

2018 Grantee

Improving Heart Healthy Through Diet, Education, and Self-Efficacy in New York

Summary:

To address high blood pressure among seniors, Carter Burden Network (CBN) partnered with the Rockefeller University Center (RU) for Clinical and Translational Science and Clinical Directors Network (CDN). The project tested whether a dietary intervention at a congregate meal site – combined with educational, social, and behavioral interventions – could lower blood pressure. The dietary intervention used was the Dietary Approaches to Stop Hypertension (DASH) diet. While the DASH diet has been proven to lower blood pressure, it had not been studied in congregate meal sites for seniors who live in community dwellings. The project showed several positive outcomes, including a decrease in blood pressure among participants, and can serve as a blueprint for senior centers nationwide.

Table of Contents

Appointment Card.....	3
Barriers and Facilitators.....	4
Data Collection Tools.....	5
Eating Plan Brochure.....	6
Food Cost Comparison.....	7
Gap Analysis.....	8
Meal Satisfaction Results.....	9
Nutrition Label Comparison.....	10
Omron Instructions.....	11
Participant Passport.....	12
Participant Update Letter.....	13
Plate Waste Data Form.....	14
Project Collaboration Assessment Tool.....	15
Recipes and Nutrition Facts.....	16
Recruitment and Class Flyers.....	17
Revised Menus.....	18
Smiley Face Likert Comment Cards.....	19

Appointment Card

Participant appointment reminder card.





Healthy Eating: Healthy Heart ♥

Alimentación Saludable: Corazón Sano ♥

Appointment Card/ Tarjeta de Cita

Visit Type/ Tipo de Visita: _____

Date/ Fecha: _____

Time/ Hora: _____ AM/PM (circle one)

Location (Floor)/Lugar (Piso): _____

Covello Phone Number/Número de teléfono de Covello: 212-423-9665 extension/ extensión 445

Contact Person/Persona de Contacto: _____

Barriers and Facilitators

List of participant-reported barriers and facilitators to home BP monitoring.



Participant Reported Barriers and Facilitators During Home Blood Pressure Monitoring

Barriers	Facilitators
<ol style="list-style-type: none"> 1. Not at home/traveling (monitor not with them). 2. Forgot to take BP readings. 3. Distracted/busy with various activities (e.g., appointment, work, housework, caregiving). 4. Technical problem with BP monitor/cuff (e.g., unpairing, full memory, batteries dying, cuff too tight, error messages). 5. Concern about BP readings (e.g., too high, too low, or incorrect). 6. Challenges/difficulties with study specific procedure (e.g., 2x/day readings, Tru-Read (triplicates), how to take BP reading). 7. General emotional barriers (e.g., being sad, depressed, upset, anxious, worried, stressed, overwhelmed). 8. Sickness/pain due to health issues, illness, or surgery. 9. Falls asleep before taking BP; not getting enough sleep, or other sleep issue. 10. Issues with specific time periods (e.g., difficult to do AM readings, PM readings, or weekends). 11. Disruptions/lack of routine. 12. COVID-19—concern over pandemic, sickness, or caregiving. 13. Thought the study ended (due to COVID-19). 14. Concern over home-delivered meals. 15. Using another BP monitor (own or someone else’s). 16. BP monitor is heavy, takes up space, or not portable. 17. Not having hypertension (being told by doctor or believing this to be the case). 	<ol style="list-style-type: none"> 1. Visual--monitor is kept where participant can see it. 2. Routine--home BP reading is part of their daily routine; it is usually paired with another activity the participant does daily (e.g., using bathroom, taking medication, eating breakfast). 3. Reminders—different sources of reminders included ACL DASH staff, family, calendar, alarm, and phone. 4. Caring about health (e.g., blood pressure). 5. Caring about research. 6. Obligation—sense of duty being in study. 7. Familiarity—prior experience with self-home BP monitoring; they previously owned a BP monitor. 8. Curiosity about BP readings. 9. Having assistance when taking readings.

Comments about the Omron 10 home BP implementation

The home blood pressure device we chose, the Omron 10 Bluetooth monitor, is the most recent version of a consumer focused device optimized for patients to download and manage their own blood pressure files and forward files to their providers (or research team staff) via email. For digitally savvy patients or participants who are able to manage their own account registration, device synchronization, and downloads, this device is very convenient and could work in replication of a research project with home blood pressure monitoring,

In our study, since a significant fraction of the participants had limited experience with digital devices, the study team set up individual accounts for each participant, synchronized their devices to their online accounts at download visits, paired them to tablets for downloading, and when the downloads malfunctioned, manually recorded the data or collected photographs of the device screens. With 100 devices, accounts, and pairings to manage at every update, the data collection involved a large amount of

effort and logistics, ongoing. When the pandemic imposed social distancing, managing the devices and downloads remotely via telephone conversations with seniors proved even more challenging.

