

MEALS ON WHEELS • SUPPER MENU

A confidential, voluntary donation of \$2 per meal is suggested.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

() indicates sodium in milligrams
 * indicates a higher-sodium item
 (V) indicates a vegetarian item

Note: To cancel your meal,
 please call our Mystic Valley
 Nutrition Department before
 11:30 AM at 781-388-2303.



**There will be no
 meals served today in
 observance of New
 Years Day.**

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**There will be no
 meals served today in
 observance of Martin
 Luther King Jr. Day.**

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ABOUT YOUR HOME-DELIVERED MEAL

Every meal provides an average of 700-800 calories and a minimum of 1/3 of the Dietary Reference Intake of significant vitamins and minerals.

Your meal has no salt added and most have less than 1,200 mg of sodium per meal. Most meals come with bread or a roll, dessert, 8 oz. of milk.

Food safety is important. If you do not eat your meal when it is delivered, please refrigerate it immediately.

TAKE CHARGE WITH TRIP METRO NORTH

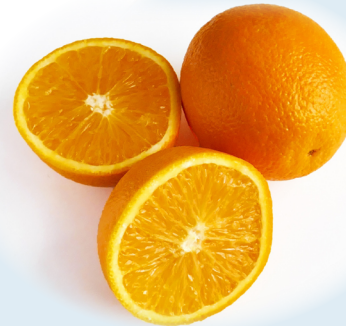


You don't have to be in the driver's seat to be in control. Take care of personal errands and get to appointments through the free TRIP program. TRIP gives you mileage money to reimburse friends and neighbors who take you where you need to go at whatever time works. If you are 60+ or an adult living with a disability, don't drive, and public transportation isn't an option, call (781) 388-4819 to apply.

Stay safe, happy holidays, and best for 2021!

“Foods rich in certain nutrients may help optimize the immune system’s ability to fight infection.” - *Tufts Health and Nutrition Letter*

The following nutrients play a role in the immune system and can be found in a variety of foods:



- **Beta Carotene:** Sweet potatoes, spinach, carrots, mango, broccoli and tomatoes.
- **Vitamin C:** Citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.



- **Vitamin D:** Fatty fish, eggs, and milk or 100% juices that are fortified with vitamin D.
- **Zinc:** Seafood, wheat germ, beans, nuts and tofu.



- **Probiotics:** Cultured dairy products such as yogurt and in fermented foods such as kimchi.
- **Protein:** Milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.

Focus on a balanced eating plan, adequate sleep, stress management, and wash your hands!

Adapted from the Academy of Nutrition and Dietetics