

Washoe County Senior Nutrition

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals are offered to seniors 60 and older for a suggested \$2.00 donation</p> <p>Individuals under 60 may purchase a meal for \$4.00</p> <p>Milk & condiments served with meals</p> <p>*A substitute item prepared with less sugar will be available.</p>	 <p>an elior company</p>	 <p>Washoe County Senior Services 775.328.2575 www.washoecounty.us/seniorsrv</p>		<p>1</p> <p>Homestyle Turkey Patty Poultry Gravy Whipped Potatoes Glazed Baby Carrots Whole Wheat Roll Fresh Orange</p> <p><i>Chicken Caesar Salad</i> <i>Caesar Salad Dressing</i></p>
<p>4</p> <p>Baked Chicken Breast Balsamic Onion Jam Sweet Potato Casserole Broccoli Whole Wheat Roll Fresh Banana</p> <p><i>Krab Cake Salad</i> <i>Creamy Italian Dressing</i></p>	<p>5</p> <p>Beef Patty Lettuce and Tomato Tater Tots Baked Beans Whole Wheat Hamburger Bun Mixed Fruit</p> <p><i>Turkey Chef Salad</i> <i>Ranch Salad Dressing</i></p>	<p>6</p> <p>Whole Grain Fish Sticks Macaroni and Cheese French Green Beans Multi-Grain Bread Fresh Orange</p> <p><i>Fall Harvest Salad</i> <i>Balsamic Vinaigrette</i></p>	<p>7</p> <p>Cuban Citrus Mojo Chicken Lentil Vegetable Pilaf Brussels Sprouts Whole Wheat Roll Fresh Apple</p> <p><i>Roast Beef Chef Salad</i> <i>Italian Salad Dressing</i></p>	<p>8</p> <p>Beef Tips w/Gravy Egg Noodles Green Peas Diced Carrots Multi-Grain Bread Tropical Fruit</p> <p><i>Taco Salad</i> <i>Taco Sauce</i></p>
<p>11</p> <p><i>Closed for Holiday</i></p> <p><i>Veteran's Day</i></p>	<p>12</p> <p>Baked Chicken Breast Spinach Artichoke Sauce Northern Beans Brussels Sprouts Whole Wheat Roll Fresh Banana</p> <p><i>Turkey Club Salad</i> <i>Blue Cheese Dressing</i></p>	<p>13</p> <p>Roasted Pork Brown Gravy Garlic Whipped Potatoes Garlic Spinach Cornbread Fresh Pear</p> <p><i>Mango Chicken Salad</i> <i>Balsamic Vinaigrette</i></p>	<p>14</p> <p>Spaghetti Meat Sauce Whole Grain Spaghetti Noodles Cauliflower Mixed Green Salad Whole Wheat Garlic Breadstick Mixed Fruit Crisp</p> <p><i>Seafood Salad</i> <i>1000 Island Dressing</i></p>	<p>15</p> <p>Fajita Chicken Mexican Rice Pinto Beans Whole Grain Corn Tortilla Fresh Orange</p> <p><i>Turkey Garden Salad</i> <i>Italian Dressing</i></p>
<p>18</p> <p>Chicken Cordon Bleu Lemon Roasted Potatoes Brussels Sprouts Whole Grain Roll Fresh Pear</p> <p><i>Krab Cake Salad</i> <i>Creamy Italian Dressing</i></p>	<p>19</p> <p>Pork Loin Sesame Mustard Sauce Lentil Vegetable Pilaf Glazed Carrots Whole Wheat Bread Fresh Orange</p> <p><i>Turkey Chef Salad</i> <i>Ranch Salad Dressing</i></p>	<p>20</p> <p>Asian Beef Fried Rice Japanese Vegetable Blend Cucumber Tomato Salad Whole Grain Roll Hot Spiced Fruit</p> <p><i>Fall Harvest Salad</i> <i>Balsamic Vinaigrette</i></p>	<p>21</p> <p>Salmon Burger Lima Beans Coleslaw Whole Wheat Hamburger Bun Peach Crisp</p> <p><i>Roast Beef Chef Salad</i> <i>Italian Salad Dressing</i></p>	<p>22</p> <p>Greek Chicken Lemon Orzo Zucchini Whole Wheat Bread Fresh Banana Birthday Dessert</p> <p><i>Taco Salad</i> <i>Taco Sauce</i></p>
<p>25</p> <p>Lasagna Casserole Whole Kernel Corn Broccoli Whole Wheat Garlic Breadstick Pineapple Tidbits</p> <p><i>Chicken Caesar Salad</i> <i>Caesar Salad Dressing</i></p>	<p>26</p> <p>Baked Tilapia Dill Sauce Rice Florentine Key Largo Vegetables California Mix Salad Whole Grain Roll Hot Spiced Pears</p> <p><i>Turkey Club Salad</i> <i>Blue Cheese Dressing</i></p>	<p>27 ~Thanksgiving Day Meal~</p> <p>Sliced Turkey w/Gravy Cornbread Dressing Green Beans Whole Wheat Roll Pumpkin Bar Fresh Pear Cranberry Sauce</p> <p><i>Mango Chicken Salad</i> <i>Balsamic Vinaigrette</i></p>	<p>28</p> <p><i>Closed for Holiday</i></p> <p><i>Thanksgiving Day</i></p>	<p>29</p> <p><i>Closed for Holiday</i></p> <p><i>Family Day</i></p>