For participants who are not smartphone and internet savvy and cannot manage the remote data transfer on their own, we would not recommend replicating our implementation. We would recommend exploring other platforms with direct transfer of data, home-bp -monitoring buddies.

Data Collection Tools

Participant questionnaire used at months 0, 1, 3, and 6.



Vital Care Final Questions Administered at Study Timepoints, Updated 12/23/20

Description	Items	Vital Care Time Points			
		Month 0	Month 1	Month 3	Month 6
Vital Signs (n=4)	Blood Pressure- Systolic	X	X**	X	X
	Blood Pressure- Diastolic	X	X	X	X
	Pulse (Heart Rate)	X	X	X	X
	Body Weight	X	X	X	X
Demographics (n=13)	First Name	X	X*	X*	X*
	Last Name	X	X*	X*	X*
	Phone Number	X	X*	X*	X*
	Secondary Phone	X	X*	X*	X*
	Gender	X			
	Date of Birth	X	X*	X*	X*
	Language	X			
	Primary Care Doctor	X	X*	X*	X*
	Name or Address of Primary Care Doctor's Clinic	X	X*	X*	X*
	If you use an Emergency Room, which one do you usually go to?	X	X*	X*	X*
	Has any information changed on your demographic enrollment form?		X	X	X
	Emergency Contact(s)	X	X*	X*	X*
	Emergency Contact(s) Phone	X	X*	X*	X*
Questionnaires (n=5)	Did you show your last blood pressure readings to your healthcare provider?		X	X	X
	Do you plan to show today's blood pressure readings to your healthcare provider?	X	X	X	X
	Did you take all your scheduled medications today?	X	X	X	X
	Have you fallen in the past 1-year?	X			
	Have you been hospitalized in the last 12 months	X	X	X	X
	Have you fallen since your last visit		X	X	X
	Have you been hospitalized since your last visit?		X	X	X

Legend:

*question is asked if they answer "Yes" to has any information changed in your demographic enrollment form?

**primary outcome measure

Summary of Validated ACL DASH Instruments

Survey	Link	Comment
BRFSS Questionnaire:	https://www.cdc.gov/brfss/questionnaires/index.htm	8 questions were picked from the Demographics Section of this instrument and slightly modified to improve participants' understanding
USDA Food Security Survey Module:	https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/survey-tools/#household	Food Insecurity_Hager et. al. 2013_Food Insecurity IHS_2 item screener- this publication discusses the validation of picking only 2 questions from this entire instrument
Healthcare Utilization: NYC Department of Health and Mental Hygiene Community Health Survey	https://www1.nyc.gov/site/doh/data/data-sets/community-health-survey-public-use-data.page	Healthcare Utilization Survey- we picked 3 questions from two instruments. See Access section, pg. 17.
Healthcare Utilization: National Health Interview Survey	Reference: Gindi RM, Cohen RA, Kirzinger WK. Emergency room use among adults aged 18–64: Early release of estimates from the National Health Interview Survey, January–June 2011. National Center for Health Statistics. May 2012. Available from: http://www.cdc.gov/nchs/nhis/releases.htm	Healthcare Utilization Survey- we picked 3 questions from two instruments
National Health Interview Survey: Blood Pressure Medications-	https://www.cdc.gov/nchs/nhis/data-questionnaires-documentation.htm	We picked 3 questions from this instrument. See Hypertension section.

Summary of Validated ACL DASH Instruments

Adherence USCF	https://prevention.ucsf.edu/resources/survey-instruments-and-scales	The ACTG Adherence Baseline Questionnaire was modified from HIV to Hypertension
NHANES Physical Activity	https://www.cdc.gov/nchs/nhanes/continuousnhanes/questionnaires.aspx?BeginYear=2017	We picked 3 questions from the Physical Activity and Physical Fitness section
Global Tobacco Surveillance System (GTSS)	https://www.cdc.gov/tobacco/global/gtss/index.htm	We picked 3 questions from Section 3: Measuring Tobacco Smoking Prevalence of the GTSS. See page 6 of the attachment.
Alcohol Use Audit	https://auditscreen.org/ https://auditscreen.org/cmsb/uploads/drink_less_questionnaire.pdf	We picked 2 questions from this instrument
Promis Social Isolation	https://www.healthmeasures.net/index.php?option=com_instruments&view=measure&id=209	Also available in Redcap shared library
Patient Health Questionnaire (PHQ-2)	https://www.hiv.uw.edu/page/mental-health-screening/phq-2 https://www.phqscreeners.com/select-screener	The PHQ-2 is the first two questions of the PHQ-9
Charlson Comorbidity Survey	http://www.sbcdb.ch/download/HSM_Suppl_8_charlson.pdf	This is the validated version. See link for the validated version from publication. We adapted the questions for self-administration in a community-based setting. See Methods in the Final Report.
Food Behavior Checklist	https://snaped.fns.usda.gov/library/materials/food-behavior-checklist	

Eating Plan Brochure

Promotional pamphlet.



