


Felch February 2025 Felch Menu

	Monday	Tuesday	Wednesday	
Felch Senior Center 906-246-3559	3 Sweet & Sour Chicken w/ Fried Rice Oriental Veggies Fortune Cookie	4 French Bread Pizza Italian Blend Veggies Fruit	5 Cheeseburger Baked Fries Baked Beans	<i>All meals are served with whole milk, or juice and fruit</i>
DICSA 774-2256 ext. 235, or 244	10 Beef Stroganoff Over Noodles Mixed Veggies Pudding Whole Wheat Dinner Roll	11 Pasty Pie Veggie Applesauce	12 Chicken Vegetable Soup w/ Noodles Crackers Bread & Butter Jello w/ Fruit	<i>Meals are funded by program income, local millage, OSA & The Area Agency on Aging.</i>
Serving Time: Salad Bar 11:00 Meal: 11:30	17 Cheese Omelet Sausage Hash Browns Warmed Fruit Toast	18 Chicken & Wild Rice Casserole Veggies Croissant	19 EVENING MEAL Pork Roast Mashed Potatoes & Gravy Veggie Dinner Roll	<i>Meals are subject to change without notification.</i>
	24 Chicken Soft Tacos Spanish Rice Veggie	25 Chili Hard Roll Veggie Jello w/ Fruit	26 Hamburger Gravy over Mashed Potatoes Veggie Dinner Roll Pudding	
	 Happy Valentine's Day			

DASH EATING PLAN

Making the Move to DASH



peas



bell pepper



squash



shrimp

chickpeas

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.

HEALTHY EATING, PROVEN RESULTS

Moving to heart healthy eating may seem difficult, but it doesn't have to be. Here are some tips to make DASH work for you.

Change gradually.

- If you now eat one or two servings of vegetables a day, add a serving at lunch and another at dinner.
- If you don't eat fruit now or have juice only at breakfast, add a serving of fruit to your meals or have it as a snack.
- Gradually increase your use of milk, yogurt, and cheese to three servings a day. For example, drink milk with lunch or dinner, instead of soda, sugar-sweetened tea, or alcohol.
- Choose fat-free or low-fat (1 percent) milk, yogurt, and reduced-fat cheese to reduce your intake of saturated fat, cholesterol, and calories and to increase your calcium.
- Read the Nutrition Facts label on frozen and prepared meals, pizza, and desserts to choose those lowest in saturated fat and trans fat.

Vary your proteins.

- Choose lean cuts of meat and remove skin from poultry.
- Check the labels on ground meats and poultry and select those with lower saturated fat.
- Serve fish instead of meat or poultry once or twice each week.
- Include two or more vegetarian (meatless) meals each week.

- Aim to fill $\frac{1}{2}$ your plate with vegetables and fruits, $\frac{1}{4}$ with whole grains, and $\frac{1}{4}$ with fish, lean meat, poultry, or beans.
- Add extra vegetables to casseroles, pasta, and stir-fry dishes.

Select nutritious, tasty snacks.

- Fruits offer great taste and variety. Use fruits canned in their own juice or packed in water. Fresh fruits are fast and easy and dried fruits are a good choice to carry with you or to have in the car.
- Try these snack ideas: unsalted rice cakes; nuts mixed with raisins; graham crackers; fat-free and low-fat yogurt; popcorn with no salt or butter added; raw vegetables.

Make healthy substitutions.

- Choose whole grain foods for most grain servings to get more nutrients, such as minerals and fiber. For example, choose whole wheat bread or whole grain cereals.
- If you have trouble digesting milk and milk products, try taking lactase enzyme pills with the milk products. Or, buy lactose-free milk.
- If you are allergic to nuts, use beans or seeds (such as sunflower, flax, or sesame seeds).



National Heart, Lung, and Blood Institute