BOOST YOUR GUT HEALTH

WASHOE COUNTY
Nutrition Sites
Monday – Friday

Boosting gut health improves digestion, enhances immunity, and supports better overall physical and mental health. A balanced diet and lifestyle are key to maintaining a healthy gut microbiome. Here are five tips to help improve your gut health:

1. **Add Variety.** Eating a variety of foods from different food groups helps to diversify the healthy bacteria in your gut. Make sure to eat a rainbow of colors by adding different fruits and vegetables and add more whole grains, legumes, nuts, and seeds to your diet.
2. **Eat More Probiotics.** Probiotics are a bacteria that can enhance gut health. They can be found in fermented foods, such as yogurt, kefir, sauerkraut, kimchi, miso, and kombucha.
3. **Add More Prebiotics.** Prebiotics are a type of fiber that enhance gut health by promoting the growth and activity of beneficial bacteria. Good sources: apples, bananas, berries, onions, asparagus, whole grains, chickpeas, flaxseeds, and chia seeds.
4. **Stay Hydrated.** Drinking plenty of water can help maintain a healthy mucosal lining in the intestines and support the balance of beneficial bacteria. Aim for at least 8 glasses of water a day, more if you are active or live in a hot climate.
5. **Increase Fiber-Rich Foods.** Fiber benefits include proper digestion and absorption of nutrients. Add more fiber-rich foods to your diet like vegetables, legumes, fruits, whole grain breads and cereals, nuts, and seeds.

What to Look for in a Healthy Yogurt

The yogurt aisle can be overwhelming with so many different choices and not all yogurts are created equal. Here are some tips for selecting the best one:

- **Live and Active Cultures** – Look for labels that mention “live and active cultures” or specific probiotic strains like Lactobacillus and Bifidobacterium.
- **Low Added Sugars** – Choose plain or low-sugar options and sweeten naturally with fresh fruit or a small amount of honey or maple syrup.
- **High Protein Content** – Greek yogurt is a great option as it typically contains more protein than regular yogurt.
- **Non-Dairy Alternatives** – If you choose non-dairy alternatives, ensure that they are fortified with calcium and vitamin D, contain live cultures, and are low in added sugars.

Senior Center in Reno
775-328-2786
1155 E. 9th Street, Reno

Reservations at 9th Street Center

Hot Meal: No reservation required
Salad Meal: Make reservation by 8:30am on the day of service in person or by phone at 775-328-2786

The following sites require reservations for hot meal and salad meal. Make your reservation by 8:30am on the day the meal is served.
Thank you.

Neil Road Rec Center
775-328-2786
3925 Neil Road, Reno
Turn on Mauldin, last building on left

Senior Center in Sparks
775-353-3113
97 Richards Way, Sparks

Metropolitan Gardens
Sign up at site
325 E. 7th Street, Reno

Senior Center in Sun Valley
775-328-2786
115 W. 6th Avenue, Sun Valley

Sierra Manor
775-328-2786
2350 Paradise Drive, Reno

Cold Spring Senior Center
775-328-2786
3355 White Lake Pkwy, Reno

Rainbow Bend
775-328-2786
800 Peri Ranch Road, Lockwood

**Spanish Springs,
Lazy 5 Regional Park**
775-328-2786
7100 Pyramid Way, Sparks
Open Tuesday-Friday

Senior Center in Gerlach
775-557-2206
385 E. Sunset Blvd, Gerlach, NV 89412
(106 miles from Reno)

Westbrook Community Center
775-328-2786
315 Westbrook Lane, Lemmon Valley