

# July 2022 Menu

Dutchess County Office for the Aging - Nutrition  
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Monday	Tuesday	Wednesday	Thursday	Friday
<b>July is...National Ice Cream Month • National Blueberry Month •                      National Baked Bean Month • National Horseradish Month • National Picnic Month</b>				
<b>4 - Independence Day</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
OFA and OFA Friendship Centers Closed	TURKEY HOT DOG HOT DOG ROLL BAKED BEANS GREEN BEANS BROWNIE	TURKEY MACARONI CASSEROLE BROCCOLI ITALIAN BREAD FRUIT COCKTAIL	HAM STEAK BAKED POTATO CARROTS WHOLE WHEAT BREAD PINEAPPLE	CHEESE OMELET TATER TOTS MIXED VEGETABLES WHOLE WHEAT BREAD MANDARIN ORANGE
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
MEATLOAF & GRAVY MASHED POTATOES GREEN BEANS WHOLE WHEAT BREAD SLICED PEACHES	ROAST PORK RED POTATOES CAULIFLOWER DINNER ROLL APPLESAUCE	CHICKEN CREOLE WITH MIXED VEGETABLES RICE WHOLE WHEAT ROLL APRICOTS	SWEDISH MEATBALLS NOODLES CAPRI VEGETABLES ITALIAN BREAD FRUIT COCKTAIL	CHICKEN SALAD MACARONI SALAD COLE SLAW HAMBURGER ROLL COOKIES
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
TURKEY ITALIAN SAUSAGE & PEPPERS RICE & BEANS HOT DOG BUN PEARS	CHICKEN PEPPER STEAK WITH GRAVY RED POTATOES GREEN BEANS STONEWHEAT BREAD APPLESAUCE	STUFFED SHELLS SONOMA MIXED VEGETABLES WHOLE WHEAT ROLL PEACHES	BBQ RIB SANDWICH RICE & BEANS BUTTERED CORN HAMBURGER ROLL POUND CAKE	FISH SANDWICH TATER TOTS MIXED VEGETABLE HAMBURGER BUN DICED PEARS
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
VEGETARIAN CHILI WITH MIX VEGETABLES BROWN RICE STONEWHEAT BREAD TROPICAL FRUIT	APPLE SAUSAGE WITH SAUERKRAUT PARSLIED POTATOES HOT DOG ROLL CHOCOLATE PUDDING	SWEET & SOUR PORK BUTTERED NOODLES CAPRI MIX VEGETABLE WHOLE WHEAT BREAD APPLESAUCE	CHICKEN PARMESAN ZITI WITH SAUCE ITALIAN MIX VEG ITALIAN BREAD DICED PEARS	HAM SALAD PASTA SALAD 3 BEAN SALAD HAMBURGER ROLL COOKIES

# beat the summer heat

**STAY**

*Hydrated!*

Good hydration is one of the most important aspects of a healthy diet. Drinking enough fluid allows our bodily functions to take place as they should. Water is the best source of fluid but most all fluid counts. Read on to learn more.

## 7 Health Benefits of Proper Hydration

- Support a healthy immune system
- Maximizes physical performance and brain function
- Improves energy levels
- Supports digestion
- May Help Relieve Constipation
- May prevent kidney stones
- Decreases joint pain

## 8 Ways to Drink More Water:

### 1. Know Your Fluid Needs First

Women need about 11.5 cups of fluids per day. How much you need depends on your environment, diet, the season, activity level and overall health. A general guideline: women need about 11.5 cups of fluids per day and men need about 15.5 cups of fluids per day. 20% of your fluid intake should come from food.

### 2. Set a Daily Water Intake Goal

Record your progress to help keep you on track.

### 3. Always Have Water with You

Keep a water bottle within reach throughout the day.

### 4. Set Reminders

Use an app or an alarm to remind yourself to drink water.

### 5. Drink One Glass of Water Before Each Meal

This habit may add up to 3 extra cups to your daily water intake.

### 6. Choose Water When Eating Out

You'll save money and reduce calories.

### 7. Flavor Your Water

Add fruits like lime, lemon, strawberries and kiwi for a boost in flavor.

### 8. Eat More Hydrating Foods

Try watermelon, strawberries, cabbage, cucumbers, grapefruit, soup, plain yogurt and cottage cheese.