



January 2023 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED HAPPY NEW YEAR!	3 Stuffed Cabbage Mashed Potatoes Mixed Vegetables Greek Yogurt Orange Juice	4 Roasted Pork Mashed Potatoes Sauerkraut Fresh Apple Dragon Fruit Juice	5 Spaghetti & Meatballs Mixed Vegetables Fresh Orange Cranberry Juice	6 Macaroni & Cheese Stewed Tomatoes Berry Blend Yogurt Apple Juice
9 Hungarian Goulash Mixed Vegetables Pears Fruit Punch	10 Swiss Mushroom Cheeseburger Mixed Vegetables Vanilla Pudding Grape Juice	11 <i>Breakfast for Lunch:</i> French Toast Scrambled Eggs with Vegetables Fruit Parfait Orange Juice	12 Chicken Patty Sandwich Carrots Peaches Dragon Fruit Juice	13 Chicken Cacciatore Penne Pasta Cauliflower Fruited Gelatin Fruit Punch
16 CLOSED MARTIN LUTHER KING, JR. DAY	17 Stuffed Peppers Mashed Potatoes Mixed Vegetables Greek Yogurt Grape Juice	18 <i>Breakfast for Lunch:</i> French Toast Scrambled Eggs with Vegetables Quinoa, Potato & Vegetable Hash Tropical Fruit Orange Juice	19 Beef Burgundy Egg Noodles Asparagus Ambrosia Salad Cranberry Juice	20 Meat Lasagna Spinach Gingerbread Apple Juice
23 Chili Baked Potato Cornbread Muffin Tropical Fruit Apple Juice	24 Turkey Burger Sweet Potato Fries Broccoli Ambrosia Salad Grape Juice	25 Chicken & Biscuits Mashed Potatoes Peas & Carrots Fruit Salad Deluxe Fruit Punch	26 Beef & Cabbage Casserole Mashed Potatoes Green Beans Rice Pudding with Orange Sections Cranberry Juice	27 Almond Crusted Fish Winter Squash Mixed Vegetables Apple Crisp Orange Juice
30 Tuscan Chicken Brussel Sprouts Tropical Fruit Cranberry Juice	31 Swiss Mushroom Cheeseburger Roasted Potatoes Green Beans Fruit Parfait Fruit Punch		Hot meals served with milk, juice, and bread. Menu subject to change without notice.	 Tioga Opportunities, Inc.

January 2023 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED HAPPY NEW YEAR!	3 Turkey & Cheese Pickled Beets Graham Crackers Fruit Punch	4 Egg Salad Tossed Salad with Garbanzo Beans Pudding Grape Juice	5 Ham & Swiss Adirondack Pea Salad Assorted Snack Orange Juice	6 Tuna Salad Sweet Potato Salad Applesauce Cranberry Juice
9 Turkey & Provolone 4-Bean Salad Lorna Doone Cookies Dragon Fruit Juice	10 Roast Beef Sweet Potato Salad Applesauce Cranberry Juice	11 Tuna Salad Tossed Salad with Garbanzo Beans Pudding Fruit Punch	12 Chicken Salad Garbanzo Bean Salad Assorted Snack Orange Juice	13 Ham Salad Broccoli Raisin Salad Fruit Cup Apple Juice
16 CLOSED MARTIN LUTHER KING, JR. DAY	17 Turkey & Cheddar V-8 Juice Fruit Cup Apple Juice	18 Tuna Salad Garden Cottage Cheese Pudding Dragon Fruit Juice	19 Ham Tossed Salad with Garbanzo Beans Applesauce Grape Juice	20 Egg Salad Potato Salad Yogurt Fruit Punch
23 Ham & Swiss Green Beans with Dijon Graham Crackers Cranberry Juice	24 Roast Beef & Cheddar Garden Cottage Cheese Jello Fruit Punch	25 Tuna Salad Cucumber & Tomato Salad Assorted Snack Orange Juice	26 Chicken Salad Coleslaw Assorted Fruit Cup Apple Juice	27 Egg Salad Tossed Salad with Garbanzo Beans Graham Crackers Grape Juice
30 Ham & Swiss 4-Bean Salad Assorted Cookie Orange Juice	31 Seafood Salad Pesto & Pasta Salad Assorted Fruit Cup Grape Juice		Cold dinner meals served with milk and juice. Menu subject to change without notice.	 Tioga Opportunities, Inc.



