



HOME-DELIVERED MENU—MARCH 2020

Catered by TRIO Community Meals

Menu subject to change

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We are #together4seniors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Salisbury Steak w/Brown Gravy Garlic Mashed Potatoes Diced Beets Multi-Grain Bread Lemon Square DIET: SF Cookie	3 Baked Pollock w/Red Pepper Pesto Sauce Brown Rice w/Orzo Peas and Carrots Multi-Grain Bread Mandarin Oranges	4 Chicken & White Bean Chili w/Tomatoes over White Rice Fiesta Vegetable Blend Biscuit Diced Peaches	5 Pot Roast w/Brown Gravy Quartered Roasted Potatoes Broccoli & Carrots Whole Grain Dinner Roll Apple Crisp	6 Vegetable & Cheese Lasagna w/Alfredo Sauce Parmesan Cheese Packet Tuscany Vegetable Blend Extra sauce 3 rd compartment Italian Bread Fresh Pear
9 Chicken Breast w/Broccoli & Cheese Sauce Vegetable Brown Rice California Vegetable Blend Cracked Wheat Bread Diced Pears	10 Baked Ziti w/Meat Sauce Parmesan Cheese Packet Green Beans Extra sauce 3 rd compartment Italian Bread Fresh Apple	11 Beef Tips w/Sherry-thyme Gravy over Buttered Noodles Broccoli & Carrots Whole Grain Dinner Roll Chocolate Pudding DIET: Applesauce 2 compartment tray	12 Roast Pork w/Apple Cider Gravy Roasted Sweet Potatoes Brussel Sprouts Oatmeal Bread SF Jell-O	13 Egg Salad Three Bean Salad Red Cabbage Cole Slaw Whole Grain Kaiser Roll Raisins
16 Salmon w/Honey Ginger Sauce over Soba Noodles Asian Vegetable Blend Whole Grain Dinner Roll Pineapple Tidbits	17 St. Patrick's Day Corned Beef and Cabbage Parslied Boiled Potatoes Baby Carrots Rye Bread Frosted Cupcake DIET: SF Cookie	18 Honey BBQ Pork Riblets Tater Tots Succotash Whole Grain Corn Muffin Applesauce	19 Spring Begins Diced Chicken Fajitas Peppers and Onion Yellow Rice w/Black Beans Soft Tortilla Diced Peaches	20 Mozzarella Omelet Seasoned Home Fries Spinach Whole Grain Blueberry Muffin Strawberry Oatmeal Bar
23 Hamburger Mustard/Ketchup Packets Molasses Baked Beans Mixed Vegetables Whole Grain Hamburger bun Cinnamon Peaches	24 Chicken Marsala w/Mushrooms Mashed Potatoes Italian Vegetable Blend Cracked Wheat Bread Fresh Pear	25 Potato Crunch Fish Tartar Sauce Packet Potato Wedges Sliced Zucchini Whole Grain Wheat Bread Oatmeal Raisin Cookie DIET: Grahams	26 Roasted Turkey w/Gravy Cranberry Sauce Mashed Potatoes Apple-Butternut Squash Cracked Wheat Bread Apple Crisp	27 Cheese Raviolis w/Marinara Sauce Parmesan Cheese Packet Italian Green Beans Extra sauce 3 rd compartment Garlic Roll SF Cookies
30 Baked Pollack w/Florentine Sauce Vegetable Brown Rice Peas and Onions Oatmeal Bread Lemon Pudding Diet: Applesauce	31 Swedish Meatballs over Buttered Noodles Diced Beets Whole Grain Dinner Roll Lorna Doone Cookies 2 compartment tray	VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL Make checks payable to: Meals on Wheels of RI 70 Bath St., Providence, RI 02908 (401) 351-6700	 March 8 – Daylight Savings Time begins—set time one hour ahead	Please call in meal cancellations no later than 10:00 am the day before delivery. You must be home to receive your meal. For your safety & well-being coolers are not allowed.

Meals on Wheels of RI is a non-profit organization funded in part by the U.S. Administration on Aging (AoA) & state funds through the R.I Office of Healthy Aging.

REFRIGERATE MEALS IF NOT EATING IMMEDIATELY – MEAL WILL BE HOT AFTER REHEATING – PLEASE HANDLE CAREFULLY

*** DO NOT REHEAT IN TOASTER OVEN ***

Meal Reheating Instructions – Reheat to a temperature of at least 165° F

Microwave: Peel back lid to vent or slit film in each compartment - reheat meal for 1.25 minutes – add 30 seconds as needed

Conventional oven: Pre-heat oven to 350 degrees F - Place meal on cookie sheet, peel back lid to vent & reheat for 10 minutes max

WGR – whole grain

SF = sugar free

LS = low sodium OR low sugar

NUTRITION TO GO

What's the Deal with Vitamin D?



What is Vitamin D?

Vitamin D is sometimes called the “sunshine vitamin”. This is because our bodies can make our own vitamin D with the help of the sun. Vitamin D is needed for many important body functions, including:

- Keeping bones and teeth strong
- A healthy immune system

What are Good Sources of Vitamin D?

- Fish, including fatty fish (including salmon and mackerel) and popular canned fish (such as tuna and sardines)
- Mushrooms
- Dark leafy greens, like spinach and kale
- Eggs
- Fortified dairy products, including milk and yogurt

Why Do We Need More Vitamin D in the Winter?

When we are bundled up in winter clothes and the sun stays lower in the sky, most people do not get enough sunlight to make our own vitamin D. We need to make sure we are getting enough vitamin D in our diet during this time.

How Much Vitamin D Do We Need?

Vitamin D recommendations are given in units called International Units. Sometimes food labels may also use micrograms.

As we age, we need more vitamin D in our diet because our skin is not as good at using the sun to create its own vitamin D.

For adults under 70 years old →
600 IU (or 15 mcg) per day

Over 70 years old →
800 IU (or 20 mcg) per day



Census 2020 Begins March 12



Why does it matter?

Distribution of federal funds.

Rhode Island receives about \$3.8 billion in federal funding each year based on the results of the census. These funds support dozens of social services and programs in our communities, such as:

- Medicaid & Medicare Part B
- Section 8 Housing
- SNAP (Food Stamps)
- Public Transportation
- Health Centers
- WIC
- Energy Assistance
- Special Education

Representation in Congress & Fair representation and civil rights

For more information, visit
<https://ricensus2020.squarespace.com/>