**Senior Meals Program** 



# BEYOND THE TABLE

NATIONAL NUTRITION MONTH® 2024

Did you know that food production is responsible for nearly one-third of total greenhouse gas (GHG) emissions and uses a massive amount of energy? This National Nutrition Month let's move Beyond the Table by learning more about the food supply chain and its opportunities to be more sustainable. Show your support by making healthy and sustainable food decisions with your fork and wallet. By choosing healthy, sustainable food, you are affecting the direction of our food system by influencing the bottom line of farmers, food companies, and retailers.

**PRODUCTION.** Farmers grow crops and raise livestock. Sustainable farming practices: no-till or reduced-till, cover crops, crop rotation, crop diversity, livestock integration, agroforestry, water conservation, integrative pest management, and nutrient management

**PROCESSING.** Raw products from farms undergo initial processing such as cleaning, sorting, and packaging. Food manufacturing combines and transforms ingredients into various food products through processing, cooking, and packaging. Food manufacturing relies mostly on non-renewable energy sources. Sustainable manufacturing solutions: reducing GHG, using renewable energy, saving water, decreasing food waste, and using more sustainable packaging

**DISTRIBUTION.** Processed food products are transported from manufacturing facilities to distribution centers or directly to retailers, which has a sizeable impact on GHG emissions and energy usage because food is often shipped long distances and needs to be climate controlled. Greener distribution solutions: optimizing transportation routes using data analytics & technology, improving the efficiency of cold storage & transportation, and sourcing ingredients locally

**RETAIL.** Food products are made available to consumers through grocery stores, supermarkets, or other retail outlets and may be distributed to restaurants, cafes, and other food service establishments. Sustainable retail solutions: food waste reduction strategies, energy-efficient lighting, heating & cooling systems, and product sourcing from sustainable & ethical suppliers

**KITCHEN.** Every kitchen has an environmental opportunity to reduce food waste, which releases methane (a more potent GHG than carbon) as it decomposes. Food waste solutions: proper meal planning, purchasing smaller quantities, using most of the produce when cooking, and composting and food donations when food waste does occur

**TABLE.** What's on your plate impacts the environment too. Where it came from, what it is, and the season make a difference. Healthy, sustainable diet solutions: choose whole foods vs processed foods, eat smaller portions, reduce meat & dairy consumption, replace animal-based foods with plant-based foods, choose local foods, and eat seasonally

# **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**

The Corvallis Elks 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

