carrots* Seasonal Fresh Fruit+
<b>7</b>	<b>8</b>	<b>Cold Salad Meal 9</b>	<b>10</b>	<b>11</b>
Pasta Primavera+ with WW Rotini Yams*+ Spiced Apples	Pork Loin and Country Gravy with Brown Rice Mixed Vegetables* Zucchini Seasonal Fresh Fruit+	Asian Chicken Salad Noodles*+ Edamame Mandarin Oranges Wheat Cracker, LS V8+	Chicken Cacciatore+ over Wheat Pasta Green Beans Cauliflower+ Fresh Fruit	Beef Chow Mein Cabbage+ Mixed Vegetables*+ Seasonal Fresh Fruit 
<b>14</b>	<b>15</b>	<b>Cold Salad Meal 16</b>	<b>17</b>	<b>18</b>
Cheesy Pasta Bake Lima Beans Cauliflower w/Red Peppers+ Fresh Fruit 	Salisbury Steak Mashed Potatoes Brussels Sprouts+ Wheat Bread Fresh Fruit	Chicken Ranch Salad on Romaine+ 3-Bean Salad Marinated Tomatoes Wheat Crackers, LS V8+	BBQ Pork Riblet Pinto Beans Broccoli+ Wheat Bread Fruit	Beef Stew Mashed Potatoes Spinach* Wheat Roll Seasonal Fresh Fruit+
<b>21</b>	<b>22</b>	<b>Cold Salad Meal 23</b>	<b>24</b>	<b>25</b>
Pancakes Veggie Sausage Breakfast Potatoes Warm Apricots	Breaded Catfish over Herbed Orzo Broccoli+ Corn w/Red Peppers Seasonal Fresh Fruit	Egg Salad on Romaine Pineapple Coleslaw+ Fruit Cocktail Wheat Crackers LS V8+	Chicken Dijon over WW Penne Pasta Mixed Vegetables*+ Spinach* Fresh Fruit	Beef Tamales Pinto Beans Mixed Vegetables* Seasonal Fresh Fruit+
<b>28</b>	<b>29</b>	<b>Cold Salad Meal 30</b>	<b>1% Milk served each meal</b>	
Cheese Enchiladas Pinto Beans Fiesta Corn Seasonal Fresh Fruit+	Turkey Burger on Wheat Bun Green Beans Carrots* Seasonal Fresh Fruit+	Southwest Chicken Salad on Romaine+ Pasta and Vegetable Salad, LS V8+ Pineapple Tidbits	<b>Menu subject to change without notice</b>	
			<b>KEY</b> + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat LS = Low Sodium	

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](mailto:BBruno@SpectrumCS.org)



# Nutrition Education



## Staying Hydrated

As summer approaches so does the warmer weather. It is important to hydrate properly not only as the temperatures rise but throughout the entire year. Proper hydration, especially from water, supports good health.

### Ways to Hydrate

- ◆ Carry a refillable water bottle with you wherever you go
- ◆ Keep a glass of water next to you while you are at home
- ◆ Make water your drink of choice instead of soda
- ◆ Add fruit to your water for natural added flavoring
- ◆ Increase consumption of high water content foods such as eating melons and soups

### Water

Did you know 60% of your body is made of water? Water is an essential nutrient that plays a crucial role in keeping your body systems working properly. In fact, water is needed each day more than any other nutrient.

### Dehydration

It is normal to lose body water from everyday processes such as going to the bathroom or sweating from being physically active. But, if you lose more water than you are taking in, your body can become dehydrated. 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.

### Water recommendations

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



Did you know the color of your urine can help you determine if you are drinking enough water? If you are drinking enough water your urine should be a clear or pale yellow. If you are not drinking enough water your urine will appear as darker yellow.

Information obtained from:  
Understanding Nutrition by Whitney/Rolfes  
The Academy of Nutrition and Dietetics

Created by: Heather Cuellar, RD  
and Becky Bruno, Spectrum Program  
Manager

June 2021