

November 2024, Kenosha County Meals on Wheels

KAC-MOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
Menu Subject To Change without Notice			Call for holiday frozen meal	Chicken & Rice Beets, Veggies Fruit
4	5	6	7	8
Chicken Taco Pasta Black Beans, Corn, Fruit, Roll	Chicken Breast Brown Rice Veggies, Fruit	Pork, Potatoes & Gravy Green Beans, Fruit Roll	Hamburger Mac & Cheese, Peas, Fruit	Meatballs & Gravy w Rice Carrots, Broccoli Fruit
11	12	13	14	15
Chicken Parmesan Garlic Pasta, Veggies Fruit	Hot Dog Black Beans, Corn Fruit	Ranch Chicken Rice, Tomatoes Fruit	Mostaccioli & Meatballs Green Beans, Carrots, Fruit, Bread	Chicken Steak Mashed Potatoes w Gravy Broccoli, Fruit, Roll
18	19	20	21	22
Chicken Allison Spinach Risotto Veggies, Fruit, Bread	Tropical Chicken White Rice Carrots, Fruit	Chicken Cordon Bleu Tomatoes, Veggies, Fruit, Bread	Maple Glazed Chicken Roasted Potato, Broccoli Fruit, Bread	Chicken Fajita Tortilla, White Rice, Corn, Black Beans, Fruit
25	26	27	28	29
Turkey Burger Sweet Potato, Green Beans, Fruit	Baked Ham Mashed Potatoes, Corn, Fruit, Bread	Chicken Stroganoff Beets, Spinach, Fruit, Roll	CLOSED THANKSGIVING	CLOSED BLACK FRIDAY



www.kafasi.org

RIEDLER'S RECS

For a Healthy Lifestyle

Volume 12- November 2024



262.658.3508



HAPPY & HEALTHY HOLIDAYS

This is our twelfth edition of Riedler's Recs! I want to take a moment to introduce myself to you. My name is Emily Riedler and I am a Registered Dietitian with a Masters Degree in Nutrition Education. I have spent my career helping improve the lives of children through the school meal programs. I'm excited to be sharing my passion for nutrition with all of you.

In the past year we have covered topics from food safety, bone health, carbohydrates and diabetes, heart health and meal planning with MyPlate.

In this edition, I want to focus on happy, healthy holiday eating. This is my favorite time of the year because I get to share meals with family and friends.

- You do not need to have the perfect plate. A holiday meal often has one time a year foods and you want to enjoy them.
- Fill half your plate with fruits and vegetables.
- When you go for seconds, choose fruits and veggies and protein as they will help you feel full for longer.
- I like to skip the dinner rolls, bread or crackers in lieu of other tasty food served at the meal.
- Ask the host to bag up the food you don't eat or bring a container with you. You don't need to be a member of the clean plate club.
- Often appetizers are served. I make sure I don't go to a party or holiday starving as that tends to lead to overeating.
- Eat slowly and enjoy the food you are eating.
- Taste the food before you salt!
- Don't skip meals as it may cause you to overeat.

Cranberry Facts



- More than half the world's cranberries are grown in Wisconsin!
- Cranberries can be frozen for up to a year! Don't thaw frozen cranberries before cooking with them.
- Sweetened dried cranberries, like Craisins, are great for baking with. You need 1/4 cup less per cup needed. Need 1 cup fresh/frozen? Use 3/4 cup dried.
- Cranberries are high in antioxidants and may help with memory and coordination.
- Some cranberry marshes offer tours! Visit <https://www.wiscran.org/Tours> for more info.

Looking for more Nutrition Education?

Scan the QR Code with your phone's camera or go to the link below for this month's edition of Ask Emily! You can also find the previous months' videos too.



<https://tinyurl.com/yfn9txnw>

Eastern Kenosha County

Kenosha Senior Center (KSC)

In Person Dining,

Meals served 11:30 am, M-F,
2717 67th Street

Call Ashley at 262-351-6246

Parkside Redeemer Church (PSB)

In-Person Dining

Meals Served at 11:30 am, M-F
2620 14th Place

Call Sean at 262-552-7737

Lakeside Towers (LST)

In-Person Dining

Meals are served at 11:00, M-F
5800 3rd Avenue

Call Tonya at 262-455-7919

Western Kenosha County

Westosha Senior Community Center (WES)

In-Person Dining

Meals Served at 11:30, M-F
19200 93rd Street, Bristol, WI
Call Cindy at 262-358-5554

Regular Senior Dining Sites/Days

* Meals include dessert and beverage

* Meals are offered for a suggested donation of \$3.00

* Open to anyone age 60+ and a spouse regardless of age.

* Reservations must be made by 10:00 a.m. at least 24 hours, one business day in advance.

Village Pub of Silver Lake

307 N Cogswell Drive - Silver Lake

Call Diana at 262-358-5779

Served W, F 11:30 - 1:00

Reservations needed by 10:30 am of the prior day. Two meals provided for a suggested donation of \$8.