

NUTRIGRAM

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Niagara County Office for the Aging 438-4020

111 Main Street Suite 101 Lockport NY 14094



Father's Day Special

The Father's Day special meal will take place on Wednesday, June 11 for lunch sites and for Home Delivered Meals. Father's Day is Sunday, the 15th of June. The menu will be as follows:

Center Cut Pork Chop
Ranch Style Mashed Potatoes
Club Spinach
Whole Wheat Dinner Roll
Chocolate Cream Pie
Skim, 2% or Chocolate Milk

There are 19 Eat Well...Stay Well Dining sites. For transportation to a site, contact Jen Schumacher at 438-4038. For a listing of lunch site locations in Niagara County, go to www.niagaracounty.com Click on Departments, then Aging, then nutrition program. Or, call the office (438-4020) for a dining site brochure.

Food Safety Concerns

If you are receiving home delivered meals, please be advised that meals should only be kept for 24 hours after you receive them. Ideally, you would eat all the food in the hot meal right away (including the contents of the cold bag), and put the cold supper meal in the refrigerator to eat in the evening. Any leftover food should be discarded after 24 hours. When we refrigerate food, bacteria still grows (slowly) and can eventually increase to an amount that can make you feel sick. Of course, bacteria grows more quickly at room temperature. That is why there is a two-hour rule: do not keep

perishable food unrefrigerated for more than 2 hours. Preferably, refrigerate leftover food immediately.

On Freezing- never refreeze a food that has been completely defrosted. Freezing stops bacterial growth, but food quality deteriorates as food ages in the freezer. Most of you know what "freezer burn" tastes like.

The Cold Supper Meal

There is a cold supper meal available for home delivered meal participants. If you receive this meal, it will come in a larger bag with a yellow dot on it. This dot tells you that this is a complete meal, meant for the evening. If the bag is red, then it is a diabetic meal. An orange sticker designates a renal diet, blue means bland and green means modified sodium. Ordinarily the color coding system is most important for your volunteer to know.

The supper meal sandwiches are not put together- you will find 2 slices of bread and some kind of meat or meat salad, or cream cheese or peanut butter to put together yourself. This helps prevent soggy sandwiches.

If you have any questions about your meals, their packaging or food safety, please contact Glenda Reardon, Registered Dietitian, at 438-4030.

"Nutrigrum" is a publication of the OFA
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438-4030