

April 2025, Kenosha County Meals on Wheels

KAC-MOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Salsa Chicken Black Beans Mexican Corn Fruit, Bread	Meatball Bomber w Cheese, Garlic Pasta Broccoli Fruit	Ranch Chicken Roasted Potatoes Broccoli Roll, Fruit	Fish Filet Sandwich Tater Tots Carrots, Fruit
7	8	9	10	11
Mushroom Steak Peas, Carrots Fruit, Bread	Hamburger Stroganoff Corn, Cali Blend Veg Fruit, Roll	Pesto Basil Chicken Rice, Broccoli Fruit, Bread	Chicken Breast Prince Charles Red Beans, Fruit, Bread	Tortellini in Sauce Cauliflower, Tomatoes Fruit, Bread
14	15	16	17	18
Baked Spaghetti Baked Apples Cali Veggies Fruit, Bread	Hot Dog Wedges Corn, Fruit	Chicken Marsala Mushroom Risotto Prince Charles Veggies Roll, Fruit	Meatballs & Gravy Rice, Beets Black Beans Fruit, Bread	CLOSED HOLIDAY
21	22	23	24	25
Chicken Spinach Risotto Cali Veg Blend, Fruit Roll	Pork Stuffing & Gravy Prince Charles Fruit, Bread	Chicken Steak Mashed Potatoes & Gravy Corn, Fruit Bread	Glazed Chicken Rice Pilaf Black Beans Fruit, Bread	Chicken Sandwich Potato Wedges Peas, Fruit
28	29	30		
Ham Mashed Potatoes Green Beans Fruit, Roll	Tortilla Chicken Black Beans Corn, Fruit Roll	Chicken & Dumplings Carrots & Peas Baked Apples, Fruit Biscuit	Menu Subject To Change without Notice	



GROCERY SHOPPING MADE EASY

Meal plans and grocery shopping - you either love it or loathe it. Hopefully I can provide you some tips to make it a task that you can at least tolerate.

It's no surprise that it's not always everyone's favorite thing to do. With rising grocery costs, it's hard to shop for only one or two individuals and be conscious of food so it does not go to waste.

• Plan your menu

- Check out the sale fliers for the week and plan your meals around those items to help you save money. If there are any buy one, get one free deals, be sure to grab both. Any protein that you buy can always be frozen for a later date.

• Stick to your list

- When you shop in store, it's so easy to see an item and put it in your cart. This can easily lead to overspending. Unless it is an item of necessity, consider skipping it.

• Shop when you're full

- The worst thing to do is to go grocery shopping when you are hungry! Your cart will fill up faster than you can imagine.

• Utilize the meat and deli counters

- Often times packaged food items such as lunchmeat or other meat products are much larger than you need. You can go to the meat counter and purchase the exact amount you want. You can ask for one chicken breast, two brats, or half pound of deli ham.

• Fresh vs Frozen vs Canned

- Fresh produce may not hold as long as you'd like it. Be sure to prepare these as soon as possible after purchase.

- Consider purchasing frozen fruits and vegetables if you plan to consume them days later or if fresh is too costly. Frozen and canned are great options for this type of purchasing.
- When purchasing canned fruits be sure to avoid products packed in syrup or light syrup. It adds unnecessary sugar and calories. Items packed in water or its own juice is best.
- Canned vegetables may have added salt. You can look for no salt added canned products. These may be a bit more expensive. If this is not something you can afford, be sure to rinse your canned vegetables very well to take as much of the excess salt off.

• Don't be afraid of generic

- These items are usually lower in price and have very similar taste and function. Know what items you are willing to buy generic to save money and which you want the name brand for. One example of this is opting for name brand chocolate chips but purchasing generic granulated sugar for baking.

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 \$5.00
 * 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 \$10.