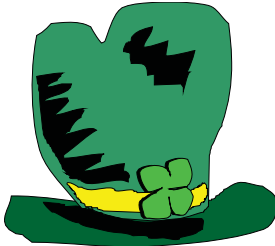





TUESDAY		THURSDAY		
<p>NWSDS CLATSOP & TILLAMOOK COUNTIES MARCH 2019</p>	<p>Roasted Turkey w/Gravy Whipped Sweet Potatoes Green Beans Whole Wheat Roll Cranberry Crunch Bar</p> <p style="text-align: right;">5</p>		<p>Shaved Ham Sandwich Half on Wheat Bread Navy Bean Soup Creamy Coleslaw Vanilla Pudding</p> <p style="text-align: right;">7</p>	
 <p>SPRING AHEAD AN HOUR! SUNDAY, MARCH 10</p>	<p>BBQ Ribette Colcannon Potatoes Chuckwagon Corn French Roll Pineapple Nut Cookie</p> <p style="text-align: right;">12</p>		<p>Santa Fe Chkn Mini Salad over Spinach Romaine Green Split Pea Soup Whole Wheat Roll Pineapple</p> <p style="text-align: right;">14</p>	
	<p>Pork Choppie w/Gravy Whipped Potatoes Red Cabbage & Apples Wheat Bread Apple Crisp</p> <p style="text-align: right;">19</p>		<p>Chef Salad over Spinach Romaine Lentil Soup Whole Wheat Roll Cherry Whip</p> <p style="text-align: right;">21</p>	
	<p>Beef Spanish Rice Carrots Spinach Romaine Salad Whole Wheat Roll Peach Cobbler</p> <p style="text-align: right;">26</p>	<p style="text-align: center;">SPRING BEGINS WEDNESDAY, MARCH 20</p>	<p>Garden Chicken Mini Salad over Spinach Romaine Cream of Cauliflower Soup Whole Wheat Roll Birthday Cake</p> <p style="text-align: right;">28</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>

St. Patrick's Day

SUNDAY, MARCH 17, 2019

Trending: Buy Groceries Online

Modern technology has brought many conveniences to everyday life, including daily meal planning and preparation. Online services now make it easy to shop for groceries from the comfort of home, and in some cases even have it delivered straight to your door.

Types of Online Services Available

There are many companies offering different levels of online grocery services. Local stores and many big-box stores offer the ability to shop online and either pick up in-store or have the order delivered to your home. There are also online-only companies — some operate like a virtual grocery store, while others offer pre-planned meal kits instead of purchasing individual ingredients. To choose the best option, you want to weigh price, convenience, vs. services offered.

What to Keep in Mind When Choosing an Online Service

For those living in remote areas, or if other factors make it difficult to get to a grocery store, online ordering can relieve stress and preserve independence. Some people find it helpful to order from home, where they can reference recipes or compare ingredients to their doctors' orders before buying.

Pros: Buying online can make it easier to stick to a planned grocery list. Without impulse purchases you see in the store sneaking into your cart, you can save money and reduce the amount of “junk” food in your home. Some services also offer subscriptions or auto-reordering, which can save time.

Cons: There are usually extra costs for these services, including delivery fees, minimum order amounts, and/or subscriptions or club membership fees. You may need to be home to receive your delivery, or at least plan ahead so your food doesn't spoil by sitting out too long.



Adapted from <https://www.washingtonpost.com/lifestyle/wellness/unable-to-get-to-the-grocery-store-heres-what-you-need-to-know-about-online-shopping-and-delivery-services>

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.