MISSION STATEMENTS

Carter Burden Network promotes the well-being of seniors 60 and older through a continuum of services, advocacy, arts and culture, and volunteer programs, all oriented to individual, family and community needs. For more information visit <http://www.carterburdennetwork.org/>

The **Rockefeller University Hospital**, founded in 1910, has been the site of important scientific and medical discoveries, including many that have led to Nobel Prizes. In 2006, The Rockefeller University Hospital received a Clinical and Translational Science Award from the National Institutes of Health, which helps to support the Center for Clinical and Translational Science (CCTS).

The mission of the **Rockefeller University Hospital Center for Clinical and Translational Science (CCTS)** is to accelerate the discovery of new knowledge about human health and disease and to translate those discoveries into health practices that help people.

For more information about pioneering discoveries at The Rockefeller University visit www.rockefeller.edu

Clinical Directors Network, Inc. (CDN) is a not-for-profit clinician membership organization, practice-based research network (PBRN), and clinician training organization, founded to provide peer-initiated activities for clinicians practicing in low income, minority, and other underserved communities. CDN's overall goal is to translate clinical research into clinical practice for the enhancement of health equity and improvement of public health. For more information visit www.cdnetwork.org

Healthy Eating: Healthy Heart ♥ will take place at two locations:

Carter Burden/Leonard Covello
312 East 109th St, New York, NY 10029

Carter Burden Luncheon Club & Senior Program
351 East 74th St, New York, NY 10021



Healthy Eating: Healthy Heart ♥

Dietary Approaches to Stop Hypertension (DASH)

Learn about DASH and how it is good for you!

This project is supported by the Administration for Community Living grant # HHS-2018-ACL-AOA-INNU00300, and in part by grant # UL1 TR001866 and #UL1 TR000043 from the National Center for Advancing Translational Sciences (NCATS, National Institutes of Health (NIH) Clinical and Translational Science Award (CTSA) program)

What is the DASH Eating Plan?

The DASH (Dietary Approaches to Stop Hypertension) diet has been tested by two major studies by the National Institute of Health and showed the ability to reduce blood pressure in as little as **14 days**. The plan has not been tested in seniors receiving group meals.

What is the DASH Project?

The DASH project will test whether changes to the menus at the Carter Burden/Leonard Covello Senior Program and the 74th Street Luncheon Club, combined with education and blood pressure monitoring, can lower blood pressure among seniors at Carter Burden Network.

The menu changes are small, like adding an additional serving of fruits or vegetables to the meal, replacing salt with other spices, and using more olive oil than butter.

We will offer workshops on blood pressure and medication management and nutrition. Participants will also receive Bluetooth enabled blood pressure monitoring devices and will be trained on how to use them.

What is involved?

Study participation includes:

- 5 study visits (surveys; we can help you)
- 3-4 classes (nutrition, blood pressure, etc.)
- Free blood pressure and pulse checks
- Free blood pressure monitor and training
- You check your blood pressure at home
- Cash and raffles!



Who can participate?

You may be eligible if you:

- Are at least 60 years of age
- If you eat at least 4 meals/week at the Carter Burden Network Leonard Covello Senior Program and/or the 74th Street Luncheon Club for at least 3 months
- Can attend educational sessions and workshops or watch make up videos

Participants will be informed about hypertension and how to prevent it by eating a healthy diet. This will be encouraged at two senior centers, Leonard Covello Senior Program in East Harlem and the Carter Burden Luncheon Club & Senior Program on the Upper East Side to control heart disease.



What are the outcomes of the DASH eating plan?

We hope participants will have improved:

- Blood pressure
- Dietary habits
- Ability to monitor and track their own blood pressure
- Health and nutrition knowledge

We encourage you to participate and learn about your heart health! Participation is voluntary and your decision to participate or not will not affect your relationship with Leonard Covello Senior Center Program or the Carter Burden Luncheon Club & Senior Program.

Want more details?

Covello: Call 212-423-9665 extension 445
Luncheon Club: 212- 535-5235

Open to English and Spanish Speakers!

Food Cost Comparison

Comparison of senior center food costs with standard diet vs. DASH diet.



