

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

Stickers on Produce Edible, Too

Stickers on produce, such as fruits and vegetables, are edible. These stickers and their glue have been approved by the Food and Drug Administration as safe to ingest. The process is called

pressure sensitive adhesive, which is ideal for fruits and vegetables. This process can be applied to many different types of surfaces at a wide range of temperatures and does not leave residue behind when removed.

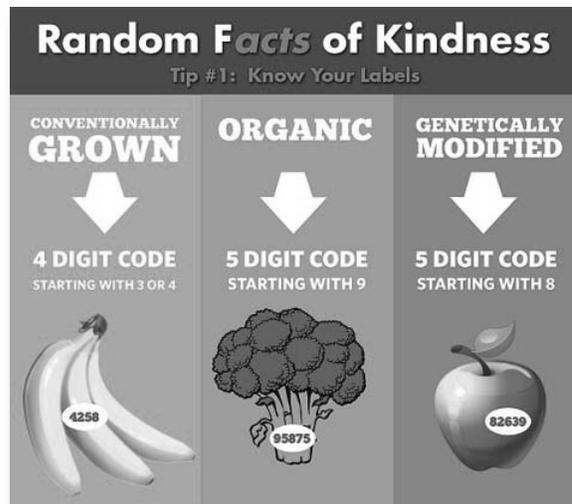
Even though these stickers are small, they convey important information — they tell you more than you think. The “Price Lookup” number, also called the PLU code, identifies the fruit or vegetable, and also describes how it was grown. The label can potentially tell you if the produce was

genetically modified, organically grown or produced with chemical fertilizers, fungicides, or herbicides.

Fun Fact:

A New York inventor is working on manufacturing a sticker that will dissolve under water and turn into a wash to help sanitize the produce. — Fresh & clean fruits & veggies!

- Conventionally grown means produce was grown with the use of pesticides.
- Organic means the product was grown in accordance with the USDA organic standards, with no modification.
- Genetically modified is when the genetic configuration of the produce has been altered in some way.



Dining Centers & Days of Service Call for Lunch Reservations

LINN COUNTY

Albany Senior Center

Monday - Friday (541) 967-7647

Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

Lebanon Senior Center

Monday - Friday (541) 451-1139

Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

Corvallis Senior Center

Monday - Friday (541) 753-1022

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

Siletz, Tribal Community Center

Mon. & Wed. (541) 270-7416

Toledo, Trinity United Methodist

Friday (541) 270-7416

Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796