

CITY FRESH • 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 Nutrition
Department at least one day
in advance before 11:30 AM
at 781-388-2303.**

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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. The exceptions are meals marked as "high sodium".

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.

Keeping Your Groceries Safe

Many of us are back to carrying our groceries in our reusable bags, which is great for the environment.

Here are some safety tips:

- 1) Be sure to use one bag for your meat or poultry and one for carrying your fresh items such as vegetables, fruits, and breads.
- 2) Wash your reusable bags often with hot, soapy water by hand or in the washing machine.
- 3) After emptying your bags, wash the kitchen counter where the totes were.
- 4) Remove empty bags from the trunk of your car.



Following these simple tips will help prevent food poisoning.

Adapted from The Academy of Nutrition and Dietetics.

SHINE is in your community!



Do you want expert, unbiased advice on your Medicare and health insurance options? Call your local Senior Center or MVES for a counselor appointment.

781-388-4845