


A confidential, voluntary donation of \$2 per meal is suggested.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>No meals served today in honor of the New Year's Day Holiday.</div> <div>2</div>	<div></div> <div>3</div>	<div></div> <div>4</div>	<div></div> <div>5</div>	<div></div> <div>6</div>
<div></div> <div>9</div>	<div></div> <div>10</div>	<div></div> <div>11</div>	<div></div> <div>12</div>	<div></div> <div>13</div>
<div>No meals served today in honor of Martin Luther King, Jr. Day.</div> <div>16</div>	<div></div> <div>17</div>	<div></div> <div>18</div>	<div></div> <div>19</div>	<div></div> <div>20</div>
<div></div> <div>23</div>	<div></div> <div>24</div>	<div></div> <div>25</div>	<div></div> <div>26</div>	<div></div> <div>27</div>
<div></div> <div>30</div>	<div></div> <div>31</div>	<div></div>	<div>() indicates sodium in milligrams * indicates a higher-sodium item V indicates a vegetarian item</div>	<div>Note: We prefer that you make a reservation for lunch by talking to the meal site coordinator at least one day in advance.</div>



ABOUT YOUR HOME-DELIVERED MEAL

Every meal provides an average of 700-800 calories and a minimum of 1/3 of the Dietary Reference Intake of significant vitamins and minerals.

Your meal has no salt added and most have less than 1,200 mg of sodium per meal. The exceptions are meals marked as "high sodium meal". Most meals come with bread or a roll, dessert, 8 oz. of milk.

Meals include more ingredients than those listed on the menu. If you have any allergies or food intolerances, please inform the meal site coordinator.

Save Money on Your Groceries

Before Shopping:

- Plan a few meals for the week, make a shopping list and stick to it. Remember, don't shop when you're hungry.



At the Store:



- Shop the sales, compare unit prices and buy in bulk if you have storage space.
- Stock your pantry with staples and buy foods to use in multiple meals

At Home Avoid Food Waste:

- Just prior to veggies going bad, chop them up and put them in the freezer and then when ready make soup with them.
- Place a dry paper towel in crisper drawer and change it every few days to absorb moisture.
- Use produce that will spoil the quickest, first.
- Leafy greens can be rehydrated if wilted. Place them in a shallow pan of water for about an hour.

