



Washoe County Senior Nutrition



JANUARY 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Washoe County Senior Services - 775.328.2575 - www.washoecounty.us/seniorsrv - 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 - Milk & condiments served with meals - *A substitute item prepared with less sugar will be available.</p>	<p>1 <i>Closed for Holiday</i> <i>New Year's Day</i></p>	<p>2 Salmon Burger Lima Beans Coleslaw Whole Wheat Hamburger Bun Peach Crisp <i>Roast Beef Chef Salad</i> <i>Italian Dressing</i></p>	<p>3 Greek Chicken Lemon Orzo Zucchini Whole Wheat Bread Fresh Banana <i>Taco Salad</i> <i>Taco Sauce</i></p>
<p>6 Spinach Mushroom Quiche Potato Medley Stewed Tomatoes Wheat Bread Seasonal Fruit <i>Chicken Caesar Salad</i> <i>Caesar Salad Dressing</i></p>	<p>7 Baked Tilapia Tarragon Sauce Northern Beans Broccoli Florets Whole Grain Roll Fresh Banana <i>Mango Chicken Salad</i> <i>Balsamic Vinaigrette</i></p>	<p>8 Sliced Turkey Swiss Cheese Wheat Bread (2) WG Corn Chips Seasonal Fruit Oatmeal Crème Pie <i>Turkey Club Salad</i> <i>Blue Cheese Dressing</i></p>	<p>9 Chicken Salad Wheat Bread (2) WG Corn Chips Seasonal Fruit Oatmeal Crème Pie <i>Seafood Salad</i> <i>1000 Island Dressing</i></p>	<p>10 Tuna Salad Wheat Bread (2) WG Corn Chips Seasonal Fruit Fig Cookie <i>Turkey Garden Salad</i> <i>Italian Dressing</i></p>
<p>13 Chicken Curry Coconut Rice Key Largo Vegetables Whole Grain Roll Fresh Orange Milk <i>Krab Cake Salad</i> <i>Creamy Italian Dressing</i></p>	<p>14 Country Fried Steak Country Gravy O'Brien Potatoes Diced Carrots Green Peas Whole Grain Roll Diced Peaches <i>Turkey Chef Salad</i> <i>Ranch Salad Dressing</i></p>	<p>15 Garlic Rosemary Chicken Egg Noodles Garden Vegetables Whole Grain Roll Fresh Pear <i>Fall Harvest Salad</i> <i>Balsamic Vinaigrette</i></p>	<p>16 Parmesan Crusted Pollock Confetti Rice Green Beans w/ Tomatoes/Onions Whole Grain Roll Seasonal Fruit <i>Roast Beef Chef Salad</i> <i>Italian Dressing</i></p>	<p>17 Shredded Pork Sweet Thai Chili Sauce Black Beans Cabbage Whole Grain Roll Fresh Banana <i>Taco Salad</i> <i>Taco Sauce</i></p>
<p>20 <i>Closed for Holiday</i> <i>Martin Luther King Day</i></p>	<p>21 Beef Patty Lettuce Tomato Carrot Slaw Ranch Beans Whole Wheat Hamburger Bun Apple Crisp <i>Mango Chicken Salad</i> <i>Balsamic Vinaigrette</i></p>	<p>22 Smothered Pork Loin Oven Roasted Potato Medley Braised Red Cabbage Whole Grain Roll Fresh Banana <i>Turkey Club Salad</i> <i>Blue Cheese Dressing</i></p>	<p>23 Carne Guisada Corn O'Brien Pinto Beans Flour Tortilla Seasonal Fruit <i>Seafood Salad</i> <i>1000 Island Dressing</i></p>	<p>24 Tuna Croquette Brussels Sprouts Glazed Carrots Wheat Bread Seasonal Fruit <i>Turkey Garden Salad</i> <i>Italian Dressing</i></p>
<p>27 Bruschetta Chicken Parslied Noodles Italian Vegetables Garlic Texas Bread Fresh Orange <i>Krab Cake Salad</i> <i>Creamy Italian Dressing</i></p>	<p>28 Meatloaf Brown Gravy Confetti Rice Parslied Carrots Whole Grain Roll Fresh Apple <i>Turkey Chef Salad</i> <i>Ranch Salad Dressing</i></p>	<p>29 Salmon Patty Garden Vegetables Cauliflower Whole Wheat Hamburger Bun Tropical Fruit <i>Fall Harvest Salad</i> <i>Balsamic Vinaigrette</i></p>	<p>30 Ginger Scallion Chicken Lemon Brown Rice Brussels Sprouts and Corn Whole Grain Roll Fresh Pear <i>Roast Beef Chef Salad</i> <i>Italian Dressing</i></p>	<p>31 BBQ Pork Roasted Sweet Potatoes Cabbage Medley Whole Grain Roll Fresh Banana Birthday Dessert <i>Taco Salad</i> <i>Taco Sauce</i></p>

NEW YEAR, NEW YOU NEW YEAR, NEW YOU NEW YEAR, NEW YOU

BE PROACTIVE ABOUT YOUR HEALTH



Optimize your physical and mental well-being by starting the New Year with being proactive about your health. Being proactive requires habits and strategies to maintain or improve your well-being, and contribute to an improved quality of life, reduced health care costs, and overall health.

Habits for Health

- **Consume a Balanced Diet:** Choose nutrient dense food choices which reflect personal preferences, financial means, and cultural traditions. Nutrient dense foods include vegetables, fruits, whole grains, lean meats, poultry, fish, eggs, low-fat dairy, legumes, nuts, seeds, and heart-healthy, plant-based oils.
- **Partake in Regular Physical Activity:** Incorporate at least 150 minutes of moderate-intensity physical activity each week, or 75 minutes of vigorous-intensity activity, or a combination of both. Include two days of strength training per week, plus activities that promote balance.
- **Focus on Mental Health:** Practice mindfulness techniques daily such as deep breathing, meditation, and yoga to reduce stress and anxiety.
- **Prioritize Adequate Sleep:** Aim for 7-9 hours of quality sleep each night to improve mood and boost your immune system. Practice proper sleep hygiene to help with any sleep disturbances.
- **Choose Healthy Relationships:** Stay connected with friends and family who support you and establish boundaries to protect your energy and mental well-being.
- **Engage in New Experiences:** Be open to new ideas and seek help, such as therapy or counseling when you need it.

Strategies for Health

Strive for Progress NOT Perfection.	Delegate Time and Attention.	Review and Adjust Goals.
To see long term success, acknowledge the setbacks and obstacles which cannot be avoided. Set only a few realistic goals at a time to avoid failure and maintain balance.	Schedule routine and structure to prioritize your time. Plan your meals for the week, make a grocery list, and block your calendar for movement into your day.	Identify what is working and what is not to change your goals and improve your success. Reset goals that were set incorrectly, such as being too difficult or too easy to achieve.