

NUTRIGRAM

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Niagara County Office for the Aging 438-4020

111 Main Street Suite 101 Lockport NY 14094



Valentine's Day Special at Sites

On Wednesday, February 14th, the following special meal will be served at nutrition sites and for Home Delivered Meals. The suggested contribution for the meal continues to be \$2.50.

Roast Pork au Jus
Parsley Potatoes
Brussels Sprouts
Whole Wheat Dinner Roll
Cherry Crisp with Topping
Skim or 2% Milk
Coffee or Tea



Happy Valentine's Day!

New Site Opened January 22nd

Summit View Place at 7210 Williams Road, Niagara Falls (past the Summit Mall) has become the 20th Nutrition Site location for the Office for the Aging. Lunch will be served there in the Community Room at noon on Monday, Tuesday and Friday weekly. Reservations will be needed 24 hours in advance by calling Rosaria Cronwell at 283-3835 or sign up in the building. Anyone age 60 or older is welcome. Individuals under age 60 can come as guests in which case the fee for the meal is \$3.50.

Ideas to Reduce Carbohydrates

For diabetics and others who would like to reduce consumption of carbohydrates, here are a few suggestions passed on by participants to me.

- Fruit- 2- 0 - sugar-free flavored water

- Light Cranberry Juice by Ocean Spray (only 60 calories for 8 ounces)
- Light Popcorn – 3 cups equals one carbohydrate exchange
- Snack on walnuts or almonds instead of grabbing high carbohydrate snacks
- Try chips or crackers that are high fiber as well as “no trans fat”, like Snyder whole wheat tortilla chips or Wheat Thins

Easy light Coconut Macaroons



1 pkg Angel Food Cake
14 ounces of coconut, flaked
½ cup water

Combine all ingredients. Use cookie scoop to place cookies on cookie sheet. Bake at 350 for approx. 10 minutes. 2 cookies count the same as one carbohydrate or one starch in the diet.

Medications Management Programs

A Pharmacist will be coming to speak to seniors at these Niagara Nutrition locations:

Wednesday, February 7th at 11:15

Olcott Fire Hall
Newfane's Peterson Drug Store
Pharmacist and UB student

Thursday, February 1st 11:15 AM

Lewiston Senior Center
Janet Karnes, Pharmacist, CVS, Lewiston

Thursday, March 8th 11:15 AM

Ransomville Fire Hall
Janet Karnes, Pharmacist, CVS, Lewiston