

CITY FRESH CHILLED MENU

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<div>( ) indicates sodium in milligrams</div> <div>* indicates a higher-sodium item</div> <div>V indicates a vegetarian item</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>						1	
4		5		6		7		8	
11		12		13		14		15	
18		19		20		21		22	
25		26		27		28		29	
				</					



## 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. Refrigerate your chilled meal immediately upon delivery. 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.

# March is National Nutrition Month®

This year's theme is: “Beyond the Table” and emphasizes sustainability efforts.

*"Is it sustainable?" It's an increasingly important question being asked when it comes to agriculture and how we eat. Sustainable eating is about choosing foods that are healthful to our environment and our bodies." (Sarah Klemm, RDN, CD, LDN eatright.org)*

Ways to think about sustainability in our own lives:

- **Buy locally and in season**—eating locally grown foods cuts back on fossil fuel and retains more nutrients.
- **Eat more plant-based foods**—eat more beans and lentils in place of animal proteins. Plant-based eating uses fewer natural resources. Consider eating a vegetarian meal at least once a week.
- **Reduce packaging**—if possible choose items in reusable packages and recycle materials such as glass, metal and some plastics.
- **BYOB**—bring your own bags to the store. This reduces the number of plastic bags that end up in our environment.
- **Save water**—fill your sink with soap and water to clean your dishes instead of letting the faucet run.
- **Use ceramic/glass dishes and stainless steel silverware** instead of disposable plastic ones.

Source: eatright.org April 2022

