

2025 March

**BEAR LAKE
SENIOR
CENTER**

*Changing lives
one meal at a
time.*

LOCATED JUST NORTH AND EAST OF THE HELICOPTER PAD • 300 HOSPITAL PLAZA. • MONTPELIER, ID 83254 • 208.847.3141

Mon	Tues	Time	Wednesday	Thursday	Friday
3	4	10:00 A.M. 11:30 A.M. noon 1:00 P.M. 6:30 P.M.	5 Bingo Turkey Apple Stuffing Casserole 12:30 Fit for Fallproof <i>SHARE A SMILE DAY</i>	6 9:00—Art Sausage, Biscuit, & Gravy <i>NATIONAL OREO COOKIE DAY</i>	7 Social Hour Malibu Chicken Casserole <i>WORLD DAY OF PRAYER</i>
10	11	10:00 A.M. 11:30 A.M. noon 1:00 P.M. 6:30 P.M.	12 Bingo Ham Teterazzini 12:30 Fit for Fallproof <i>NATIONAL REGISTERED DIETITION NUTRITIONIST DAY</i>	13 9:00—Art Beef Stew 11:15 Jodi Thomas—Nutrition Education <i>NATIONAL EAR MUFF DAY</i>	14 Christine & Dean Lake Corned Beef & Cabbage <i>NATIONAL POTATO CHIP DAY</i>
17	18	10:00 A.M. 11:30 A.M. noon 1:00 P.M. 6:30 P.M.	19 Bingo Chicken/Scalloped Potato 12:30 Fit for Fallproof <i>NATIONAL LET'S LAUGH DAY</i>	20 9:00—Art Taco Cupcakes <i>INTERNATIONAL DAY OF HAPPINESS</i>	21 Yorgason Sisters Pork Loin & Rice Pilaf <i>NATIONAL ROSIE THE RIVETER DAY</i>
24	25	10:00 A.M. 11:30 A.M. noon 1:00 P.M. 6:30 P.M.	26 Bingoe Brisket / Mac 'n' Cheese 12:30 Fit for Fallproof <i>MAKE UP YOUR OWN HOLIDAY DAY</i>	27 9:00—Art Lasagna 11:30—Stitchers <i>MANATEE APPICATION DAY</i>	28 Cordell Gren Meatball Linguini <i>NATIONAL SOMETHING ON A STICK DAY</i>

To MAKE CHANGES TO YOUR HOME DELIVERY, CALL BEFORE 10:00 A.M.

**MARCH IS NATIONAL
NUTRITION MONTH**



Hours of Operation: 9:00 A.M. – 3:00 P.M. Wednesday thru Friday
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.
Take Out: Call 208-847-3141 to Schedule Pick-up Time
MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD.



Food, Nutrition and Health Tips from the
Academy of Nutrition and Dietetics

20 Health Tips

1. Eat Breakfast

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables, e.g. a breakfast burrito with scrambled eggs, low-fat cheese, salsa, on a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit, and whole grain cereal.

2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor, and texture plus vitamins, minerals, and dietary fiber to your plate. Make 2 cups of fruit and 2½ cups of vegetables your daily goal.

3. Watch Portion Sizes

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Measuring cups may also help you compare your portions to the recommended serving size.

4. Be Active

Regular physical activity has many health benefits. Start by doing what exercise you can. Adults need at least two-and-a-half hours of physical activity per week. Take a walk after dinner or put on music and dance at home.

5. Get to Know Food Labels

Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.

6. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose two or more from: grains, fruits, vegetables, dairy, and protein.

7. Consult an RDN

Whether you want to lose weight, lower your health-risks, or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines

Reduce your chances of getting sick with proper food safety including: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more at eatright.org.

9. Drink More Water

Quench your thirst with water instead of drinks with added sugars. Stay hydrated by drinking plenty of water.

10. Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.

11. Order Out without Ditching Goals

You can eat out and stick to your healthy eating plan! Plan ahead, ask questions, look for healthier options that are grilled, baked, broiled, or steamed.

12. Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime.

**FOLLOW US ON OUR FACEBOOK PAGE
AT
BEAR LAKE SENIOR/
COMMUNITY CENTER**

**JOIN OUR FACEBOOK GROUP AT
OLDIES GOODIES BAKERY**

13. Banish Lunchtime Boredom

Prevent lunchtime boredom with easy-to-make, healthy lunch ideas. Try 1) a whole-wheat pita pocket with veggies and hummus, 2) a low sodium vegetable soup with whole grain crackers, or 3) a salad of mixed greens with low-fat dressing and a hard boiled egg.

14. Reduce Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition.

15. Eat Seafood Twice a Week

Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters, and sardines are higher in omega-3s and lower in mercury.

16. Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices; select a fruit, vegetable, or whole grain that's new to you.

17. Experiment with Plant-Based Meals

Expand variety in your menus with budget-friendly meatless meals, *i.e.* vegetables, beans, and lentils are all great substitutes.

18. Make an Effort to Reduce Food Waste

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days.

19. Slow Down at Mealtime

Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

20. Supplement with Caution

Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral, or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit eatright.org.

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals.

The Academy is committed to improving health and advancing the profession of dietetics through research, education, and advocacy.