

February 2022 Menu

Dutchess County Office for the Aging - Nutrition
 114 Delafield St
 Poughkeepsie NY 12601
 845-486-2555 • www.dutchessny.gov/OFANutrition



Monday	Tuesday	Wednesday	Thursday	Friday
February is American Heart Month Black History Month	1	2	3	4
	Stuffed Shells Italian Green Beans Italian Bread Fruit Cocktail	Swedish Meatballs Buttered Noodles Broccoli Whole Wheat Bread Pears	Seafood Creole with Rice Winter Blend Italian Bread Jello	Kielbasa Red Beans with Rice Carrots Hot Dog Bun Apricots
7	8	9	10	11
Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Roll Peaches	Fish Sandwich Tater Tots Spinach Italian Bread Mandarin Oranges	Chicken a la King with Mixed Vegetables Parslied Potatoes Whole Wheat Bread Tropical Fruit	BBQ Rib Rice and Beans California Mixed Vegetables Hamburger Roll Pineapple	OFA and Senior Friendship Centers Closed (Lincoln's Birthday)
14	15	16	17	18
Turkey with Gravy Mashed Potato Broccoli Stonewheat Bread Valentine's Day Cookie	Chicken Marsala Sweet Potatoes Peas and Mushrooms Whole Wheat Bread Peaches	Italian Meatballs Ziti and Sauce Carrots Whole Wheat Bread Apricots	Roast Pork and Gravy New Potatoes Brussels Sprouts Dinner Roll Applesauce	Macaroni and Cheese Stewed Tomatoes Italian Bread Mandarin Oranges
21	22	23	24	25
OFA and Senior Friendship Centers Closed (Presidents Day)	Country Fried Steak Parslied Potato Green Beans Whole Wheat Roll Pineapple	Cheese & Vegetable Omelet Tater Tots Spinach Italian Bread Pears	Turkey Hot Dogs Baked Beans Carrots and Peas Hot Dog Roll Fruit Cocktail	Turkey and Macaroni Casserole Winter Blend Vegetables Italian Bread Cookie
28	All meals served with 1/2 pint of 1% milk All meals subject to change without notice	Any weather-related cancellations will be posted at facebook.com/DutchessCoGov twitter.com/DutchessCoGov and distributed to area radio stations for broadcast and/or posting on their websites	Meals for Home Delivered Meals clients to be provided in advance of Lincoln's Birthday (Fri 2/11) and Presidents Day (Mon 2/21)	
Chili with Cheese Rice Wax Beans Italian Bread Cupcake				

Marcus J. Molinaro • County Executive



Todd N. Tancredi • Director, Office for the Aging

Heart Health and Valentine's Celebrations

February marks American Heart Health Month. Heart disease is the leading cause of death in America. Fortunately, many risk factors are things we have control over - such as our food and lifestyle choices. Making nutritious food choices and working in physical activity throughout the day are two excellent ways to help keep you and your family's hearts beating strong. The perfect gift this Valentine's Day is the gift of heart health.

Good Heart Protection Habits

- Maintain optimal weight. Aim for a normal body mass index (BMI) of 18-24
- Manage your blood pressure. Start by decreasing your salt intake
- Get active - Aim for at least 30 minutes of moderate-intensity, aerobic activity throughout the week. This includes walking, jogging, biking, dancing, and/or weightlifting, at least two times per week.
- Good nutrition and lifestyle play big roles in keeping your heart healthy. Fill up on fiber-rich whole grains, fruits, vegetables, beans and lentils. Choose plant-based fats, such as avocado, nuts, seeds and olive oil, instead of animal-based fats such as butter.
- Prioritize Stress Management. Getting enough sleep, practicing relaxation techniques and nurturing relationships are healthy habits that can help protect you from the harmful effects of stress.
- Get regular physical checkup
- Limit added sugars.
- Include dark chocolate. Most dark chocolate is high in flavonoids, particularly a subtype called flavanols, which are associated with a lower risk of heart disease.
- Limit alcohol intake
- Quit Smoking

Dark Chocolate Covered Figs Recipe

Ingredients: ½ cup dark chocolate chips (without milk fat as ingredient)
12 fresh Mission (a/k/a Black Mission or Franciscana) figs
¼ cup finely chopped raw walnuts

Directions:

Melt chocolate in double boiler or microwave.
Dip figs into melted chocolate, sprinkle with nuts and place on parchment-lined pan.
Refrigerate about 30 minutes, until chocolate and nuts are set and figs are cold.

Nutrition Information

Serving size: 1 fig • Serves 12

Calories: 80; Total fat: 4g; Saturated fat: 1.5g; Trans-fat: 0g; Cholesterol: 0mg; Sodium: 0mg
Total carbohydrate: 13g; Dietary fiber: 2g; Sugars: 10g; Protein: 1g