

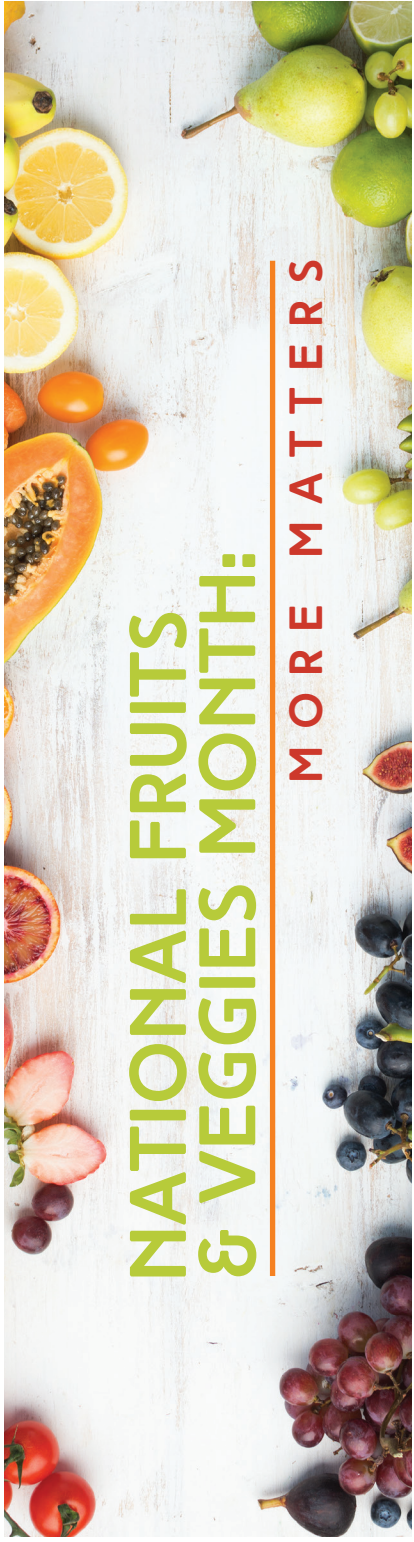
September 2022 Menu

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
September is...Hispanic Heritage Month Better Breakfast Month National Fruits and Veggies Month (see reverse side) National Italian Cheese Month Prostate Health Month		<i>All meals served with 1/2 pint of 1% milk</i> <i>Meals subject to change without notice</i>	1 Italian Meatballs Pasta and Sauce Italian Mixed Vegetables Italian Wheat Bread Fruit Cocktail	2 Fish Sandwich Tater Tots Green Beans Hamburger Roll Applesauce
5 - Labor Day	6 Stuffed Shells Capri Mixed Vegetables Italian Bread Brownie		7 Chicken Creole Mixed Vegetables Rice Whole Wheat Bread Peaches	8 Turkey Macaroni Casserole Cauliflower Stone Wheat Bread Pineapple
OFA and OFA Friendship Centers Closed				
12 Chili and Cheese Rice Green Beans Italian Bread Pears	13 Salisbury Steak with Gravy Parslied Potatoes California Blend Vegetables Stone Wheat Bread Peaches	14 Rosemary Pork with Gravy Mashed Potatoes Brussels Sprouts Whole Wheat Bread Applesauce	15 Chicken Marsala Mashed Potatoes Broccoli Stone Wheat Bread Apricots	16 Macaroni and Cheese Stewed Tomatoes Italian Bread Jello
19 BBQ Rib Sandwich Baked Beans Spinach Hamburger Bun Pineapple	20 Chicken Parmesan Baked Ziti and Sauce Italian Mixed Vegetables Italian Bread Fruit Cocktail	21 Swedish Meatballs Buttered Noodles Sliced Carrots Whole Wheat Bread Mandarin Orange	22 Chicken Sausage Rice and Beans Sauerkraut Hot Dog Roll Pudding	23 Sloppy Joe Tater Tots Peas and Onions Hamburger Roll Peaches
26 Hamburger on a Bun German Potato Salad Mixed Vegetables Italian Bread Apricots	27 Ham Steak Sweet Potatoes Green Beans Whole Wheat Bread Applesauce	28 Sweet and Sour Chicken Brown Rice Capri Mixed Vegetables Biscuit Pears	29 Meatloaf and Gravy Mashed Potatoes Broccoli Whole Wheat Bread Pudding	30 Fish Sandwich Tater Tots Diced Carrots Hamburger Roll Cookie





NATIONAL FRUITS & VEGGIES MONTH:

MORE MATTERS

September is National Fruits & Veggies Month – a time to focus on eating more vegetables and fruits. Vegetables and fruits are loaded with nutrition that may lower the risk of chronic diseases and certain cancers. According to the Dietary Guidelines for Americans 2020-2025, you should consume a minimum of 2½ cups of vegetables and 2 cups of fruit daily. Eat a variety of colorful veggies and fruits to get the most nutritional benefits. Some key nutrients in vegetables and fruits include:

- ✓ **Fiber:** promotes healthy digestive system
- ✓ **Calcium:** supports healthy bones and teeth
- ✓ **Iron:** helps maintain healthy blood
- ✓ **Magnesium:** supports overall good health
- ✓ **Potassium:** helps maintain healthy blood pressure
- ✓ **Folate:** supports healthy growth and development
- ✓ **Vitamin A:** supports healthy eyes, skin, and immune system
- ✓ **Vitamin C:** helps heal cuts and wounds
- ✓ **Antioxidants (thousands!):** protect the body against cell damage from free radicals

All forms of fruits and vegetables matter and count towards a healthy diet.

Fresh: Choose fresh vegetables and fruits when in season. They are higher in quality and cost less.

Hint: *Darker pigment in color usually means the item holds more nutrients.*

Frozen: Keep frozen produce on hand for quick preparation of meals, especially for mixed dishes.

Hint: *Choose unsweetened fruit with no sugar added and avoid vegetables with added sauce or cheese.*

Canned: Buying canned produce can be a great money-saving choice and go great in soups, stews, and casseroles.

Hint: *Try low sodium or no salt added vegetable options, drain and rinse with water before use. Choose unsweetened fruit packed in 100% juice.*

Dried: Dried fruit makes a great on-the-go snack and adds sweetness to trail mix. Try dried cranberries, apricot, raisins, figs, mango, or berries to your trail mix.

Hint: *Keep in mind that a serving size of dried fruit is smaller than other forms of fruit. Choose ones without added sugar to get the most benefit.*

Juice: 100% fruit or vegetable juice is a convenient way to get a serving of vegetables and fruits in your diet.

Hint: *Limit your juice intake to one serving per day. Make whole forms of vegetables and fruits your first choice for the most nutritional benefits.*