

Racine County Nutrition Program

Guide to Successful

Overall Health and Nutrition

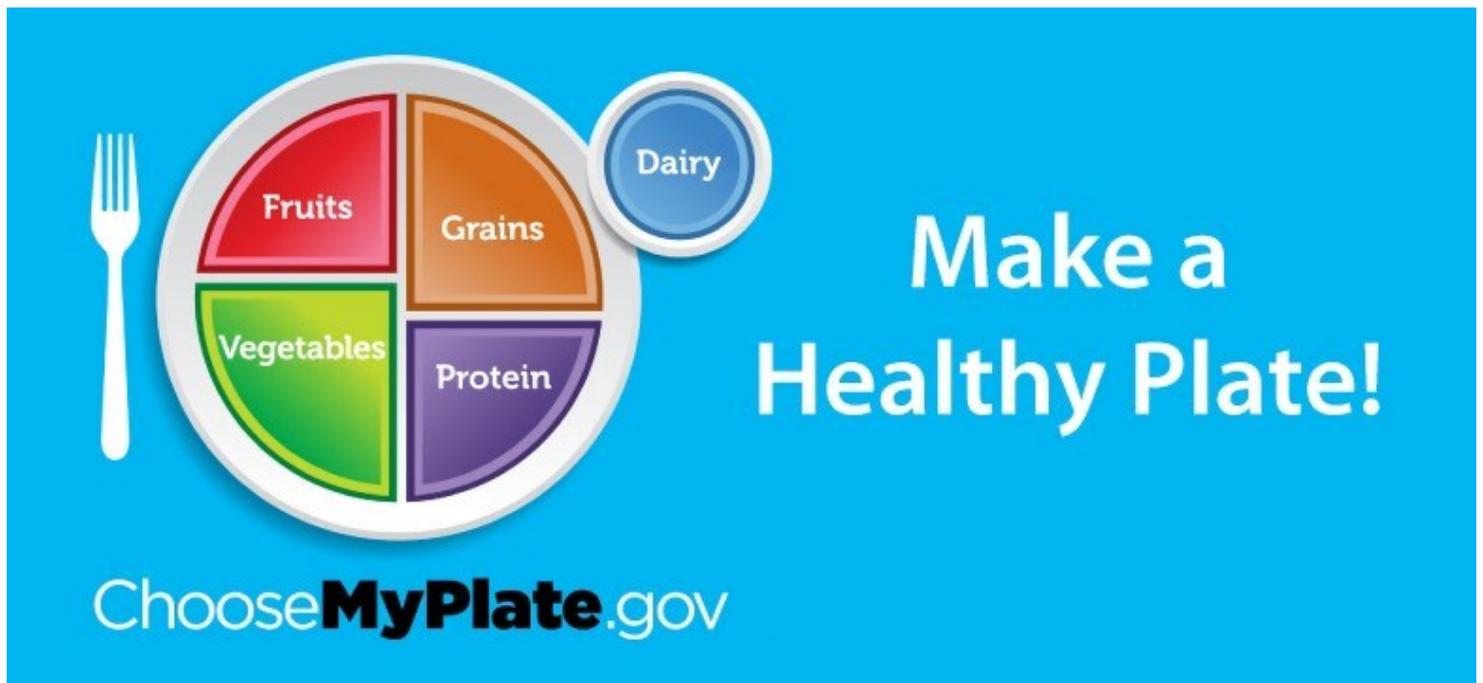


LUNCH



TM

AMERICA, LET'S DO LUNCH™



Daily Vegetable Recommendation:

2-3 cups minimum

Daily Fruit Recommendation :

1 1/2—2 cups minimum

Daily Protein Recommendation :

8 grams minimum. For accurate protein intake multiply your weight by .36

(example person weighs 160 x 0.36 = 58 grams)

Daily Carbohydrate Recommendation :

Between 200-400 grams depending on your calorie intake

Did You Know ?

Meals on wheels is funded by a combination of state and federal funds. Due to our funding sources, we have to follow very strict guidelines on what we are able to provide in your lunch.

While following these guidelines, it is our goal to provide nutritious, appealing meals.

The USDA suggests that seniors have a **Daily Calorie Intake** based on their activity level.

