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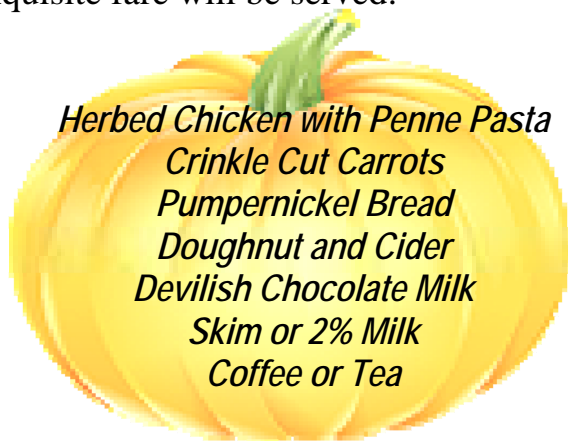
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111 Main Street Lockport NY 14094



“Spooktacular Meal” for Halloween!

On Thursday, October 29th we will be serving a special meal at sites and for home delivery for Halloween. The following exquisite fare will be served:



For transportation to a site, call 438-4038. For a list of nutrition lunch site locations, call Glenda at 438-4030. The meal is usually served around noon at most of the 21 locations.

Magnesium – An Essential Mineral What does it do in the body?

- Used in more than 300 biochemical reactions
- Helps maintain muscle/nerve function
- Keeps bones healthy and strong
- Maintains cardiovascular health
- Higher blood levels of magnesium are associated with lower risk of coronary heart disease

Greater magnesium intake is significantly associated with a lower risk of high blood pressure



How Much Magnesium is Needed?

For men over 51 – 350 mg

For Women over 51- 265 mg

Note- results of the HANES survey and the continuing Survey of Food Intakes of Individuals (1994) indicated the diets of most adult men and women do not provide the recommended amounts of magnesium.

Black bean brownies are a good source of magnesium. Try this recipe.

Easy Black Bean Brownies

1 Brownie Mix for a 9x13-inch pan of brownies
1 (15 ounce) can black beans, rinsed and drained
1 cup water
1 cup chocolate chips, divided

1. Preheat oven to 350F degrees.
2. Lightly grease a 9x13-inch baking pan and set aside.
3. Puree the beans and water together in a blender or food processor until smooth.
4. Stir into the brownie mix until combined.
5. Stir in 1/2 cup chocolate chips.
6. Pour the mixture into the prepared pan and sprinkle with chocolate chips.
7. Bake for 25-27 minutes or until a toothpick inserted 2 inches from the side of the pan comes out almost clean.
8. Cool completely on a wire rack and then cut into desired size and shape brownies.

Attention: Columbus Day holiday is celebrated Monday, October 11th. There will be no meal delivered that day.

