




CITY FRESH CHILLED MENU

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
8		9		10		11		12	
15		16		17		18		19	
22		23		24		25		26	
29		30		31					
<div><div>NO MEALS TODAY IN OBSERVANCE OF MEMORIAL DAY</div></div>						<div><div>() indicates sodium in milligrams * indicates a higher-sodium item V indicates a vegetarian item</div></div>		<div><div>note: To cancel your meal, please call our Mystic Valley Nutrition Department at least one day in advance before 11:30 AM: 781-388-2303</div></div>	



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. The exceptions are meals marked as "high sodium 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. To reheat meals, slit or peel back film in each compartment. Microwave 2-3 minutes maximum on high or place the meal on a cookie sheet in a 350 degree conventional oven for 10-15 mins. to an internal temperature of 165 degrees. Do not use a toaster oven.



Give Added Sugars the Boot

The latest Dietary Guidelines for Americans recommend that we work to limit the amount of added sugars in our eating pattern. Decreasing added and refined sugars may reduce the risk of heart disease, obesity, diabetes, and certain types of cancer.

The most common foods that contain added sugars are cakes, cookies, pies, candy, soda, sweetened tea and coffee, pastries, doughnuts, fruited yogurt, sauces, and salad dressings.

Reading food labels is key. Fortunately, we can now find on the label exactly how much sugar has been added during processing. Each food label lists **Total Sugars** which include natural sugars (milk and fruit sugars) and added sugars. Also listed on the label is **Includes Added Sugars** which are the sugars we don't want.

Take a look at the foods that you eat which contain added sugars and make some healthy changes for a healthier you. Here's how to get started:

- Limit or cut out candy, baked goods, and dairy desserts.
- Skip sugary drinks and choose water instead.
- Cut out processed foods that are often high in added sugar, fat, and sodium.
- Compare food labels and choose products with the lowest amount of added sugars.
- Add fruit rather than sugar to cereal and oatmeal.

