

February

2022

Lunch: under age 60 - price \$7.00 / age 60 & over - suggested donation - \$6.00
Lunch Served: Wednesday & Thursday 11:30 A.M. - 1:00 P.M.
Friday Entertainment @ 11:30 A.M.; Lunch NOON until 1:00 P.M.

Hours of Operation:

9:00 A.M. - 3:00 P.M.
 Wednesday thru Friday

Take Out: Call 208-847-3141

to Schedule Pick-up Time

*Menu Subject to Change Due to
 Availability of Food*

BEAR LAKE
SENIOR CENTER

Changing Lives One Meal at a Time

LOCATED JUST NORTH AND EAST OF THE HELICOPTER PAD

• 300 HOSPITAL PLAZA • 114 S. 4TH STREET •
 • MONTPELIER, ID 83254 • 208.847.3141 •

	Wednesday	Thursday	Friday
9:00 A.M.			
10:00 A.M.	Bingo	4 Art	
11:30 A.M.	Ham and Scalloped Potatoes :30 Fit and Fallproof	Shepherd's Pie	5
NOON			
1:00 P.M.			
6:00 P.M.	Art Night		
9:00 A.M.			
10:00 A.M.	Bingo	11	
11:30 A.M.	Chicken Cordon Bleu :30 Fit and Fallproof	Egg Roll / Fried Rice	12
NOON			
1:00 P.M.			
6:00 P.M.			
9:00 A.M.			
10:00 A.M.	Bingo	18 Art	
11:30 A.M.	Sweet and Sour Chicken :30 Fit and Fallproof	Nacho Tacos	19
NOON			
1:00 P.M.			
6:00 P.M.	Art Night	Quilt Guild	
9:00 A.M.			
10:00 A.M.	Bingo	25 Art	
11:30 A.M.	Beef Alfredo over Potato :30 Fit and Fallproof	11:30—Stitchers Lasagna / Green Salad	26
NOON			
1:00 P.M.			
6:00 P.M.			



AMERICAN
Heart
 MONTH



&



BLACK HISTORY
 MONTH

February

National Heart Month

February 2026 Nutrition Article

February is well known as "American Heart Month." Heart disease is the #1 leading cause of deaths in the U.S. Below are some tips and items to keep in mind while promoting one's heart health.

- Choose more fats and less saturated fats
 - † Saturated fats include: those that stay solid at room temperature
 - ‡ Butter
 - ‡ Animal Fat (lard, steaks, sausage, etc.)
 - † Unsaturated fats include: those that are liquid at room temperature
 - ‡ Olive oil, vegetable oil, avocados, etc.
- Consuming less salt
 - † Rinse any frozen and canned foods, salt is often used as a preservative. Thoroughly rinse under running water a couple of times will help to reduce sodium content
 - † Keep the salt shaker off the table! We often salt our food before tasting it.
 - † Look for sodium substitute, i.e., seasoning, citrus, herbs (fresh or dry)
- Encourage foods rich in omega-3 fatty acids, as they promote positive heart health by reducing triglycerides in one's blood serum
 - † Fish (especially salmon), avocados, olive oil, walnuts, flaxseeds, etc.

With all the dietary tips listed above, it's important to remember that exercise also plays such an important role in heart health. Understandably so, with colder temperatures we tend to stay indoors during this time. Get creative and use any

resources available to you: walk a few laps at your indoor mall if able or grab a friend and walk/stretch/lift light weights (i.e., cans of food)

Seasonal foods in February?

- Citrus fruits - oranges, limes, grapefruit, etc.
- Fennel, cabbage, broccoli
- Pomegranate

Dark chocolate has many heart health properties compared to milk or semi-sweet. Dark chocolate is very high in flavonoids, a specific type of antioxidants (also found in wine, apples, etc.) that has been shown to decrease risk of heart disease, cholesterol, hypertension, diabetes, and blood clots.

Dark Chocolate Covered Treats

- 2 regular size dark chocolate candy bars (or 6 oz. of bagged dark chocolate chips)
- 2 cups of fruit and nuts, any kind –
 - Strawberries, blueberries, pitted cherries, bananas, etc.
 - dried cranberries, raisins
 - Pistachios and pecans (shell taken off)
- Line a baking pan with wax paper.

In a microwave safe bowl add in dark chocolate and melt for 30-second intervals, mixing in between. Once dark chocolate has melted, submerge half way all fruits and nuts, one at a time.

Lay out on a wax paper lined pan. Once complete, set in the refrigerator for at least 5 min. until solid.

Enjoy this simple, rich and heart healthy treat!

FREE NUTRITION COUNSELING

† Free MNT (Medical Nutrition Therapy) services available in person, or via telephone with our registered dietitian Vanessa (habla español), services also available in Spanish. Ask your center staff for details today!

† Please reach out to our site for help with the following:

- † New medical diagnoses, i.e., cancer, diabetes, difficulty swallowing, weight loss, altered taste, fatigue, etc.
- † Food resources — Food banks, pantries, programs, etc.
- † Menu planning, budgeting, and recipe ideas

thediетит.vanessa@gmail.com