Monthly Comparison of Food Cost

During Standard (Non-DASH) Diet (10/2018 – 3/2019)

<u>Month</u>	<u>Expenditure</u>
October	\$41,023.40
November	\$41,176.17
December	\$41,730.30
January	\$42,490.65
February	\$35,678.66
March*	\$22,821.55

*(Adjusted to 2 weeks from \$45,643.10)

During DASH Diet Implementation (10/2019 – 3/2020)

<u>Month</u>	<u>Expenditure</u>
October	\$48,113.71
November	\$44,664.66
December	\$37,319.76
January	\$41,430.11
February	\$50,018.02
March**	\$27,339.52

**Only 2 weeks in March

Total Food Cost for Period of Intervention

Agency Total Food Cost for DASH Diet Intervention = \$248,885.78

Agency Total Food Cost for Standard Diet (in previous year) = \$ 224,920.73

Cost Differential = 10% * (not excluding the effect of inflation)

* US inflation Rate

2019 = 1.81%

2018 = 2.44%

Gap Analysis

Tool used to analyze nutritional gaps in old menu and to plan revised menu.



Meal Satisfaction Results

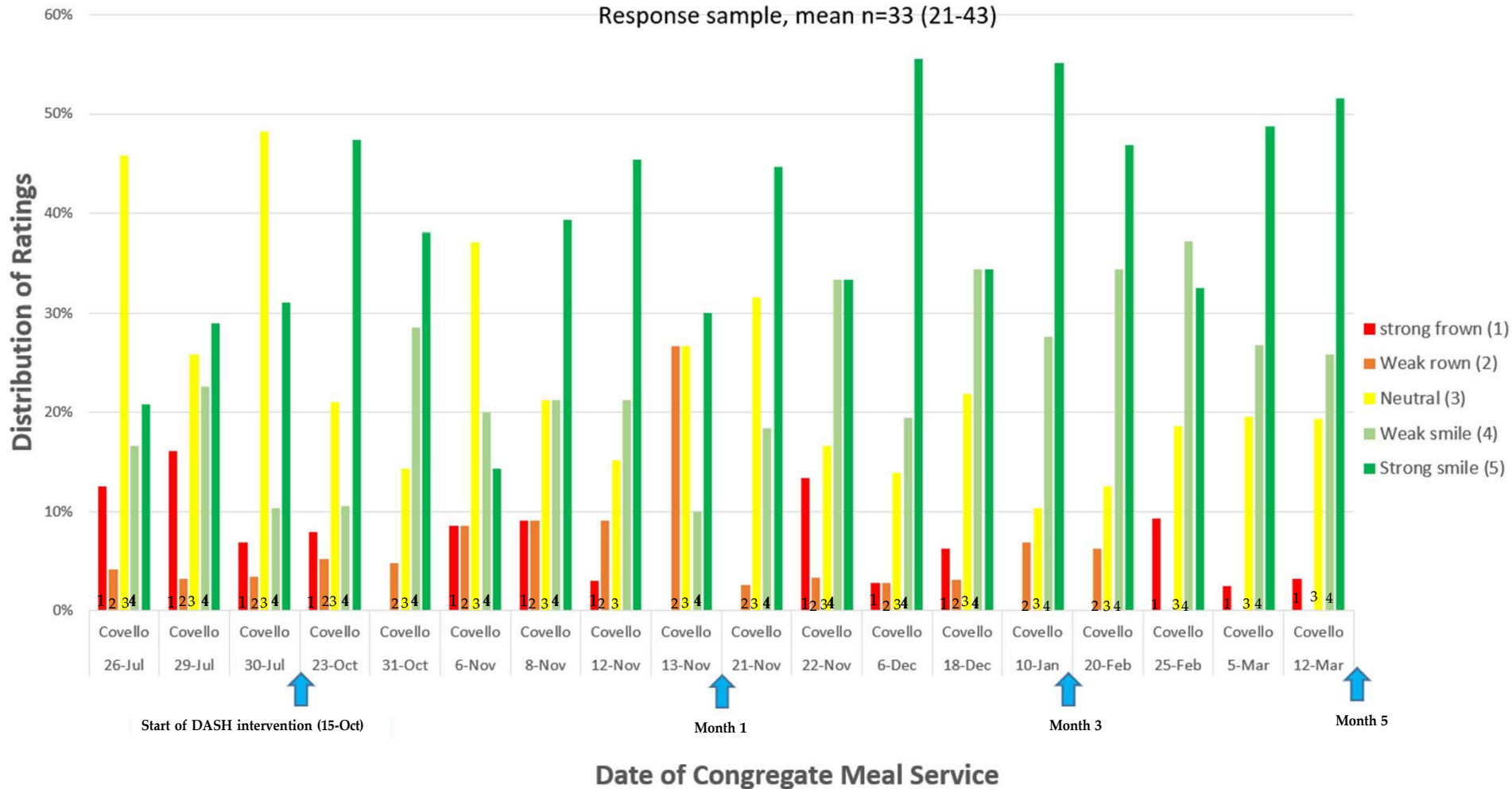
Participant meal satisfaction ratings pre- and post-DAH implementation.





