NATIONAL NUTRITION MONTH
MARCH 2016

KENTUCKY SENIOR CITIZEN’S CENTER ACTIVITIES
As this was the first year I had been involved with the Department of Aging and Independent Living, I was excited to bring my experience of celebrating National Nutrition Month to the Senior Citizens Centers across the state. In this resource, you will find the National Nutrition Month Education opportunities provided within the state by Area Development Districts that participated (11 of the 15 Districts participated).

DAIL provided the Resources included in the Appendix to each district.

AREA AGENCIES ON AGING AND INDEPENDENT LIVING

STATE SUMMARY OF EVENTS:

BARREN RIVER AREA DEVELOPMENT DISTRICT

(Logan County)
Russellville and Adairville Senior Centers
Lessons Presented by Paige Rodger-Alexander, University of Kentucky Education Program

March 7th  Reading Food Labels Lesson with “Magical Fruit Salad” as food demonstration and samples
March 8th  Planning Meals Lesson with “Crunchy Hawaiian Chicken Wraps” food samples

Contact:
Cheryl Kerchenski
Russellville-Adairville Senior Center Manager
701 Day Street
Russellville, KY 42276
270-726-9884

Paige Rodgers-Alexander
University of Kentucky
Nutrition Education Program
Logan County SNAP-Ed
255 John Paul Rd.
Russellville, KY 42276
270-726-6323
Whitney.rogers1@uky.edu
**BLUEGRASS AREA DEVELOPMENT DISTRICT**

*(Franklin County)*

**Franklin County Senior Activity Center – National Nutrition Month 1st Annual Food Expo**

March 24th – HEALTHY FOODS EXPO: (From 12 noon – 3:00 pm) 10 booths

The booths provided free gifts and educational handouts, not only on their programs and services, but included healthy eating, healthy living, and activity information as well. There was visual education available in the form of fish tanks, pictures, sugar models, fat models, sodium displays, and more. Each booth provided a small presentation during the expo.

Here is a list of vendors, their agencies, and what they provided for the Healthy Foods Expo:

1. Cindy Briscoe: Franklin County Extension Office – Discussed fat content in popular foods and used displays to demonstrate how much fat is consumed.
2. Cicily Smith: The Lantern and Morning Pointe – Discussed what her agency does and how they incorporate nutrition to ensure their residents received balanced meals.
3. Pam Olds: Ashwood Place – Brought salt-less seasoning packets (packets were used during FCCOA cooking demo) that are used regularly at Ashwood Place to promote healthier options.
4. Sarah Neal: Golden Living - Discussed what her agency does and how they incorporate nutrition to ensure their residents receive balanced meals.
5. Ken Thompson: Kentucky State University’s Aquaculture Program – Brought two fish tanks that held various types of crawfish and discussed KSU’s aquaculture program.
6. Avenues for Women – Discussed how their agency provides teaching on nutrition for expecting mothers.
7. Beth Semmens: Frankfort Regional Medical Center – Provided information regarding their nutritional services.
8. Capital Cellars: Left materials regarding their establishment and services.
9. Christy Brock: Frankfort Jazzercise – Explained the workout routines their business offers, as well as the education given on nutrition during classes.
10. Debbie Bell: Franklin County Health Department – Demonstrated the amount of sugar in soft drinks and various foods.
11. Jennie-O – Provided a free turkey used during FCCOA’s demonstration, as well as coupons and reading materials.
12. US Foods – Provided the center with food to use during demonstrations.

The Senior Center prepared 5 different healthy food items and provided samples for participants to taste, as well as recipes (Cranberry Apple Salsa, Fingerling Sweet Potatoes, Baby Savory Spinach Salad, and Pineapple Slaw). Mike Miller from US Foods assisted with the cooking demonstrations and Jennie-O Company donated items for the event. Demonstration cooking was conducted in front of participants to show them how easy the items are to prepare. Booths provided give-away items to each person who visited their booth. They also had a final drawing at each booth for the large give-away.
(Anderson County) March for Meals
Pictures – Courtesy of the Anderson News, Chanda Veno

Picture One – Assistant Center Director Chasity Snipes, Lawrenceburg City Councilman Tommy Vaughn, KORT Director/physical therapist Matt Berry, Deputy Sheriff Joe Milam, Circuit Court Clerk Pam Robinson.

