
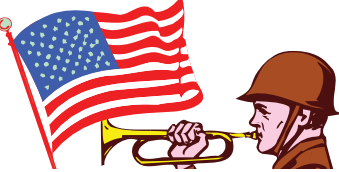
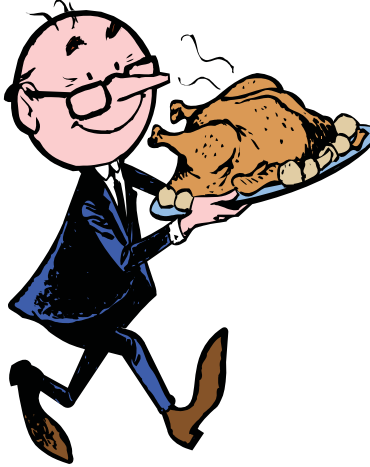

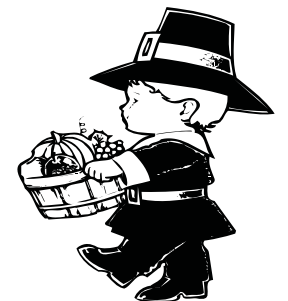


TUESDAY		THURSDAY		
<p>NWSDS CLATSOP & TILLAMOOK COUNTIES</p> <p>NOVEMBER 2019</p>	<p>Beef Patty w/ Peppers & Onions Whipped Potatoes Mixed Vegetables Whole Wheat Roll Lime Pear Gelatin</p> <p style="text-align: right;">5</p>		<p>Garden Chicken Mini Salad over Spinach Romaine Cream of Broccoli Soup Whole Wheat Roll Tropical Mixed Fruit</p> <p style="text-align: right;">7</p>	 <p>FALL BACK AN HOUR! SUNDAY, NOV. 3</p>
<p><i>We pay tribute to the Heroes who fought and died so valiantly...</i></p>  <p>VETERANS DAY, NOV. 11</p>	<p>Turkey Salad over Spinach Romaine Cream of Tomato Soup Herb Roll Ice Cream Cup</p> <p style="text-align: right;">12</p>		<p>BBQ Pulled Pork Sandwich on a Bun Baked Beans Creamy Coleslaw Poke'n Pour Cake</p> <p style="text-align: right;">14</p>	
	<p>Pork Choppie w/Gravy Whipped Sweet Potatoes Capri Blend Vegetables Whole Wheat Roll Peach Crisp</p> <p style="text-align: right;">19</p>		<p>Turkey Pasta Salad over Spinach Romaine Vegetarian Vegetable Soup Whole Wheat Roll Chocolate Chip Bar</p> <p style="text-align: right;">21</p>	
	<p>Slc Rstd Turkey w/Gravy Whipped Potatoes Mixed Vegetables Bread Dressing Cranberry Sauce Pumpkin Pie</p> <p style="text-align: right;">26</p>		<p><u>Closed for the Holiday</u></p>  <p style="text-align: right;">28</p>	

Art courtesy of misc stock images



A suggested donation of \$3.00 is requested from seniors 60 and older.
Seniors under 60 must pay \$6.75. 1% milk served with all meals.

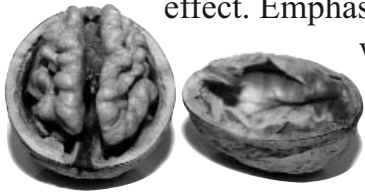


Battle Inflammation with Food

Although inflammation is the body’s helpful response to protect or recover from injury or illness, chronic inflammation is a lingering state caused by disease, stress, diet, smoking, etc. Managing chronic inflammation may reduce symptoms of pain and swelling, and potentially decrease the risk of developing other major diseases such as cancer, heart disease, arthritis, Alzheimer’s or depression.

Foods that can Reduce Inflammation

Researchers are still learning about the link between inflammation and diet, but a balanced, healthful diet may have an anti-inflammatory effect. Emphasize a daily variety of fruits and vegetables, which contain phytochemicals that can protect against inflammation. Add a few servings each week of healthy fats (omega-3’s), from sources such as salmon, walnuts or chia seeds. Be sure to choose whole grains more often. Brown rice is widely available, but you can also experiment with alternative whole grains such as quinoa, farro or bulgur for variety.



Alternatives for Foods that Promote Inflammation

On the other hand, certain foods can increase inflammation. Reduce or eliminate many saturated fats, trans fats and processed foods easily:

- Choose fish or vegetarian meals over red meat (try hummus instead of ham on a sandwich, or grilled fish on a whole wheat bun instead of a hamburger)
- Replace mayonnaise with sliced avocado
- Snack on air-popped popcorn instead of chips
- Try fruit or a small piece of dark chocolate for dessert
- Trade soda for unsweetened sparkling water
- Bake or grill foods instead of frying



Adapted from <https://www.eatright.org/health/wellness/preventing-illness/what-is-an-anti-inflammatory-diet>; <https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>
Photos courtesy of pixabay.com; misc.

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.