



# FRUITS & VEGGIES

MORE MATTERS MONTH

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 1½ 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 grocery shopping for later use
- Choose fruits such as apples, bananas, and oranges that can be taken with you on the go
- Keep cut up vegetables on hand such as carrots, celery, and peppers for quick snacks
- Use pre-cut frozen vegetables that just need heating

## ON A BUDGET

- Prepare meals at home to save money
- Incorporate frozen, canned, and dried forms of fruits and vegetables as they 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
- Buy fruits and vegetables when they are in season

# St. Charles AAA

## September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Each Meal is Served with 1/2 Pint of 2% Milk	<b>Hamburger</b> Chuckwagon Corn Lettuce/Tomato/Pickle Hamburger Bun Pineapple Cobbler Mayonnaise Ketchup Chocolate Milk	<b>Black-eyed Peas/Saus</b> Steamed Rice Collard Greens Creamy Cucumbers Cornbread Fresh Fruit Margarine	<b>Chicken Fajita</b> Shredded Cheese Garden Salad Pinto Beans Flour Tortilla Lemon Poppysed Cake Ranch Dressing Sour Cream	<b>Ham &amp; Cheese</b> Lettuce/Tomato/Pickle Carrifruit Salad Wheat Bread (2sl) Fresh Fruit Mustard Mayonnaise
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Closed for the Labor Day Holiday</b>	<b>Beef Tips</b> <b>Brown Gravy</b> Normandy Blend Vegt Mashed Potatoes White Roll Fruit & Grain Bar	<b>Hot Dog w/Chili</b> Mixed Vegetables Fiesta Potatoes Hot Dog Bun Mandarin Oranges	<b>Penne w/Meat Sauce</b> Italian Blend Vegt Green Garden Salad White Dinner Roll Apple Cobbler Fat-Free Italian	<b>Rotisserie Style Chkn</b> Green Bns w/Peppers Sr. Crm Chive Potatoes Whole Wheat Bread Pudding Cup Margarine
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Country Meatballs</b> Broccoli/Cauliflower Cream Style Corn Whole Wheat Bread LD Fig Bar Margarine	<b>Sausage/Pinto Beans</b> Brown Rice Turnip Greens Pickled Beets Cornbread Fresh Apple	<b>Buffalo Style Chicken</b> Potato Wedges Apple Juice Wheat Hamburger Bun Bread Pudding/Raisins	<b>Meatloaf</b> <b>Brown Gravy</b> Mashed Potatoes Southern Green Beans Whole Wheat Bread Cardinal Citrus Gelatin Margarine	<b>Chef Salad</b> Mandarin Oranges Whole Wheat Crackers Blueberry Cake Ranch Dressing
<b>21</b>	<b>22</b>	<b>23 BIRTHDAY SPECIAL</b>	<b>24</b>	<b>25 FALL SPECIAL</b>
<b>Sliced Ham</b> <b>Raisin Sauce</b> Chantilly Potatoes Buttered Cabbage Whole Wheat Bread LD Jelly Crème Pie Margarine	<b>Beef Taco Salad</b> Lettuce/Tomato Shredded Cheese Chuckwagon Corn Corn Chips Strawberry Shortcake Sour Cream Taco Sauce	<b>Chkn/Sausage Gumbo</b> Brown Rice Okra & Tomatoes Potato Salad White Dinner Roll Cake Ice Cream	<b>Cheeseburger</b> Baked Beans Lettuce/Tomato/Pickle Wheat Hamburger Bun Peach Cobbler Mustard Mayonnaise Chocolate Milk	<b>BBQ Pork Ribblett</b> Southern Green Beans Cole slaw Hoagie Bun Mandarin Oranges
<b>28</b>	<b>29</b>	<b>30</b>		
<b>Chicken &amp; Sausage</b> <b>Jambalaya</b> Carrots Broccoli Whole Wheat Bread Apple Juice Margarine	<b>Roasted Turkey</b> <b>Brown Gravy</b> Candied Swt Potatoes Green Peas w/Peppers Whole Wheat Bread Almond Cookie	<b>Teriyaki Meatballs</b> Steamed Rice Fresh Melon Mix Oriental Blend Vegt Whole Wheat Bread LD Raisin Crème Pie	New Menu Items are Denoted in <b><i>Bold Italics</i></b>	 <p><b>TRIO</b> Community Meals an elior company</p>