Healthy Habits



Healthy Lifestyles for Healthy Older Adults

Men and women are living longer, enjoying more energetic and active lifestyles well into their 80s and 90s. Study after study confirms eating well and being active can make a dramatic difference in the quality of life for older adults. You are never too old to enjoy the benefits of improved nutrition and fitness*. With nutrient-rich foods and some activity, you can feel an immediate difference in your energy levels and enjoyment of life. In fact, as we get older, our food and activity choices become even more important to our health.

Focus on Nutrient Density

As adults age, we need fewer total calories, but higher amounts of some nutrients, especially calcium and vitamin D. In terms of nutrition, you need to focus on quality not quantity. For both optimal physical and mental health, older adults truly need to make every calorie count. For a healthy eating plan, choose a variety of foods from all or as many food groups as possible regularly. An example of this can be a simple meal such as baked chicken (protein), sweet potato (starch), and broccoli (vegetable), or a favorite soup with protein, starch, and vegetable, such as a beef barley soup with mushrooms.

Later in life is not the time for extreme diets or drastic weight loss. Your goal should be to eat better while staying within your calorie needs. Fad diets frequently eliminate entire food groups, which can lead to serious nutrient gaps. Rapid weight loss often leads to a loss of lean body mass, exactly the opposite of what older people need for good health. Aim for a stable weight as you get older. The right balance of foods and activities can help you maintain strong muscles and bones.

Get Enough Protein

People of all ages need protein for strong, healthy bodies. Some older adults do not get the protein they need to maintain muscle mass, fight infection, and recover from an accident or surgery. Chewing protein foods such as meat also can be a problem for some older adults.

Here are a few tasty tips to pump up your protein intake, without upsetting your food budget or energy balance.

- **Enjoy More Beans.** Add canned beans to salads, soups, rice dishes, and casseroles.
- **Make Your Crackers Count.** Spread peanut butter on whole-grain crackers and eat them as snacks or alongside soup, chili, or salad.
- **Boost Up Your Eggs.** Mix grated, low-fat cheese or extra whites into scrambled eggs.
- **Cook with Milk.** Use fat-free or low-fat milk rather than water to make soup or oatmeal.
- **Use Dry Milk Powder.** Mix a spoonful of dry milk into fluid milk, cream soups, and mashed potatoes.

*Check with your health-care provider on what activity is appropriate for you. Even gentle chair exercises can help improve your muscle tone and increase circulation.

Adapted from resource through Academy of Nutrition and Dietetics, 2022. Prepared by Rachel A. Mischler, RD, CDN. If you wish to speak to Rachel with any questions or nutritional concerns, please contact her at 607-744-0245.

DON'T LET RESPIRATORY ILLNESSES TAKE YOU DOWN THIS WINTER!

- 1 Eat a well balanced diet with fruits and vegetables.
- 2 Rest up! Aim for 7 - 8 hours of sleep each night to allow your body time to refuel.
- 3 Get vaccinated to protect yourself from severe illness from the flu and COVID-19.
- 4 Wash and sanitize your hands often and avoid touching your mouth, nose, and eyes.
- 5 Stay active. Even going for a short walk or moving around doing housework is good for your body.
- 6 Stay home if you are sick, and if you must go out, please cover your coughs & sneezes.

Public Health
Protect. Promote. Prevent.
Tioga County

Help protect those who are more likely to suffer from severe illness including infants, seniors, and those with underlying health conditions!



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You may temporarily stop delivery of your meals for a single day or an extended period of time if you:

- Have an excess amount of food.
- Have an appointment or will not be home for your delivery.
- Are admitted to the hospital.
- Do not like what is being served and wish to cancel your delivery for the day.

To cancel your meal, call Carmel Buneo, HDM Services Specialist, at 607-687-4120, ext. 321.