Picture Two – Lawrenceburg Mayor Sandy Goodlett, KORT Director Matt Berry, Councilman Tommy Vaughn

Picture Three – County Judge Executive Orbrey Gritton, Mayor Sandy Goodlett, KORT Director Matt Berry, Circuit Court Clerk Pam Robinson, Deputy Sheriff Joe Milam, Councilman Tommy Vaughn

Great community support from our elected officials, public and private sector groups, and those in the business of improving the quality of life for seniors ... all volunteered for the March for Meals deliveries.
**Bourbon County** March for Meals

Local Officials Participate In National Nutrition Month

Leaders help deliver meals to seniors, program aimed to promote hunger awareness

Marching for meals

MARCH: Month-long program helps deliver meals to 35 different households in area

One of the goals is just trying to extend the period that someone can remain at home.

*See story Gregory Mayo*
(Woodford County)

Judge Executive and the Fire Captain of Woodford County participating in National Nutrition Month for the Senior Center

(Fayette County)

Lexington Senior Nutrition Site  March 21, 2016
UK Dietetics Program sent five students to the site for a 2 hour event. They provided samples of naturally flavored drinks. The congregate clients were shown how to flavor their water with various herbs, flowers and fruits. Samples of the flavored water along with fresh fruits and vegetables were given to the clients.

Congressman Barr and Officer Berry delivered meals to homebound clients. Besides delivering meals, Congressman Barr was able to help a Veteran by having someone from VA call this client to get some matters resolved. Another client appreciated the time they spent talking to her about her disability, Rheumatoid Arthritis.
BUFFALO TRACE AREA DEVELOPMENT DISTRICT

(Fleming County Senior Center)
March 2nd – Shared healthy recipes and provided healthy snacks to share.
March 14th – Donna Fryman with the Fleming County Extension Office presented a nutrition program.
March 21st – Kim Meyer of the Fleming County Health Department played Nutro Bingo with participants and gave fruit as bingo prizes.
March 28th – Barbara Campbell with the Fleming County Extension Office presented a nutrition program with a healthy recipe demonstration. Everyone was able to sample the dish and received a copy of the recipe to take home.

Licking Valley Community Action Program
203 High Street
Flemingsburg, KY 41041
606-845-1411

(Mason County)
In honor of National Nutrition Month, the Mason County Senior Center hosted a celebrity server day on March 18, 2016. The attending seniors were served lunch by officials of the city and county governments. Participating servers were Mayor David Cartmell, Mason County Sheriff Patrick Boggs, Chief of Police Ron Rice, and Maysville City Commissioner Judy Pfeffer. The Mason County Senior Center staff would like to thank all who participated to make this day special for our members.
CUMBERLAND VALLEY AREA DEVELOPMENT DISTRICT

(Bell County)
March 23 Christy Blevins from the UK Extension Office did a program on “Healthy Choices for every BODY”.

(Whitley County)
March 28 Matti Daniels from the Whitley County Extension Office presented the Nutritional Guidelines for Better Health to the Corbin Senior Center participants.

FIVCO AREA DEVELOPMENT DISTRICT

(Greenup, Boyd, Lawrence, Carter, Elliott Counties)

Planned and Provided by the Northeast Kentucky Community Action Agency
Christopher A. Hammond
Director of Senior Services
Northeast KY Community Action Agency
3015 Louisa Street
Catlettsburg, KY 41129, Phone: 606-739-5323
GREEN RIVER AREA DEVELOPMENT DISTRICT

(Ohio County, KY)
MARCH IS NATIONAL NUTRITION MONTH
“SAVOR THE FLAVOR OF EATING RIGHT”

Week 1  Friday March 1, Judge Johnston signed the Proclamation declaring March National Nutrition Month.

