

NUTRIGRAM

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Niagara County Office for the Aging 438-4020

111 Main Street Lockport NY 14094



Happy Holidays!

Eat Well...Stay Well Dining's Christmas Special will take place on Wednesday, December 16th at most of the lunch time dining sites and for home delivered meals. The following delicious meal will be served:

Chicken Cordon Bleu
Rice Pilaf
Prince Edward Vegetables
Whole Wheat Dinner Roll
Cherry Cheesecake
Skim, 2% or Chocolate Milk
Coffee or Tea



Come and eat at the sites after the forum. To make a reservation for lunch call- 692-9663 for the Woodlands or 283-6257 for LaSalle Site.

We also are sponsoring Club 99 resistance band exercise programs at 12 lunch site locations; Fall Prevention Programs by Rev. Jimmy Rowe; Wellness Presentations by Pam Szalay of the Mental Health Association; Infection Control Talks- "How Can You Protect Yourself?" All about H1N1 by an expert – Maria Shah of NFMMC. Stay Well Programs are ongoing at various locations. For information about these talks, call Glenda Reardon at 438-4030.

Broccoli-Cheese Soup

Serves 6

2-3 Tablespoons of Soft Tub Margarine, oil or Butter, melted
3 Tablespoons Flour
2 cups broccoli cooked and chopped or use frozen broccoli (cooked and chopped finely)
3 cups Fat-free Milk $\frac{1}{4}$ tsp. White pepper
 $\frac{1}{2}$ teaspoon garlic powder
1 Tablespoon dried minced onion
1 cup sharp cheddar cheese, $\frac{1}{3}$ rd less fat variety

Heat margarine or butter or oil in a large saucepan. When melted, add flour and stir together while heating and stirring. Gradually add the 3 cups of Fat-free Milk. Bring to a boil until thickened and turn heat to low after boiling for about 30 seconds. Stir in chopped and cooked broccoli. Heat on medium-low until mixture comes back to a slight boil. Turn down heat and add the cheddar cheese. Stir and serve when cheese is melted.

Note: There will be no meals sent on Monday, January 18th for Martin Luther King Day.

The suggested contribution is \$2.50. Call the Office for the Aging transportation department at 438-4038 if you need transportation to a nutrition site. Seniors who participate in the nutrition program have the opportunity to go grocery shopping once a week at various locations.

Many valuable educational programs take place regularly at dining sites. Here are a few upcoming programs:

"Smart Senior Forums" by Attorney General's Office as follows:

Tuesday, December 15th at Woodlands Senior Apartments on 3979 Forest Pkwy in Wheatfield 11:00 AM

Tuesday, December 22nd at LaSalle Senior Center, 9501 Colvin Blvd 11:00 AM