



NATIONAL FRUITS & VEGGIES MONTH:

MORE MATTERS

September is National Fruits & Veggies Month – a time to focus on eating more vegetables and fruits. Vegetables and fruits are loaded with nutrition that may lower the risk of chronic diseases and certain cancers. According to the Dietary Guidelines for Americans 2020-2025, you should consume minimum of 2½ cups of vegetables and 2 cups of fruit daily. Eat a variety of colorful veggies and fruits to get the most nutritional benefits. Some key nutrients in vegetables and fruits include:

- ✓ **Fiber:** promotes healthy digestive system
- ✓ **Calcium:** supports healthy bones and teeth
- ✓ **Iron:** helps maintain healthy blood
- ✓ **Magnesium:** supports overall good health
- ✓ **Potassium:** helps maintain healthy blood pressure
- ✓ **Folate:** supports healthy growth and development
- ✓ **Vitamin A:** supports healthy eyes, skin, and immune system
- ✓ **Vitamin C:** helps heal cuts and wounds
- ✓ **Antioxidants (thousands!):** protect the body against cell damage from free radicals

All forms of fruits and vegetables matter and count towards a healthy diet.

Fresh: Choose fresh vegetables and fruits when in season. They are higher in quality and cost less.

Hint: Darker pigment in color usually means the item holds more nutrients.

Frozen: Keep frozen produce on hand for quick preparation of meals, especially for mixed dishes.

Hint: Choose unsweetened fruit with no sugar added and avoid vegetables with added sauce or cheese.

Canned: Buying canned produce can be a great money-saving choice and go great in soups, stews, and casseroles.

Hint: Try low sodium or no salt added vegetable options, drain and rinse with water before use. Choose unsweetened fruit packed in 100% juice.

Dried: Dried fruit makes a great on-the-go snack and adds sweetness to trail mix. Try dried cranberries, apricot, raisins, figs, mango, or berries to your trail mix.

Hint: Keep in mind that a serving size of dried fruit is smaller than other forms of fruit. Choose ones without added sugar to get the most benefit.

Juice: 100% fruit or vegetable juice is a convenient way to get a serving of vegetables and fruits in your diet.

Hint: Limit your juice intake to one serving per day. Make whole forms of vegetables and fruits your first choice for the most nutritional benefits.

St. Charles AAA

September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>TRIO Community Meals an elior company</p>	Menus are subject to change due to supply chain issues	Each Meal is Served with 1/2 Pint of 2% Milk	1	2 Labor Day Special
			Ham/Black-eyed Peas Rice Mixed Greens Orange Juice Cornbread Little Debbie/Cookies Margarine	BBQ Riblet Chantilly Potatoes Southern Green Beans Hamburger Bun Watermelon
5	6	7	8	9
CLOSED	Teriyaki Meatballs Rice Asian Vegetables Pineapples Wheat Bread Little Debbie/Cookies	Sausage/Pinto Beans Brown Rice Spinach Cucumber Salad Cornbread Cranberry Juice Margarine	Turkey & Penne Pasta California Vegetables Green Beans Wheat Bread Little Debbie/Cookies	Ham & Cheese Lettuce & Tomato Pickled Beets Wheat Bread (2) Fruited Gelatin Mustard Mayonnaise
12	13	14	15	16
Turkey & Sausage Jambalaya Cabbage Green Peas Wheat Bread Fresh Apple	Chicken Breast Waikiki Sauce Whole Kernel Corn California Vegetables Wheat Bread Little Debbie/Cookies	Red Beans & Sausage Brown Rice Orange Juice Spinach Cornbread Little Debbie/Cookies Margarine	Beef Patty Pepper & Onion Gravy Duchess Potatoes Glazed Carrots Wheat Bread Mandarin Oranges	Hot Dog with Chili Cranberry Juice Baked Beans Hot Dog Bun Apple Cobbler
19	20	21	22	23
Baked Meatballs Creole Sauce Chuckwagon Corn California Vegetables Hot Dog Bun Little Debbie/Cookies	Sliced Ham with Honey Glaze Parslied Carrots Green Peas Dinner Roll Fruited Gelatin	Chicken & Sausage Gumbo & Rice Okra & Tomatoes Potato Salad Wheat Bread Birthday Cake	Hamburger Lettuce/Tomato/Onion Baked Beans Hamburger Bun Orange Juice Chocolate Milk Mustard Ketchup	Baked Bone-in Chicken Brown Gravy Whipped Potatoes Green Beans Wheat Bread Fresh Fruit
26	27	28	29	30
Smothered Chicken Garlic Potatoes Lima Beans Wheat Bread Little Debbie/Cookies	Beef Taco Salad Shredded Cheese Lettuce & Tomato Southwest Vegetables Tortilla Chips Mixed Fruit Cobbler Taco Sauce	Turkey Breast Brown Gravy Cabbage Carrot Souffle Wheat Bread Chocolate Oatmeal Bar	Breakfast Sausage or Ham Grits Cranberry Juice Chantilly Potatoes Biscuit Banana Margarine	Turkey Salad Tossed Salad Fresh Fruit Wheat Bread (2) Chocolate Pudding Ranch Dressing