






TUESDAY		THURSDAY		
<p>NWSDS CLATSOP & TILLAMOOK COUNTIES JULY 2010</p>			<p>GREEK CHICKEN SALAD w/Italian Dressing Whole Wheat Roll Poke'n Pour Cake</p> <p style="text-align: right;">1</p>	
	<p>SLOPPY JOE on a Bun Whole Kernel Corn Carrot Mandarin Salad Holiday Confetti Cake</p> <p style="text-align: right;">6</p>		<p>HAM SALAD with Whole Wheat Roll Cream of Cauliflower Soup Four Bean Salad Gelatin Jewels w/Whipped Topping</p> <p style="text-align: right;">8</p>	
 <p>INDEPENDENCE DAY SUNDAY, JULY 4</p>	<p>♥ ROAST BEEF w/GRAVY OR SHOYU CHICKEN BREAST Whipped Potatoes w/Gravy Cut Green Beans Bran Wheat Bread Apple Crisp</p> <p style="text-align: right;">13</p>		<p>EGG SALAD with Whole Wheat Roll Chunky Tomato Rice Soup Green Pea Salad Frosted Cake</p> <p style="text-align: right;">15</p>	
	<p>♥ ROTISS CHKN BRST OR WST BRD BEEF PATTY/GVY Lyonnais Potatoes Country Trio Vegetables Seven Grain Bread Fresh Cantaloupe</p> <p style="text-align: right;">20</p>		<p>MEATLOAF SANDWICH HALF on Whole Wheat Bread Potato Onion Chowder Romaine Iceberg Salad Golden Fruit Cup</p> <p style="text-align: right;">22</p>	
	<p>♥ ROAST TURKEY OR HOMESTYLE PORK PATTY Whipped Potatoes w/Gravy Mixed Vegetables Onion Bread Brd Pudding w/Raisins</p> <p style="text-align: right;">27</p>		<p>CHICKEN SALAD with Whole Wheat Roll Lentil Soup Pickled Beets Frosted Cake</p> <p style="text-align: right;">29</p>	<p>A minimum donation of \$3.00 is requested from seniors 60 and older. Seniors under 60 must pay \$6.75</p> <p>1% Milk served with all meals</p>

Food & Summer Sun Don't Mix

Summertime is a good time for family and friends to gather, socialize and have fun. But cookouts and picnics can be ruined if safe food handling and preparation techniques aren't followed.

Any food can become contaminated with bacteria that causes food poisoning. The bacteria can multiply rapidly when foods are left in warm summer temperatures. Food-borne illness symptoms are much like those of the flu: headaches, diarrhea, vomiting, abdominal cramps and fever.

Here are some safety tips to keep in mind when planning an outdoor meal:

- Head straight home after picking up groceries and put the perishable foods in the refrigerator right away.
- Wash off vegetables and fruits, especially melons, with cool, running water and a soft scrub brush before peeling and cutting.
- Wash your hands thoroughly with soap and water before preparing or eating food. If hand washing facilities are not available at the picnic site, bring a jug of water and liquid soap. Hand sanitizers will reduce the germs on your hands, but won't eliminate them.
- Pre-chill your food before putting it into an insulated cooler. Pack the cooler full and fill empty spaces with ice or cold packs.
- Use a separate cooler for drinks, so the one containing cold food won't be constantly opened and closed.
- Bring only the amount of food you plan to eat. If you plan on getting hot take-out foods such as fried chicken, eat them within an hour of pickup.
- Discard any food left out more than two hours, or one hour if the temperature is above 90 F.
- If a cooler is not available, take fruit, vegetables, hard cheese, canned or dried meats, dry cereal, bread, crackers, or peanut butter.

Clatsop & Tillamook Counties Dining Site Schedules

SENIOR HELPLINE

(800) 584-9712

CLATSOP COUNTY

Seaside

Bob Chisholm
Community Center
Monday - Friday
(503) 738-9323

Svensen

Wickiup Grange Hall
Wednesday Only
(503) 458-6888

TILLAMOOK COUNTY

Nehalem

United Methodist Church
10th & "A" Street
Tuesday & Thursday
(503) 368-3622

Pacific City

Kiwanda
Community Center
34600 Cape Kiwanda Drive
Monday - Friday
(503) 965-7900

Tillamook

Tillamook Senior Center
316 Stillwell
Monday - Friday
(503) 842-9660