Women who are:

Active 2,400 Daily; Non- Active 1,600

Men who are :

Active 2,600; Non- Active 2,000

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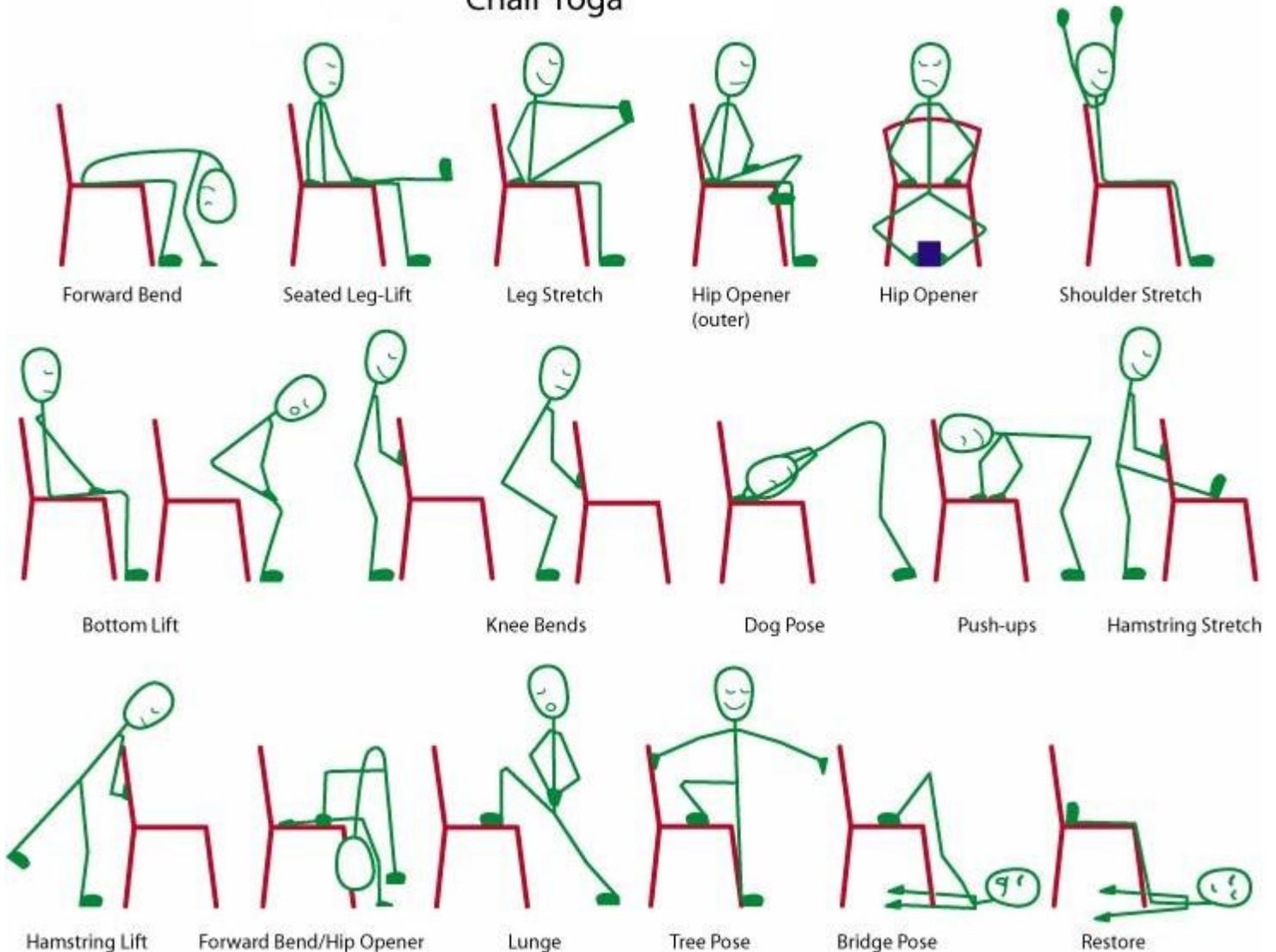
262-833-8766

Stay Active

It is so very important to stay as active as you can! Chair Yoga is one way to do that. No matter your skill level, it is fun and you can pick and choose what works for you.

Here are some examples to get you started.