Meal Satisfaction - Covello Congregate Breakfast - Pre/Post DASH Implementation Oct 15th

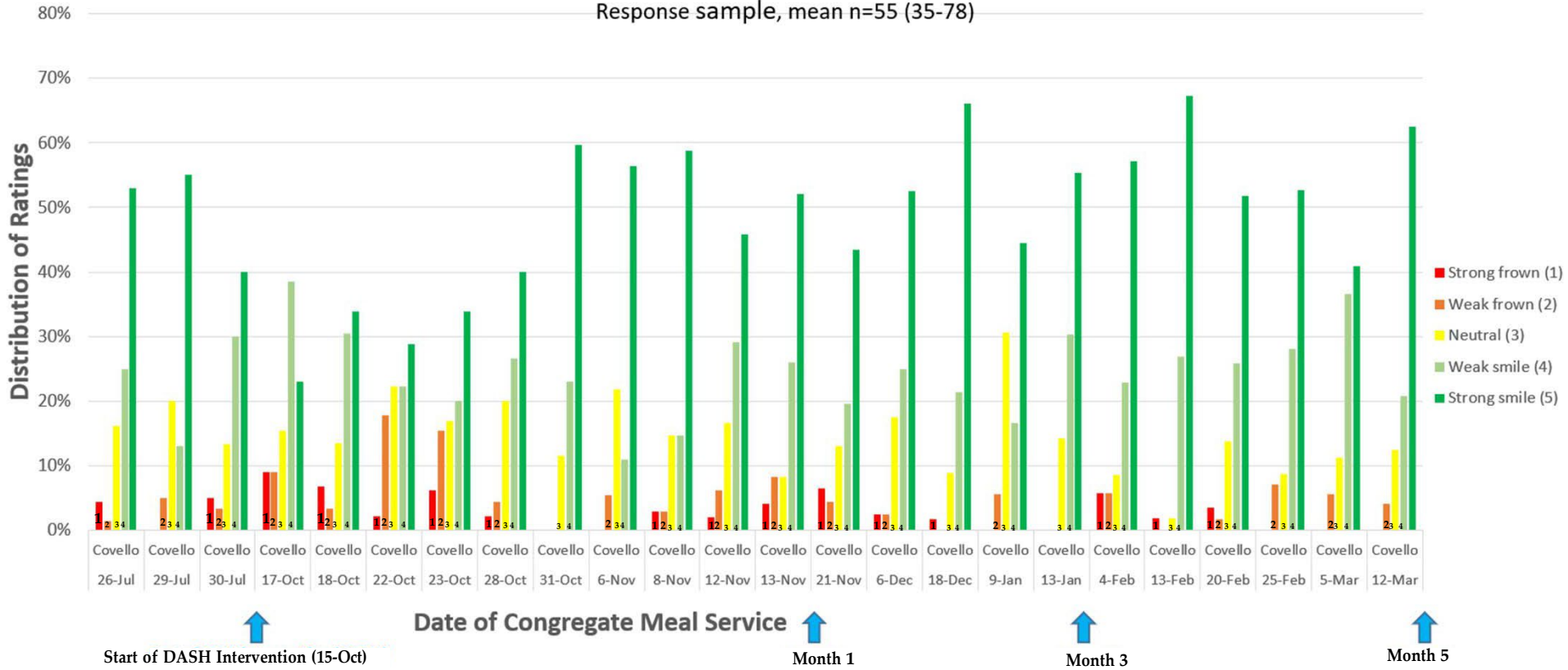
Response sample, mean n=33 (21-43)





Meal Satisfaction - Covello Congregate Lunch - Pre/Post DASH Implementation October 15th

