

CATAWBA COUNTY

North Carolina

The Meal Times

June 2016
Vol. 6 Issue 6



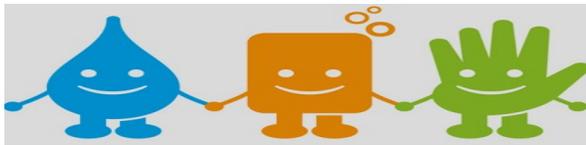
Please call
695-5610 the day
before by no later than
10:00am if you will not be
home and need to cancel
your meal. Thank
you!

We now have voicemail! You can now call after 5:00pm and on weekends and leave a message for us to come back to!

Beginning April 4th, if you are not home when meals are being delivered a door hanger will be left on your door letting you know that we missed you. It will also serve as a friendly reminder to give us a call if you know you won't be home!

Food Safety:

- Use safe clean water on raw meats or vegetables
- Use safe water or treat it to make it safe
- Select fresh and wholesome foods
- Choose foods processed for safety, such as pasteurized milk
- Wash fruits and vegetables, especially if eaten raw
- Do not use food beyond its expiry date



To strengthen, with dignity and respect,
the quality of life for all citizens through
supportive services and advocacy



Eating vegetables provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body.

Health Benefits

- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.
- Eating a diet rich in vegetable and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.
- Eating vegetables and fruits rich in potassium as part of an overall healthy diet may lower blood pressure, and may also reduce the risk of developing kidney stones and help to decrease bone loss.
- Eating foods such as vegetables that are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.

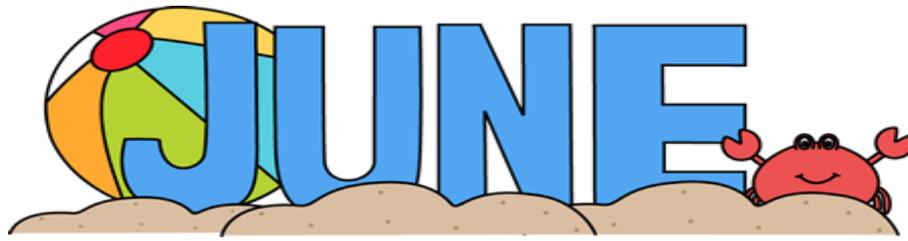
HAPPY FATHER'S DAY

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Senior Nutrition Services PO Box 207, Newton, NC 28658
(828) 695-5610 www.catawbacountync.gov/dss/



Catawba County United Way
Community Partner



		1 CHICKEN CASSEROLE MIXED GREENS SWEET POTATOES BISCUIT CRANBERRY SAUCE PEACHES W/ YOGURT MILK	2 MACARONI & CHEESE BROCCOLI MIXED BEANS & CORN ROLL FRESH BANANA MILK	3 VEGETABLE LASAGNA GREEN BEANS CARROTS ROLL FRESH TANGERINE MILK
6 BAKED CHICKEN THIGH BROWN GRAVY TOMATO & OKRA MASHED POTATOES WHEAT ROLL STRAWBERRY SHORTCAKE MILK	7 HOT DOG W/ ONIONS COLWSLAW PORK & BEANS BUN MUSTARD/KETCHUP APPLE CRISP MILK	8 PEPPER STEAK BROWN GRAVY PEAS & CARROTS RICE ROLL PINEAPPLE GRATIN MILK	9 HAM & BEANS BROCCOLI MASHED SWEET POTATOES CORN BREAD FRESH APPLE MILK	10 BREADED BAKED FISH PEAS CORN RICE W/ CARROTS & BROCCOLI ROLL FRESH ORANGE MILK
13 CUBED STEAK BROWN GRAVY CAPRI VEGETABLES MELON FRUIT SALAD RICE ANGEL FOOD CAKE MILK	14 SLICED ROASTED TURKEY WHITE GRAVY MIXED VEGETABLES SWEET POTATOES ROLL CRANBERRY SAUCE YOGURT W/ PINEAPPLE MILK	15 PORK RIBLET BBQ SAUCE COLESLAW PINTO BEANS BUN CHERRY CRISP MILK	16 FRIED CHICKEN BROWN GRAVY GREEN BEANS CORN MASHED POTATOES ROLL FRESH BANANA MILK	17 POULTRY SAUSAGE WHITE GRAVY NUTMEG SLICED APPLES GOLDEN ROASTED POTATOES BISCUIT FRESH TANGERINE MILK
20 CUBED PORK WHITE GRAVY GREEN BEANS SWEET POTATOES ROLL PISTACHIO CREAM SALAD MILK	21 PIMENTO CHEESE MINISTRONE SOUP SALTINES WHEAT BREAD CHERRY CRISP MILK	22 BBQ CHICKEN BREAST BBQ SAUCE GREEN PEAS PINEAPPLE TIDBITS WHOLE KERNEL CORN ROLL CHOCOLATE PUDDING MILK	23 ROAST BEEF BROWN GRAVY GREEN BEANS CARROTS BUN FRESH APPLE MILK	24 MEATBALLS SPAGHETTI SAUCE CORN SPAGHETTI NOODLES ROLL FRESH ORANGE MILK
27 POT ROAST BROWN GRAVY SLICED CARROTS COLESLAW WHOLE POTATOES ROLL DICED PEARS MILK	28 BEEF A RONI TOSSED SALAD W/ RED CABBAGE & CARROTS LIMA BEANS ITALIAN BREAD RANCH DRESSING MANDARIN ORANGES IN JELLO MILK	29 LEMON PEPPER BAKED CHICKEN BREAST SQUASH CASSEROLE PARSLEY POTATOES WHEAT ROLL STRAWBERRY SHORTCAKE MILK	30 PEPPERONI PIZZA PEAS CARROTS FRESH BANANA MILK	