Week 2  March 7-11  Vegetable Week highlighted a different vegetable each day of the week. We discussed the health benefits of the highlighted vegetable and demonstrated healthy cooking techniques for the vegetable, including taste testing demonstration recipes. Participants completed a vegetable word search.

Week 3  March 14-18 Fruit Week highlighted a different fruit each day of the week. The health benefits of the highlighted fruit were discussed and healthy recipes were demonstrated and tasted. Participants completed a fruit word search.

Week 4  March 21-24 March 21 Recipe Swap – Clients brought in healthy recipes to copy and share. A Healthy Potluck was held on March 22nd where clients prepared a healthy recipe and brought it in for a potluck lunch. Senior Services prepared a healthy meat dish.

Week 5  March 28-31 Healthy eating and living lessons. March 28th Lesson was “Smart Snacking for Adults” with taste-testing of healthy snacks. March 31st lesson was “16 Health Tips for 2016”.

Vivian McNatton
3860 US Highway 60
Owensboro, KY 42301
270-926-4433

KIPDA AREA DEVELOPMENT DISTRICT

(District Wide)
Our District participated in “March for Meals” as a way to raise awareness (and donations) during National Nutrition Month. We invited local elected officials (city, county, state) to deliver meals to clients in their homes and to visit nutrition sites.

We promoted NNM on the KIPDA Facebook and in the KIPDA newsletters (KIPDA Agency Newsletter and the KIPDA Social Services Newsletter). We always take this opportunity to promote Registered/Licensed Dietitians and Nutritionists.
KENTUCKY RIVER AREA DEVELOPMENT DISTRICT

(District Wide)
The Nutrition Providers within the KY River Area celebrated National Nutrition Month by inviting local Community Leaders to attend the Senior Centers. During the visit by the local Community Leaders, many helped serve lunch and sat down to have lunch with Senior Citizens. Our intent was to help raise awareness of senior hunger and to encourage action on the part of the local community. We in the KY River Area believe adequate nutrition is critical to health, functioning, quality of life, and independent living. Kentucky’s Elderly Nutrition Program provides nutritious congregate and home-delivered meals following the Dietary Guidelines for Americans.

NORTHERN KENTUCKY AREA DEVELOPMENT DISTRICT

This year, we conducted a March for Meals campaign. The attached photos include Judge Knochelmann and Judge Pendry. Pictured with Judge Pendry is client Paula Caddo, and Wesley Meal Drivers Dan Walsh and Fred Gripshover. In the photo with Judge Knochelmann is Meals Client Robert Haggard with Wesley Meals Driver Dave Dzech.
PENNYRILE AREA DEVELOPMENT DISTRICT

March 16, 2016
Advisory Council Meeting held with National Nutrition Month topic.

(Caldwell County)
Extension office provided a presentation on March 8th.

(Christian County)
Health Department presented “Fit Together Project”- This started February 1st and ran through March on Mondays and Thursdays

(Crittenden County)
Dietitian with the Health Department on March 7th provided a presentation
Also, the Extension office did a presentation on March 8th.

(Hopkins County)
Extension office provided a presentation on March 16th.

(Livingston County)
Health Department provided a nutrition class on March 17th.

(Lyon County)
Health Department on March 22nd provided pre-diabetes/nutrition class.

(Muhlenberg County)
Extension office on March 10th hosted a class on food safety (how to freeze and reheat food).
Extension office on March 24th hosted a health food taste-testing class.

(Todd County)
Extension office presented a class on Healthy Choices for Everybody on March 10th.

(Trigg County)
Extension office on March 15th provided a Taste-Testing class.

Provided in the Pennyrile ADD newsletter:

“National Nutrition Month
Initially, National Nutrition Week started in 1973, but was expanded to National Nutrition Month® in 1980. National Nutrition Month® is a nutrition education and information campaign created by the Academy of Nutrition and Dietetics. This year’s theme is “Savor the Flavor of Eating Right”. It aims to focus attention on the importance of making informed food choices and developing sound eating habits along with physical activity.

