

# CITY FRESH • CHILLED 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 Mystic Valley Nutrition Department at least one day in advance before 11:30 AM: 781-388-2303.			
4	5	6	7	8
			LABOR DAY SPECIAL	
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.

## 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**