

TRIO CHILLED MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
No meal delivery today in observance of New Year's Day.	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		



### 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. Some meals will include a nutritious soup.

Please remember to **use caution** as the soup will be very **hot once** it is reheated. Remove cover on the soup container and microwave container for 1 minute. Heating time may vary depending on the strength of your microwave. You may also pour the soup into a saucepan and heat it on the stove.



# Tips for the Winter Months

The cold winter months are upon us. Good nutrition can minimize your chances for illness and keep you feeling better overall.

1. Drink water to stay hydrated.
2. Be sure to eat lots of fruits and vegetables to keep your immune system working its best.
3. Frozen vegetables and berries are plentiful and easy to use. It's especially important to choose fruits and vegetables that contain Vitamin C such as oranges, strawberries, broccoli, peppers, tomatoes, etc.
4. Soups are great for the winter, very nutritious and delicious. Purchase low-sodium varieties or make your own with lots of vegetables, beans, and whole grains.
5. Stay active both for your body and mind with activities such as chair yoga or walking.
6. Keep your calories in check. Avoid overeating or eating when you are not hungry.

*Spring will be here before we know it!*