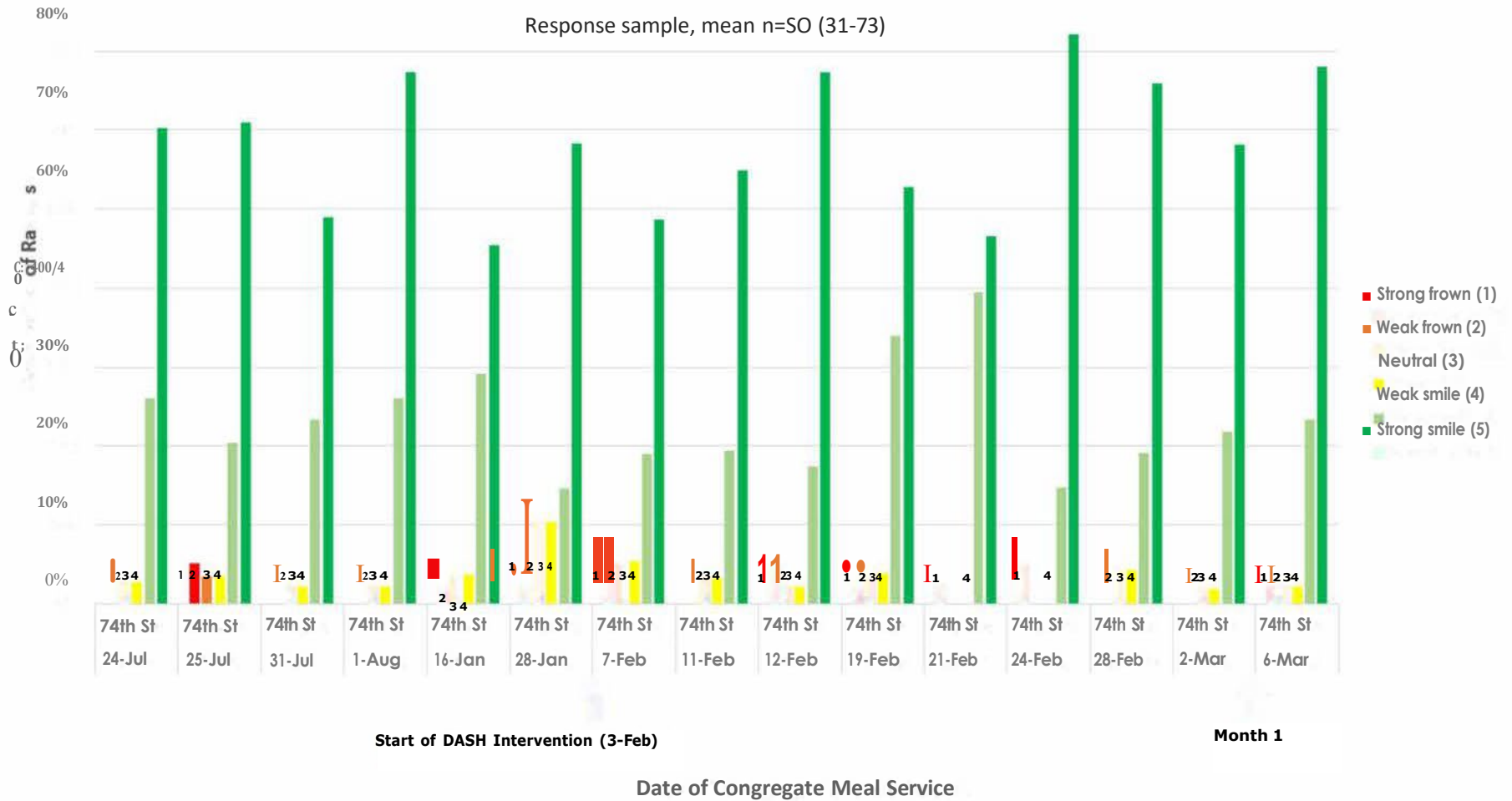
Response sample, mean n=55 (35-78)





Meal Satisfaction - Luncheon Club Congregate Lunch - Pre/Post DASH Implementation February 3rd

Response sample, mean n=50 (31-73)



Nutrition Label Comparison

Nutrition fact comparison of pastas served pre and post-DASH implementation.



Sample Nutrition Label Comparison- Covello Lunch Week 2, Monday

Pre DASH Modifications:

Bowtie Noodles

1 gram of Dietary Fiber)

Post DASH Modifications:

Whole Wheat Noodles

Increase in Fiber (4.2 grams)

Nutrition Facts			
Serving Size 1 (Approximately 1/2 cup)			
Amount Per Serving			
Calories 124	Calories from Fat 23		
		% Daily Value *	
Total Fat 3 g			4%
Saturated Fat 0 g			2%
Trans Fat 0 g			
Cholesterol 0 mg			0%
Sodium 1 mg			0%
Total Carbohydrate 21 g			7%
Dietary Fiber 1 g			4%
Sugars 1 g			
Protein 4 g			
Vitamin A 0%	Calcium		1%
Vitamin C 0%	Iron		4%

Nutrition Facts	
Serving Size: <input type="text" value="1"/> cup farfalle (107g)	
Amount Per Serving	
Calories 159	Calories from Fat 16
% Daily Value*	
Total Fat 1.8g	3%
Saturated Fat 0.3g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4.3mg	0%
Potassium 103mg	3%
Total Carbohydrates 32g	11%
Dietary Fiber 4.2g	17%
Sugars 0.8g	
Protein 6.4g	
Vitamin A	0.1%
Vitamin C	0%
Calcium	1.4%
Iron	10%

* Percent Daily Values are based on a 2000 calorie diet.

