



# Washoe County Senior Nutrition

## February 2023



Washoe County Senior Services  
775.328.2575  
[www.washoecounty.us/seniorsrv](http://www.washoecounty.us/seniorsrv)

Monday	Tuesday	Wednesday	Thursday	Friday
 Washoe County Senior Services 775.328.2575 <a href="http://www.washoecounty.us/seniorsrv">www.washoecounty.us/seniorsrv</a>		<b>1</b> <b>Chicken Gumbo</b> Parslied Rice Whole Kernel Corn Saltine Crackers Apple Juice  <i>Jamaican Pork Salad</i> <i>Orange Shallot Vinaigrette</i>	<b>2</b> <b>Baked Meatballs with Gravy</b> Penne Pasta Brussels Sprouts Whole Wheat Bread Fresh Pear  <i>Fall Harvest Chicken Salad</i> <i>Balsamic Vinaigrette</i>	<b>3</b> <b>Roasted Pork</b> <b>Dijon Cream Sauce</b> Whipped Potatoes Green Peas Whole Grain Roll Fresh Orange  <i>Tuna Salad</i> <i>1000 Island Dressing</i>
<b>6</b> <b>Cheese Omelet</b> Tater Tot Casserole Stewed Tomatoes Whole Wheat Bread Fresh Pear  <i>Turkey Club Salad</i> <i>Ranch Dressing</i>	<b>7</b> <b>Cuban Shredded Pork</b> Black Beans Plantains Whole Wheat Hamburger Bun Fresh Orange  <i>Beef Taco Salad</i>	<b>8</b> <b>Salisbury Steak with Gravy</b> Black-eyed Peas Brussels Sprouts Whole Grain Roll Fresh Apple  <i>Chicken Caesar Salad</i> <i>Caesar Dressing</i>	<b>9</b> <b>Sweet &amp; Sour Chicken with Rice</b> Green Beans with Peppers Hot Spiced Fruit Whole Wheat Bread Orange Juice  <i>Chef Salad</i> <i>Ranch Dressing</i>	<b>10</b> <b>Potato Crusted Pollock</b> Garlic Whipped Potatoes Glazed Carrots Multi-Grain Bread Fresh Banana  <i>Cottage Cheese &amp; Fruit Plate</i>
<b>13</b> <b>Chicken Pot Pie</b> Brown Rice Green Beans w/Red Peppers Multi-Grain Bread Fresh Apple  <i>Beef Lo Mein Salad</i> <i>Asian Sesame Vinaigrette</i>	<b>14</b> ~ Valentine's Day ~ <b>Spaghetti Casserole</b> Whole Kernel Corn Broccoli Whole Grain Garlic Breadstick Fresh Pear Chocolate Chip Cookie*  <i>Turkey Niçoise Salad</i> <i>Balsamic Vinaigrette Dressing</i>	<b>15</b> <b>Breaded Chicken Patty</b> <b>Cordon Bleu Sauce</b> Lentil Vegetable Pilaf California Vegetable Blend Whole Grain Roll Applesauce  <i>Krab Salad</i> <i>1000 Island Dressing</i>	<b>16</b> <b>Lemon Pepper Pollock</b> Macaroni & Cheese Sliced Carrots Whole Wheat Bread Fresh Orange  <i>Chef Salad</i> <i>Ranch Dressing</i>	<b>17</b> <b>Shredded Pork</b> <b>Sweet Thai Chili Sauce</b> Black Beans Cabbage Cornbread Fresh Banana  <i>Southwest Chicken Salad</i> <i>Ranch Dressing</i>
<b>20</b> <p style="text-align: center;"><b>Closed</b></p> <p style="text-align: center;"><i>President's Day</i></p>	<b>21</b> <b>Whole Grain Popcorn Chicken</b> O'Brien Diced Potatoes Sliced Carrots Whole Wheat Bread Fresh Pear BBQ Sauce  <i>Cottage Cheese &amp; Fruit Plate</i>	<b>22</b> <b>Roasted Pork</b> <b>Sesame Mustard Sauce</b> Rice Pilaf Japanese Vegetable Blend Whole Grain Roll Fresh Banana  <i>Beef Taco Salad</i>	<b>23</b> <b>Beef Patty</b> Ranch Beans Hot Spiced Fruit Whole Wheat Hamburger Bun Orange Juice  <i>Turkey Club Salad</i> <i>Ranch Dressing</i>	<b>24</b> <b>Tuna Noodle Au Gratin</b> Kidney Beans Whole Kernel Corn Whole Grain Roll Fresh Orange Birthday Cake*  <i>Chef Salad</i> <i>Ranch Dressing</i>
<b>27</b> <b>Parmesan Chicken</b> Whole Grain Penne Italian Green Beans Whole Grain Garlic Breadstick Fresh Orange  <i>Cottage Cheese &amp; Fruit Plate</i>	<b>28</b> <b>Meatloaf with Gravy</b> Whipped Potatoes Black-eyed Peas Multi-Grain Bread Fresh Apple  <i>Chef Salad</i> <i>Ranch Dressing</i>	Meals are offered to seniors 60 and older for a suggested \$2.00 donation  .....  Individuals under 60 may purchase a meal for \$4.00	Milk and condiments served with meals  .....  *A substitute item prepared with less sugar will be available.	 an elior company  *A substitute item prepared with less sugar will be available.

