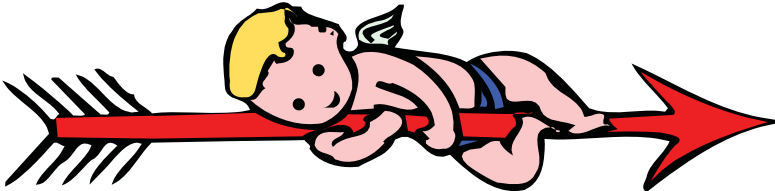
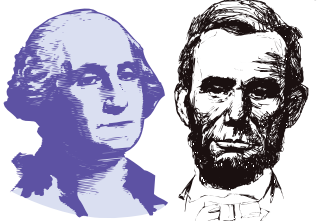
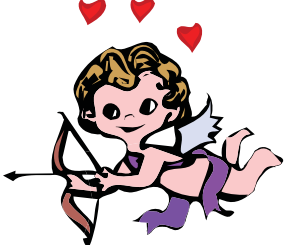


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NWSDS CLATSOP & TILLAMOOK COUNTIES</p> <p>FEBRUARY 2019</p>	 <p>VALENTINE'S DAY, THURSDAY, FEB. 14</p>		<p>A suggested donation of \$3.00 is requested from seniors 60 and older. Seniors under 60 must pay \$6.75</p> <p>1% Milk Served with All Meals</p>	<p>Country Meatballs Whipped Potatoes Carrots Wheat Bread Peach Cobbler</p> <p style="text-align: right;">1</p>
<p>White Bean Chicken Chili Green Beans Carrot Raisin Salad Whole Wheat Roll Cranberry Crunch Bar</p> <p style="text-align: right;">4</p>	<p>Ham Salad Sandwich Half on Wheat Bread Cream of Broccoli Soup Marinated Zucchini Salad Pears</p> <p style="text-align: right;">5</p>	<p>Salisbury Patty w/Gravy Whipped Potatoes Mixed Vegetables Onion Roll Butterscotch Pudding</p> <p style="text-align: right;">6</p>	<p>Shaved Turkey Sandwich Half on Wheat Bread Popeye Potato Chowder Pea Salad Fresh Orange</p> <p style="text-align: right;">7</p>	<p>Baked Beef Rigatoni Broccoli Cardinal Pear Mold Whole Wheat Roll Zucchini Brownie</p> <p style="text-align: right;">8</p>
<p>Hearty Chicken Stew Green Peas Romaine Iceberg Salad Wheat Bread Raspberry Whip</p> <p style="text-align: right;">11</p>	<p>BBQ Chicken Sandwich on a Bun Tater Tots Chuckwagon Corn Cowboy Cookie</p> <p style="text-align: right;">12</p>	<p>Homestyle Pork Patty w/Gravy Whipped Sweet Potatoes Italian Blend Vegetables Cornmeal Roll Marble Cake</p> <p style="text-align: right;">13</p>	<p>Kielbasa Sausage w/Kraut on a Bun Mustard Baked Beans Confetti Coleslaw Valentine Sugar Cookie</p> <p style="text-align: right;">14</p>	<p>Oriental Shoyu Chicken Rice Pilaf Capri Blend Vegetables Marinated Broccoli Salad Peaches</p> <p style="text-align: right;">15</p>
<p><u>Closed for the Holiday</u></p>  <p style="text-align: right;">18</p>	<p>Sloppy Joe on a Bun Spinach Romaine Salad Navy Bean Soup Tropical Fruit Cup</p> <p style="text-align: right;">19</p>	<p>Lima Beans & Turkey Ham Mixed Vegetables Sunshine Salad White Roll Ice Cream Cup</p> <p style="text-align: right;">20</p>	<p>Egg Salad Sandwich Half on Wheat Bread Minestrone Soup Marinated Zucchini Salad Spiced Apple Slices</p> <p style="text-align: right;">21</p>	<p>Beef Enchilada Bake Whole Kernel Corn Coleslaw Whole Wheat Roll Orange Gelatin w/Whipped Topping</p> <p style="text-align: right;">22</p>
<p>Herbed Chicken Patty w/Gravy Brown Rice Green Beans Spinach Romaine Salad Peanut Butter Bar</p> <p style="text-align: right;">25</p>	<p>Chicken Salad Sandwich Half on Wheat Bread Green Split Pea Soup Carrot Raisin Salad Fresh Orange</p> <p style="text-align: right;">26</p>	<p>Cowboy Campfire Stew Mixed Vegetables Tossed Salad Cracked Wheat Bread Applesauce Gingerbread</p> <p style="text-align: right;">27</p>	<p>Taco Salad w/Tortilla Chips Spinach Romaine Salad Pinto Bean Soup Birthday Cake</p> <p style="text-align: right;">28</p>	

Best & Worst Foods for Arthritis

An estimated 54 million adults in the United States are diagnosed with arthritis. Eating a well-balanced and nutritious diet does not only have positive effects on your overall health, it can also help to relieve pain and reduce inflammation caused by arthritis.

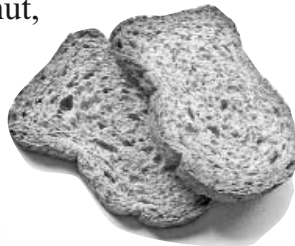
Studies show that certain foods have anti-inflammatory properties, which are beneficial for arthritis, osteoarthritis, gout and osteoporosis. Such foods are: fatty fish, tomatoes, fruits, leafy greens, olive oil, and nuts. These foods are commonly associated with the Mediterranean diet, and studies show that individuals on this diet had improvements in pain, morning stiffness, disease activity, and physical function. Limiting or restricting foods that promote inflammation can make a big impact in relieving arthritis symptoms, such as:

Sugar: Found in desserts, chocolate, sodas, and juices.

Saturated Fats & Trans Fats: Saturated fats are found in meat products, full fat dairy products, and grain-based desserts. Trans fats are found in baked and fried foods.

Omega-6 Fatty Acids: You need a healthy balance, but excess consumption can trigger inflammation. Omega-6 is found in oils, such as corn, safflower, sunflower, grape seed, soy, peanut, and vegetable; mayonnaise; and salad dressings.

Refined Carbohydrates: White flour products, such as breads, white rice, white potatoes and cereals.



MSG (Mono-sodium Glutamate): Food additive commonly found in Asian dishes and soy sauce, and also used in fast food, soups, salad dressings, and deli meats.

Gluten and Casein: Gluten is found in wheat, barley, and rye (along with other grains). Casein is found in dairy products.

Aspartame: Artificial sweetener found in over 4,000 products.

Alcohol: Harmful to the liver and other organs.

Adapted from <https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>; <https://www.arthritis.org>; https://www.cdc.gov/arthritis/data_statistics/arthritis-related-stats.htm

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

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.