

# St. Charles COA

## March 2024



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
 <p><b>TRIO</b> Community Meals</p> <p>Nourishment through compassionate care.</p>				<p><i>~ Lent Meal ~</i></p> <p>Krab Cake Brown Rice Rosemary Carrots 100% Fruit Juice Wheat Bread Lemon Cake Milk Margarine</p>
	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<p>Meatloaf Brown Gravy Country Potatoes Green Beans Wheat Bread Fudge Creme Cookie Milk Margarine</p>	<p>Chicken Chef Salad Cucumber Tomato Salad Fluffy Fruit Salad Saltine Crackers Graham Crackers Milk Salad Dressing Margarine</p>	<p>Chili Parslied Rice Whole Kernel Corn 100% Fruit Juice Cornbread Seasonal Fruit Milk</p>	<p>Glazed Ham Black-eyed Peas Cabbage Dinner Roll Mississippi Mud Pudding Milk Margarine</p>	<p><i>~ Lent Meal ~</i></p> <p>Vegetable Bowtie Casserole Green Peas w/Red Peppers Sliced Carrots Dinner Roll Devil's Food Cake Milk Margarine</p>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<p>Smoked Sausage Red Kidney Beans Parslied Rice Brussels Sprouts Wheat Bread Banana Moon Pie Milk Margarine</p>	<p>Barbecue Riblet Delmonico Potatoes Glazed Carrots Wheat Bread Seasonal Fruit Milk Margarine</p>	<p>Beef Patty Ranch Beans Lettuce   Tomato Hamburger Bun Hot Cinnamon Applesauce Chocolate Milk Ketchup</p>	<p>Oven Fried Chicken Mashed Red Potatoes Summer Vegetable Blend Texas Bread Seasonal Fruit Milk Margarine</p>	<p><i>~ Lent Meal ~</i></p> <p>Krab Cake Buttered Rice Broccoli Florets 100% Fruit Juice Wheat Bread White Cake Milk Margarine</p>
<b>18</b>	<b>18</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p>Creole Steak Whipped Potatoes Broccoli Florets Wheat Roll Seasonal Fruit Milk Margarine</p>	<p>Baked Chicken Poultry Gravy Mixed Beans Cabbage Wheat Bread Strawberry Cake Milk Margarine</p>	<p>Meatballs &amp; Spaghetti Sauce Spaghetti Noodles Green Beans 100% Fruit Juice Texas Bread Oatmeal Creme Cookie Milk Margarine</p>	<p>Pork Roast Brown Gravy Navy Beans Mixed Greens Cornbread Seasonal Fruit Milk Margarine</p>	<p><i>~ Lent Meal ~</i></p> <p>Seafood Fettuccini Brussels Sprouts Parslied Carrots Dinner Roll Birthday Cake Milk Margarine</p>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p>Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Rice Krispie Treat Milk Margarine</p>	<p>Beef Frank Baked Beans Tater Tots Hot Dog Bun Seasonal Fruit Milk Ketchup</p>	<p>Bowtie Lasagna Whole Kernel Corn Green Beans Texas Bread Marble Cake Milk Margarine</p>	<p><i>~Easter Meal~</i></p> <p>Sliced Turkey Breast Poultry Gravy Buttermilk Potatoes Spring Vegetable Blend Dinner Roll Cream Cheese Iced Carrot Cake Milk Margarine</p>	<p><i>Closed for Holiday</i></p>

*Kim Dommert RD, LD*



# 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

Sources: [https://css.umich.edu/sites/default/files/2023-10/Food%20Systems\\_CSS01-06.pdf](https://css.umich.edu/sites/default/files/2023-10/Food%20Systems_CSS01-06.pdf), <https://www.nifa.usda.gov/grants/programs/sustainable-agriculture-programs>, <https://www.usda.gov/foodwaste/faqs#:~:text=In%20the%20United%20States%2C%20food,percent%20of%20the%20food%20supply,> <https://www.eatright.org/food/planning/food-security-and-sustainability/sustainable-eating-1>, <https://www.wri.org/research/shifting-diets-sustainable-food-future>, <https://www.nature.com/articles/s43016-021-00225-9>

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