According to the Academy of Nutrition and Dietetics, eating should be more than just eating, it should be an experience. Individuals are encouraged to take time to enjoy traditions, surroundings, social interactions and the flavors of food while eating. An individual’s surroundings can be just as important as what they are eating.

Our Senior Centers would definitely agree when it comes to the overall experience of eating. Seniors join in our congregate meals served daily at the Senior Centers in order to have a healthy meal in a comfortable setting while enjoying interacting with their peers. Senior Centers have many special activities scheduled in March in recognition of National Nutrition Month®. For more information about participating in these special activities please contact your local Senior Center.

For more information regarding National Nutrition Month® and “Savor the Flavor of Eating Right”, access www.eatright.org.”
PURCHASE AREA DEVELOPMENT DISTRICT

Monday, March 7, 2016, the Mayfield Kentucky Messenger described the National Nutrition Month activity their Senior Citizens Centers held. During that activity, vegetable trays, apples trays, and a tray with a variety of fruits was available for everyone to sample as examples of health snacks.

JPMC dietitian informs seniors about nutrition

BY HAWKINS TEAGUE

The Mayfield Messenger

In recognition of March being National Nutrition Month, a registered dietitian recently visited the Mayfield-Graves County Senior Citizens Center to offer some advice on maintaining a healthy lifestyle.

Liz Choate is a registered dietitian at Jackson Purchase Medical Center and was invited to talk to seniors during the center’s lunch time. Choate went over a series of tips from the U.S. Department of Agriculture’s Center for Nutrition Policy and Promotion on how to eat healthful meals and to make portions smaller and more balanced.

To start, Choate said it is a good idea to fill half a plate with fruits and vegetables, such as tomatoes, sweet potatoes and broccoli. Adding lean protein such as lean beef, pork, chicken, turkey, beans or tofu is smart. The USDA also recommends making seafood the protein on your plate twice a week. Choate cautioned that this does not include fried fish.

At least half of the grains consumed should be whole grains because they contain more nutrients, such as fiber, than refined grains. Choate said the USDA suggests pairing meals with a cup of fat-free or low-fat milk to get a needed calcium and other nutrients. Choate also advised avoiding extra fats that would add calories to otherwise healthy choices, such as topping broccoli with cheese sauce. Instead, she suggested trying low-fat Parmesan cheese or a squeeze of lemon.

Choate said eating meals slowly is a good way to both savor food and be mindful of what is being consumed to avoid overeating. Eating too quickly can cause people to eat too much because it takes a minute for the stomach to send the signal to the brain that it is full, she said. Also, using a smaller plate can help portion control. Eating at home more often can help an individual keep a better eye on how many calories are being consumed. Choate said. She also suggested trying new, healthy foods to keep things interesting and discover new potential favorites.

To satisfy cravings for sweets, try naturally sweet desserts like fresh fruits, fresh cocktails or fruit parfaits made with yogurt, she said.
NATIONAL NUTRITION MONTH
MARCH 2016

National Nutrition Month is a wonderful time of year to really concentrate on Nutrition related health issues. Senior Center Sites are wonderful areas to have a captive audience and provide much needed health information to them. It also provides an avenue for socializing. Partnering with other community organization can provide them with ways of getting them involved in other areas of the community.

Below you will find a list of resources. The resources that include emails have already been contacted and they have agreed to send you free handouts and giveaways for your participants. In the past I have set up a nutrition fair type setting and had handouts for participants to pick up. I would love for each district to plan on at least one event during the month of March. However, the senior sites may want to contact the resources and have a small event at each of their sites. Please keep me in the loop of your plans and send me any pictures of the event. My plan is to compile an event summary for the state including pictures. Let me know if you have any questions or need any further information.