# CHANGE YOUR SALTY WAYS



The Dietary Guidelines for Americans recommends limiting your sodium intake to 2,300 mg per day. Most Americans consume more than 3,400 mg of sodium per day and about 70% of that is found in processed and restaurant foods. While your body needs a small amount of sodium (AKA salt) to function, over consumption of sodium can lead to high blood pressure putting you at risk for heart attack, heart failure and stroke.

## Tips to Lower Your Daily Salt Intake

- 1. Read Labels.** Check the nutrition facts label to see how much sodium the product contains.
- 2. Reset Your Salty Taste Bud Baseline.** Commit to one to two weeks of reducing your salt intake and your taste buds for salt will adjust.
- 3. Eat More Vegetables and Fruits.** Fill up on more vegetables and fruits while decreasing the portion of salty foods.
- 4. All Salt is Salt.** Sea salt, Kosher salt and Himalayan salt contain sodium too.
- 5. Shop Smart.** Look for “low sodium”, “reduced sodium” or “no salt added” on the label.
- 6. Spice Up Your Life.** Instead of seasoning with salt try other spices, herbs, citrus juice and garlic or make your own low salt seasoning mixes. **Bonus:** Herbs and spices contain antioxidants that support health.

SPICE	BEST USES
<b>Basil</b>	Pesto, salad dressings, salads, soups, pasta, pizza, tomatoes
<b>Cinnamon</b>	Cakes, cookies, pies, custard, sauces, oatmeal, smoothies
<b>Clove</b>	Cakes, cookies, quick breads, fruit pies, sauces
<b>Cumin</b>	Soups, stews, corn, Mexican dishes, hummus
<b>Dill</b>	Cole slaw, salads, chicken dishes, fish, dips, dressings, soups, stews
<b>Garlic</b>	Meats, soups, stews, dips, sauces, breads, potatoes, vegetables, stir-fry
<b>Mint</b>	Chutney, salads, dressings, beverages, melons
<b>Oregano</b>	Mexican dishes, mixed rice, soups, pastas, pizza, tomatoes
<b>Paprika</b>	Chili, soups, stews, vegetables
<b>Parsley</b>	Soups, stocks, cream & tomato sauces, dressings, vegetables
<b>Rosemary</b>	Meats, potatoes, mushrooms, stuffing
<b>Sage</b>	Stuffing, pastas, chicken, pork, sausage

## WASHOE COUNTY Nutrition Sites Monday - Friday

**Senior Center in Reno**  
775-328-2786  
1155 E. 9<sup>th</sup> Street, Reno

Reservations at 9<sup>th</sup> Street Center  
**Hot Meal:** No reservation required  
**Salad Meal:** Make reservation by 8:30am on the day of service in person or by phone at 775-328-2786

The following sites require reservations for hot meal and salad meal. Make your reservation by 8:30am on the day the meal is served.  
Thank you.

**Neil Road Rec Center**  
775-328-2786  
3925 Neil Road, Reno  
Turn on Mauldin, last building on left

**Senior Center in Sparks**  
775-353-3113  
97 Richards Way, Sparks

**Metropolitan Gardens**  
Sign up at site  
325 E. 7th Street, Reno

**Senior Center in Sun Valley**  
775-328-2786  
115 W. 6th Avenue, Sun Valley

**Sierra Manor**  
775-328-2786  
2350 Paradise Drive, Reno

**Cold Spring Senior Center**  
775-328-2786  
3355 White Lake Pkwy, Reno

**Rainbow Bend**  
775-328-2786  
800 Peri Ranch Road, Lockwood

**Spanish Springs,  
Lazy 5 Regional Park**  
775-328-2786

7100 Pyramid Way, Sparks  
**Open Tuesday-Friday**

**Senior Center in Gerlach**  
775-557-2206  
385 E. Sunset Blvd, Gerlach, NV 89412  
(106 miles from Reno)