

# balanced choices<sup>®</sup>

for a healthy lifestyle

February 2018

NWSDS FOR CLATSOP & TILLAMOOK COUNTIES

bateman  
Community Living

## Eating Right Takes Planning

Good health and nutrition starts with making the right decisions in the grocery store. The best way to get what you need is to enjoy a wide variety of nutrient-rich foods that are packed with energy, protein, vitamins and minerals from all the MyPlate food groups. Eating smarter and moving more will help you to obtain and manage a healthier weight, but you need to plan ahead. When grocery shopping, look to the four corners of the store, and stay away from the center aisles as much as possible. Here are a few tips to plan your grocery list:

### Meat / Poultry / Fish

Aim for 95% or higher lean meat; the leaner the meat, the less the fat. When buying poultry, choose breast — a 3-ounce skinless, chicken breast provides about 140 calories, 3 grams of total fat and just 1 gram of saturated fat. If you can, splurge on fish, it's a great high-protein, low-fat, and low-calorie option.

### Dairy

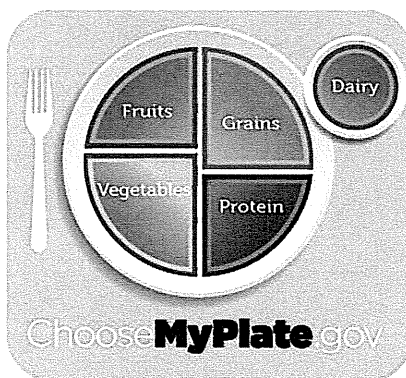
Choose low-fat or fat free milk products. Limit the amount of cheese you eat to no more than 1 oz. per day. Purchase plain and Greek yogurt and add your own toppings, such as frozen fruit, nuts, or dab of honey.

### Grains

The biggest problem with low-carb diets is it restricts your body's preferred energy source. To cut back on calories, reduce sugary drinks and snack foods. Whole grains provide longer lasting fuel for your body.

### Fruit & Vegetables

Grab a rainbow! This will give you a variety of nutrients. To keep yourself full throughout the day, pack fruit, vegetables, and nuts for a snack. Top salads with nuts or seeds and less cheese, dressing, and croutons.



### 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 & Thursday  
(503) 458-6888

#### TILLAMOOK COUNTY

##### Nehalem

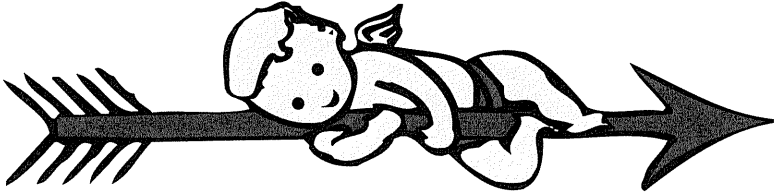
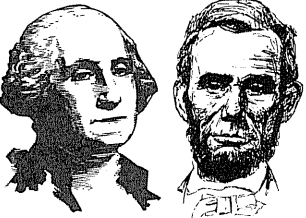
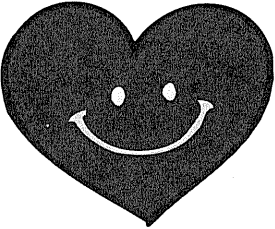
United Methodist Church  
10th & "A" Street  
Tuesday & Thursday  
(503) 368-3622

##### Pacific City

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

##### Tillamook

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>NWSDS CLATSOP &amp; TILLAMOOK COUNTIES</b></p> <p><b>FEBRUARY 2018</b></p>	 <p><b>VALENTINE'S DAY, WEDNESDAY, FEB. 14</b></p>		<p><b>Chicken Chef Salad w/Egg &amp; Cheese</b> Vegetable Soup Green Pea Salad Potato Wheat Roll Spiced Apple Slices</p> <p style="text-align: right;">1</p>	<p><b>Macaroni &amp; Cheese</b> Buttered Cabbage Broccoli Wheat Bread Pear Cobbler</p> <p style="text-align: right;">2</p>
<p><b>Salisbury Steak w/Gravy</b> Whipped Potatoes Broccoli &amp; Cauliflower Multigrain Bread Pineapple</p> <p style="text-align: right;">5</p>	<p><b>Breaded Chicken Patty Sandwich</b> on a Bun French Onion Soup Carrot Slaw Fresh Orange</p> <p style="text-align: right;">6</p>	<p><b>Diced Pork w/Noodles</b> Mixed Vegetables Spinach Romaine Salad Wheat Bread Margarine Apple Streusel Cake</p> <p style="text-align: right;">7</p>	<p><b>Hot Dog w/Chili</b> on a Bun Whole Kernel Corn Coleslaw Spiced Peaches</p> <p style="text-align: right;">8</p>	<p><b>Chicken Cacciatore</b> Zucchini w/Red Peppers Spinach Romaine Salad Multigrain Roll Poke Cake</p> <p style="text-align: right;">9</p>
<p><b>Swiss Style Beef Patty</b> Whipped Potatoes Green Beans Whole Wheat Roll Mandarin Oranges</p> <p style="text-align: right;">12</p>	<p><b>Meatloaf Sandwich Half</b> on Wheat Bread Popeye Potato Chowder Creamy Cucumbers Banana Pudding</p> <p style="text-align: right;">13</p>	<p><b>German Meatballs w/Penne Pasta</b> Green Garden Salad Green Peas Frosted Cake</p> <p style="text-align: right;">14</p>	<p><b>Turkey &amp; Cheese Sandwich Half</b> on Wheat Bread Cream of Broccoli Soup Confetti Coleslaw Cookies &amp; Cream Fluff</p> <p style="text-align: right;">15</p>	<p><b>Homestyle Pork Patty</b> Whipped Potatoes Normandy Blend Vegt Whole Wheat Roll Ice Cream Cup</p> <p style="text-align: right;">16</p>
<p><u>Closed for the Holiday</u></p>  <p style="text-align: right;">19</p>	<p><b>Santa Fe Chicken Mini Salad</b> on Spinach Romaine Cream of Tomato Soup Whole Wheat Roll LD Oatmeal Cookie</p> <p style="text-align: right;">20</p>	<p><b>Spaghetti w/Meat Sauce</b> Italian Blend Vegetables Green Garden Salad Garlic Bread Peach Crisp</p> <p style="text-align: right;">21</p>	<p><b>Egg Salad Sandwich Half</b> on Wheat Bread Navy Bean Soup Marin Green Bean Salad Birthday Cake</p> <p style="text-align: right;">22</p>	<p><b>Oriental Shoyu Chicken</b> Whipped Sweet Potatoes Green Beans Wheat Bread Cardinal Citrus Gelatin</p> <p style="text-align: right;">23</p>
<p><b>Chicken Chop Suey w/Rice</b> Oregon Bean Medley Spiced Peaches Whole Wheat Roll Vanilla Pudding</p> <p style="text-align: right;">26</p>	<p><b>Sloppy Joe</b> on a Bun Baked Beans Green Pea Salad Mixed Fruit</p> <p style="text-align: right;">27</p>	<p><b>Orange Glazed Chicken</b> Broccoli Carrot Slaw Rice Pilaf Mocha Nut Cookie</p> <p style="text-align: right;">28</p>		<p>A suggested donation of \$3.00 is requested from seniors <b>60 and older.</b> Seniors under 60 must pay \$6.75</p> <p>1% Milk Served with All Meals</p>