IDEAS FOR SENIOR SITES

I have spoken with the Cooperative Extension Program in the state. County offices are willing to partner with Senior Sites to provide education events. An idea would provide a Nutrition / Health Fair one day and give out some of the free information above. The Extension offices have displays that participants can touch and see to help visualize the information given.

My plate art projects using 11X14 paper making place mats drawing their favorite foods in a circle using the my plate plan

Highlights of local Registered Dietitian to let them know who they can go to for nutrition education, see if they can come and introduce themselves and provide nutrition presentation on healthy nutrition topic.

How to freeze- reheat and refrigerate food safely education / presentation to participants

Healthy food taste testing

Farmers Market education

Call local food vendors and see if they could donate some healthy food choices. You can set them out for participants to taste.

Contact local agencies, food banks, soup kitchens, etc. to set up a table to provide resources to those that may need it.

Contact local Homemaker groups to see if they want to do an educational class
Contact Boys Scouts or Girl Scouts to see if they would want to come and do an educational class on health and nutrition. This helps them get a patch and the interaction between the different age groups is a wonderful match.

Extension offices, City Hall, or County offices often have a copier that they are willing to let organizations use to make copies of the items that may be downloaded below.

**Website/Resources for Appropriate Free Nutritional Education**

KY Cattle Association - Has bulk items they are willing to send upon request. PLEASE CONTACT THEM!  
nellis@kycattle.org   Niki Ellis, Director of Education- Kentucky Beef Council  
176 Pasadena Drive; Lexington, KY 40503; 859-278-0899 (Office); 859-260-2060 (Fax);  www.kybeef.com

Kentucky and Southern Indiana Stroke Association  
Carrie Orman, Executive Director email: KsStrokeAssoc@aol.com  she will send you brochures  
www.strokekyin.org

The other White Meat  
jGuffey@kypoultry.org  
www.USdrybeans.com

www.Walnuts.org

USA pears- There is a donation sheet attached to the email as well you can submit it or email the following:  
kstephenson@usapears.com

Nuthealth.org  Maureen.ternus@nuthealth.org

Frozen Food Institute  
Email Emma Gregory (egregory@affi.com)  
Website:  www.howfreshstaysfresh.com

Attached you will find handouts you can print out, copy and hand out to participants as well.

KY American Heart Association  
louisvilleceliac@gmail.com

Pork Producers  
http://www.porkandhealth.org/NutritionMaterials

http://www.nationaldairycouncil.org/educationmaterials/Pages/EducationMaterialsHome.aspx

GENERAL MILLS NUTRITION  
https://www.bellinstitute.com/en/healthcare  
https://www.bellinstitute.com/en/perks  (if you take advantage of the free register on the Bell Institute website you can request copies of the Destination for Healthy Heart booklets to give to participants.) They are shipped free.

Watermelon Council  
http://www.watermelon.org/Freebies  (they will ship you as much information as you need) for FREE
Produce for a Better Health Foundation
http://www.fruitsandveggiesmorematters.org/

Federal education for seniors
http://www.nutrition.gov/life-stages/seniors

Avocado Central
http://www.avocadocentral.com/nutrition/nutrition-professionals/nutrition-materials-toolkit

Food and Health communication
https://www.foodandhealth.com/handout.php

University of Nebraska-Lincoln has a website with a wealth of free educational tools
for PowerPoint presentations that can be used in facilities as well as handouts.

Free Nutritional Handouts
http://wellnessproposals.com/wellness-library/nutrition/handouts/

Wheat Foods Council
http://www.wheatfoods.org/resources/73 (it includes educational handouts you can print off as well has Senior nutrition presentations and a Senior PDF kit) all free of charge

My Plate.gov
http://www.choosemyplate.gov/older-adults  resources at the bottom of the page

Food Safety
http://www.foodsafety.gov/  to use for food safety education

The Canned Food Alliance – this is a printable Toolkit for Dietitians and fact sheets anyone can print these out. THEY ARE WONDEFUL!