Omron Instructions

Step by step instructions for setting up an Omron account, using the app, and taking a BP reading.



Standard Operating Procedure: OMRON 10 BP Monitor

This document will provide how-to information regarding how to use the OMRON 10 BP monitor including how to pair the BP monitor to the tablet app and how to transfer data.

In order to successfully transfer and pair data on all future events, it is necessary that **one OMRON monitor** be paired to **one OMRON account on one OMRON app on 1 tablet user**. If this connection is disrupted, the integrity of the data transferred through the Bluetooth system will be compromised.

PART ONE: Creating a new OMRON account on a new tablet user

1. Create a **new** user on the tablet device from the default user (Carter Burden)
 - a. Go to Settings (little gears) >> Users & Accounts >> Users >> Add User
 - b. Choose Standard User
 - c. Name tablet user with Participant ID (i.e. S1-101)
 - d. Go to new user profile
2. Download the OMRON app on the new user
 - a. Go to the Google Play Store and sign in with the tablet gmail account using this gmail email/password
Email Address: acldashstudy@gmail.com
Password: DASH-2018
 - b. Install the OMRON connect US/CAN app
 - i. Skip Complete Account Setup
3. Create a new Account on the OMRON account using **participant ID** email and password
 - a. Check the first three boxes on the Acknowledgements page
 - b. Account Username/Email: check file with participant email addresses
 - c. Account Password: DASH*participant ID (i.e. DASH*101, DASH*102, DASH*103)
4. Complete account using **participant information (obtain from DASH contact sheet)**
 - a. First Name
 - b. Last Name
 - c. DOB
 - d. Height (add 5'0 for all)
 - e. Sex:

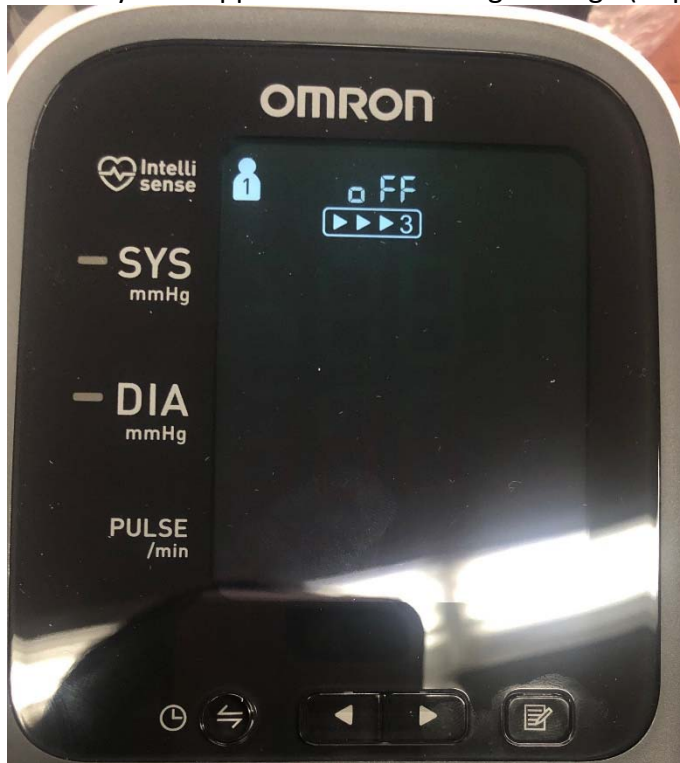
PART TWO: Pairing a new OMRON monitor to a new OMRON account

1. Open the OMRON app to the home screen
2. In the left-hand corner of the screen, open the menu bar and select **Settings**
3. Select **Blood Pressure Settings**
4. Select **Manage devices**
5. Select **Pair new OMRON monitor**
6. Select **Pair now >** in the OMRON app
 - a. Grant permission for Location Services
 - b. Allow app to access this device's location
 - c. Go to Settings to enable Bluetooth and Location Services

- i. Settings >> Connected Devices >> Turn Bluetooth On (if not already on)
 - ii. Settings >> Security & location >> Location
 - iii. Turn Location On
 - iv. Agree to improve location accuracy
 - v. Ensure that the Mode is set to High Accuracy
7. Follow **steps 1-5** again
8. On the OMRON monitor, press and hold the double-arrrowed button until a blinking 'P' appears
9. The device should appear on the OMRON app as **10 Series Upper Arm**
 - a. The successful initiation of the transfer process is indicated by circles moving in a circle
 - b. The successful completion of the transfer process is indicated by 4 static circles on the monitor's screen
 - c. There should only be 1 device that appears in this window. If multiple devices appear, it is possible that the 1:1:1:1 connection has been disrupted.
10. Ensure that the BP device is set to User 1. After confirming the correct user, choose User 1 on the OMRON app.
11. Log out before moving to next tablet user