Chair Yoga



Power Foods

Loosing your appetite? Need to lower your cholesterol? Don't feel like eating but you know you have to? Here is a list of power foods that are filled with great nutrition to help you stay on track with your health.

- ♥ **Beans**—can lower cholesterol by 5% . People with type 2 diabetes can benefit from a cup a day. Beans help keep your hemoglobin A1c down which helps control and manage blood sugars 5% better than without.
- ♥ **Oats**—at least 3 grams per day reduces cholesterol.
- ♥ **Apples and Bananas** - 5 grams or more of heart healthy fiber. Lowers risk for diabetes and high cholesterol. Add peanut butter for a great snack!
- ♥ **Leafy Greens & Berries**— help keep your mind sharp!
- ♥ **Yogurt**— (especially Greek) is a quality protein, a good source of calcium, and good for bones and digestive health. Add berries/granola and you have a great breakfast or snack!

Put This on Your Grocery List



Flavor Enhancing For Seniors

No matter what you do, is food not tasting the same? This is a natural part of the aging process. Did you know that you actually loose taste buds as you get older? This doesn't mean you cannot enjoy your food. Here are some great, easy and inexpensive ways to enhance the flavor of your meals whether you are at a congregate site or a having a light dinner at home, we have you covered !

The easiest way to liven up your food is add more spice!

Mrs. Dash is sodium free and has lots of fun flavors! It also comes in to-go size packets, so it can come with you wherever you go!

Citrus juice, like lemon or lime, is great for bringing out the taste in almost any food. Italian food pairs well with extra oregano or for Mexican food with lime juice and/or cilantro is delicious!

Transportation Services

K Town Transportation - 262-764-0377

Must ask for Racine county specialized transportation. **Approved application is required.** Must live outside Bell Urban system service area.

\$ 3.00 per one way trip . Open Monday –Friday 5:30am—6pm Saturday
Dialysis only.

MY RIDE - 262-417-7544

Offers door to door service. Reservations are required to be made 24 hours in advance or greater. **NOT WHEEL CHAIR OR SCOOTER ACCESSABLE .**

Donations are suggested but not required . **This is a FREE service,** through the Volunteer Center, for adults over 55 or who are visually impaired. Open Monday—Friday 8am-5:00pm. Will do a once a week grocery run for individuals who sign up in advance. Medical rides are top priority.

DART- 619-2438

APPROVED APPLICATION REQUIERD . To obtain application call 619-2438. This service is for residents 60 and older or who have a disability and live within 3/4 mile from the bell urban system service area. **\$ 4.00 per one way trip.** Participants must call by 2pm the day before to guarantee transportation. Open Monday—Friday 5am-11am

Burlington ONLY

SPARC- 262-412-8641

Flexible route and demand response. Primarily open to area seniors but may take general public . **\$ 2.00 one way 3.00 round trip or 5.00 unlimited use for one day .** Reservations are not required but encouraged.

Grocery Delivery Services

Home Delivery Options

Schwan's Food Delivery — Schwans.com 1-888-764-9267

There is an option for single servings, if needed . Schwan's does accept food share .

Blue Apron — Blueapron.com

Pick a meal plan and the number of recipes you would like from that plan. The site sends you boxes depending on your plan (for a 2 person plan you can choose 2—3 recipes per week).

Pea Pod - peapod.com

There are special offers for the first month and purchase options for future orders. The site offers many sale items and deals . Peapod does accept food share.

*If you do not have computer, PeaPod can be accessed through

Telegrocers at 888-902-7467

Order Online and Pick Up

Walmart - www.walmart.com/grocery

Choose the items that you would like online and have ready for pickup at your chosen store. *If someone else is picking up for you make sure that you put their name on the order form, and that they have a valid ID at pick up.

Grocery List



262-833-8777

14200 Washington Avenue

Sturtevant

www.adrc.racinecounty.com

Notes



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Linking People to Services

- Information & Resources
- Senior Nutrition program
- Long term Care Counseling
- Options counseling
- Health Promotion and Education
- Resources
- Caregiver support
- Dementia Support
- Benefit specialists



*The Aging and Disability Resource
Center of Racine County
is a central source of free, reliable and
objective information about a broad
range of programs and services.*

Contact us today!



262-833-8777

14200 Washington Avenue

Sturtevant

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