Diabetes Prevention and Control Program within the Cabinet for Health and Family Services
http://chfs.ky.gov/dph/info/dpq/i/cd/diabetes.htm  scroll to the bottom of the webpage to find handouts to print and make copies of.

National Nutrition Month Store - If purchasing information is an options
https://www.jimcolemanstore.com/nnm/
ACHIEVE THE DIETARY GUIDELINES FOR AMERICANS WITH FROZEN FOODS

Americans are striving for nutritious and affordable meal options that are easy to prepare. To evaluate the feasibility, nutritional value and affordability of a weekly menu consisting primarily of frozen foods, menu modeling was used to bring recommended U.S. Department of Agriculture (USDA) food patterns to life with frozen foods.

FROZEN FOODS ARE NUTRITIOUS
Daily menus met more than 90% of most primary nutrition targets.

- 26g FIBER
  - 10% of Daily Value*
- 5,483 IU VITAMIN A
  - 109% of Daily Value*
- 3,219 mg POTASSIUM
  - 92% of Daily Value*

FROZEN FOODS ARE A REAL VALUE
Menu costs fell within USDA’s Moderate Cost Plan of $59.70 PER WEEK.

- DAILY COST $8.52
- WEEKLY COST $59.66

* Percent Daily values are based on a 2,000 calorie diet.

FROZEN FOODS PROVIDE WELL-BALANCED OPTIONS
All food groups are well represented in the frozen food aisle.

<table>
<thead>
<tr>
<th>FOOD GROUPS</th>
<th>MY PLATE GOALS</th>
<th>FROZEN FOOD MEAL PLAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grain</td>
<td>6 ounces</td>
<td>6.5 ounces</td>
</tr>
<tr>
<td>Vegetables</td>
<td>2.5 cups</td>
<td>2.5 cups</td>
</tr>
<tr>
<td>Fruits</td>
<td>2 cups</td>
<td>2.2 cups</td>
</tr>
<tr>
<td>Dairy</td>
<td>3 cups</td>
<td>1.9 cups</td>
</tr>
<tr>
<td>Protein</td>
<td>5.5 ounces</td>
<td>5.4 ounces</td>
</tr>
</tbody>
</table>

FROZEN FOODS ARE A SENSIBLE CHOICE
“Better-for-you” options are available in the frozen food aisle to make it easier for consumers to control intakes of calories, fat, sugar, saturated fat and sodium.

A WEEKLY MENU COMPRISED OF 95% FROZEN FOODS ACHIEVES GOVERNMENT RECOMMENDATIONS
Results from menu modeling show that realistic, balanced and affordable menus featuring mostly frozen foods can meet energy, nutrient and cost goals based on recommendations from the Dietary Guidelines for Americans, MyPlate and USDA’s Moderate Cost Food Plan.

TO ACCESS THE FULL REPORT AND THE MEAL PLAN, PLEASE VISIT HOWFRESHSTAYSFRESH.COM
Pear Bureau Northwest carefully considers sponsorship and donation requests that align with our marketing and communications goals. Due to numerous requests and finite sponsorship funds, we are unable to accommodate every request. To properly evaluate your sponsorship request, we ask that you complete this form and submit it to bwtimes@usapears.com.

Organization name: ___________________________ Phone: ___________________________

Contact name: ___________________________ Email: ___________________________

Event name: ___________________________ Event Date: ___________________________
   (if applicable)

What type of donation are you seeking?

- Fresh Pears: Quantity ___________________________ Date needed ___________________________
- Cash Donation: Amount ___________________________ Date needed ___________________________
- Other: Please Explain ___________________________

What is the purpose of the program or event?

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

Number of Participants: Under 100   100-499   500-1,000   More than 1,000

Is the sponsorship local, regional or national? ___________________________

Describe the target audience (i.e. students, families, etc):

_________________________________________________________________________

_________________________________________________________________________

See next page
ABOUT THE FROZEN FOOD FOUNDATION

The Frozen Food Foundation is a not-for-profit organization dedicated to fostering scientific research, public awareness and industry education regarding the nutritional and safety attributes of frozen foods for the benefit of the common good.

