

CITY FRESH • SUPPER MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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. 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.



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!