BeWell

Wellness Newsletter | September 2021 | Senior Meals Program

September is Fruit and Vegetable month! Fruits and vegetables provide essential nutrients that support health and prevent disease . According to the Centers for Disease Control (CDC), on average, only 12.2% of adults meet the daily fruit intake recommendation of 1 ½ to 2 cups per day, and only 9.3% of adults meet the daily vegetable intake recommendation of 2 to 3 cups per day!

Risks related to underconsumption of fruits and vegetables:

- heart disease
- stroke
- diabetes
- high blood pressure
- digestive disorders
- vision problems
- lack of protection against certain cancers
- obesity
- and more!

BUSY LIFESTYLE

- Wash, chop, and store vegetables right after grocer\J shopping for later use
- Choose fruits such as apples, bananas, and oranges that can be taken with \JOU on the go
- Keep cut up vegetables on hand such as carrots, cele r \J, and peppers for quick snacks
- Use pre-cut frozen vegetables that just need heating

ON A BUDGET

- Prepare meals at home to save mone\J
- Incorporate frozen, ca nned, and dried forms of fruits and vegetables as the\J are just as nutritious as fresh versions
- Make soups or casseroles that can be consumed multiple times throughout the week or frozen for later use
- Bu\J fruits and vegetables when the\J are 1n season

Sources: www.Fruitsandveggies. org | www.cdc.gov | http://www.pbhfoundation | www.hsph .harvard.edu

ELIOR NORTH AMERICA

TRIO Community Meals an elior company

BeWell

Oregon Cascades West

Dining Centers & Days of Service
Call for Lunch Reservations

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.

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

Elks Lodge
Monday-Friday (541) 223-1005

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