To learn more about the Frozen Food Foundation including research, facts and tips please visit FrozenFoodFacts.org.

FROZEN FOOD FACTS

Did you know that the Produce for Better Health Foundation and the U.S. Department of Agriculture recommend making half your plate fruits and vegetables? It’s easy to add more fruits and vegetables to your diet when you include frozen, fresh, canned, dried or 100 percent juice products.

Look for the Frozen Food Foundation on your favorite social media networks!

Facebook.com/
FrozenFoodFacts

FrozenFoodFacts.org
## DAILY MENUS

### Day 1

<table>
<thead>
<tr>
<th>Menu</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
</tr>
<tr>
<td>Smart Ones Maple &amp; Brown Sugar Oatmeal</td>
<td>1 cup</td>
</tr>
<tr>
<td>Kellogg's Waffle Bites Maple Flavor</td>
<td>1 pouch (6.2g)</td>
</tr>
<tr>
<td>Season’s Choice* Blueberries</td>
<td>.5 cup</td>
</tr>
<tr>
<td>Great Value** Lowfat Vanilla Yogurt</td>
<td>1 cup</td>
</tr>
<tr>
<td>Coffee or tea</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>Stouffer’s Mac &amp; Cheese Cup</td>
<td>1 bowl</td>
</tr>
<tr>
<td>Jimmy Dean Pulled Chicken Sandwich</td>
<td>1 each</td>
</tr>
<tr>
<td>Season’s Choice* Sweet garden peas</td>
<td>.5 cup</td>
</tr>
<tr>
<td>Water</td>
<td></td>
</tr>
<tr>
<td>Edy's Outshine Strawberry Bar</td>
<td>1 each</td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
</tr>
<tr>
<td>Sea Queen* Pink Salmon Fillet</td>
<td>4 oz</td>
</tr>
<tr>
<td>Alexia Harvest Sauté Red Potatoes and Vegetables</td>
<td>1 cup</td>
</tr>
<tr>
<td>Rhodes Multigrain Roll</td>
<td>1 each</td>
</tr>
<tr>
<td>Finshman’s Original Soft Spread</td>
<td>2 tsp</td>
</tr>
<tr>
<td>Snack</td>
<td></td>
</tr>
<tr>
<td>Totino’s Pizza Rolls Combination</td>
<td>6 pieces</td>
</tr>
<tr>
<td>Old Orchard Calcium Fortified Orange Juice</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

*Ali store brand  
**Walmart store brand

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>1950</td>
</tr>
<tr>
<td>Fat</td>
<td>59</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>14</td>
</tr>
<tr>
<td>Trans fat</td>
<td>0</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>130</td>
</tr>
<tr>
<td>Sodium</td>
<td>2360</td>
</tr>
<tr>
<td>Potassium</td>
<td>2908</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>294</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>24</td>
</tr>
<tr>
<td>Sugars</td>
<td>129</td>
</tr>
<tr>
<td>Protein</td>
<td>76</td>
</tr>
<tr>
<td>Vitamin A (IU)</td>
<td>7548</td>
</tr>
<tr>
<td>Vitamin C (mg)</td>
<td>108</td>
</tr>
<tr>
<td>Calcium (mg)</td>
<td>1155</td>
</tr>
<tr>
<td>Iron (mg)</td>
<td>12.4</td>
</tr>
<tr>
<td>Vitamin D (IU)</td>
<td>545</td>
</tr>
</tbody>
</table>

### MyPlate Totals

<table>
<thead>
<tr>
<th>Estimated</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
</tr>
<tr>
<td>Whole grains</td>
</tr>
<tr>
<td>Fruits</td>
</tr>
<tr>
<td>Vegetables</td>
</tr>
<tr>
<td>Dairy</td>
</tr>
<tr>
<td>Protein</td>
</tr>
</tbody>
</table>

**Total Cost**: $1.74