

*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.*

## Know Best Oils for Cooking

When cooking for heart health, an easy change to make is switching to a cooking oil instead of butter or lard. There are many varieties of oil, and some are better suited for certain recipes than others.

### Smoke Point of Oils

The “smoke point” of an oil is the temperature at which it will start to smoke. The higher the smoke point, the hotter you can cook it without risk of smoke, which creates undesirable flavors and unhealthy compounds in the food.

Oils with a high smoke point include soybean, vegetable, and canola. These oils also are lower in saturated fat and higher in unsaturated fats, making them a great choice for heart-healthy cooking. Try them when you pan sear, sautee, or stir-fry your favorite meals.

### Low- or No-Heat Oils

Other oils, such as grapeseed and extra-virgin olive oil are best in low-heat (such as sauces) and no-heat recipes like salad dressings or dips. Not only do these options smoke more easily at higher temperatures, the heat can damage the flavor and quality of the oil. Instead, use them sparingly to add a bit of flavor and a finishing touch to your recipes.

### Storing Oils

Cooking oils are shelf stable but have a shorter shelf life, especially when exposed to light and heat. Avoid storing near an oven or stove to help preserve them, and limit open containers to just one or two types of oil to help use them up in the recommended time frame (up to two years if sealed, or one year when opened). Oils that smell bitter or “off” are most likely rancid and should not be used.



### 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) 270-6853

##### Toledo, Trinity United Methodist

Friday (541) 270-7416

##### Waldport, South County Sr. Center

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