PART THREE: Setting up OMRON device for use

1. **Tru Read Setting:** Press the double-arrrowed button three times or until the 3-arrow symbol appears with a flashing OFF sign (as pictured below)

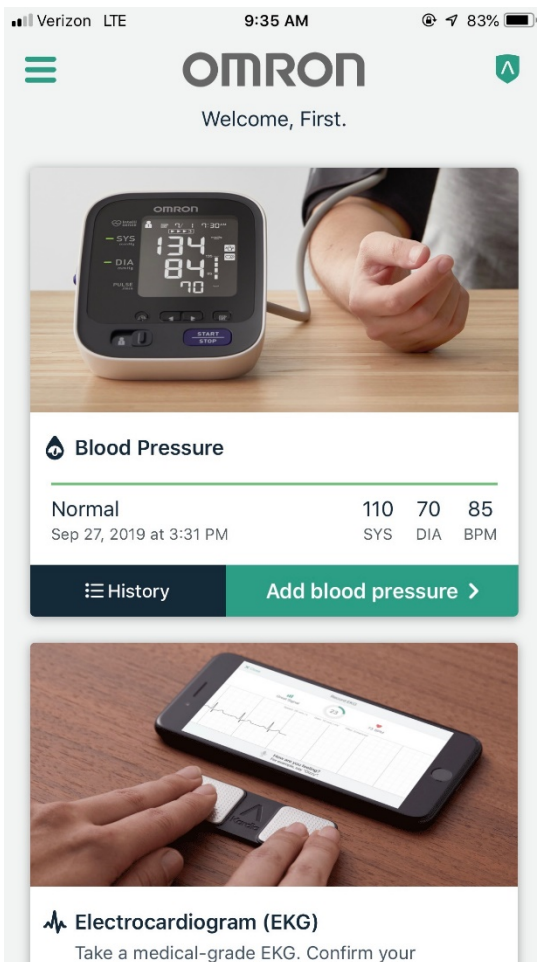


2. **Tru Read Setting:** Press the right arrow to change the **OFF** to **ON**

3. Press the double-arrowed button to move to the next selection (deflation time)
4. The monitor should now display **60** to represent the deflation time. If the deflation time is not set to 60, use the left/right arrows to adjust the time to 60
5. Press the double-arrowed button again to move to the next selection (Year)
6. Use the left/right arrows to adjust the year to correct year
7. Press the double-arrowed button again to move to the next selection (Month)
8. Use the left/right arrows to adjust the month to the correct month
9. Press the double-arrowed button again to move to the next selection (Day)
10. Use the left/right arrows to adjust the month to the correct day
11. Press the double-arrowed button again to move to the next selection (hour)
12. Use the left/right arrows to adjust the month to the correct hour
 - a. Changes to the hour will also change the AM/PM setting. Adjust correctly
13. Press the double-arrowed button again to move to the next selection (Minutes)
14. Use the left/right arrows to adjust the month to the correct minute
15. Press the START/STOP button to save changes

PART FOUR: Transferring data from the OMRON monitor to the OMRON account

1. Log into OMRON account on the app
 - a. Username: participant email address
 - b. Password: DASH*participant ID (i.e. DASH*101, DASH*102, DASH*103)
2. Open the OMRON app to the home screen
3. Select **Get Started >** or **Add blood pressure >** (as shown in picture below)



4. Select **Transfer new recordings** in the OMRON app
5. On the OMRON monitor, quick press (without holding) the double-arrowed button (a single circle will appear) to initiate the transfer process
 - a. The successful initiation of the transfer process is indicated by circles moving in a circle
 - b. The successful completion of the transfer process is indicated by 4 static circles on the monitor's screen

PART FIVE: Downloading BP measurements from OMRON app

1. Open the OMRON app to the home screen
2. Select **History** in the Blood Pressure section
3. In the top-right corner of the screen select the menu dots
4. Select **Share CSV Email**
5. Adjust the date range as necessary
6. Select **Export CSV Email**
7. Select **Gmail >> Just Once**
8. Modify the Subject Line so that it begins with the Participant ID followed by an underscore

Example:

Participant ID: S1-101

Original Subject Line: **BloodPressure_05-May-2019.csv**

Modified Subject Line: **S1-101_BloodPressure_05-May-2019.csv**

9. In the "To" field, put **kvasquez@rockefeller.edu**

10. Send



How to Use Your OMRON 10 Monitor

Part One: How to assemble your OMRON 10 monitor




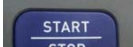
Step 1: Plug the AC adapter or insert 4 AA batteries into the bottom of the unit

Step 2: Plug arm cuff into the main unit

Step 3: Set your device to **User 1**



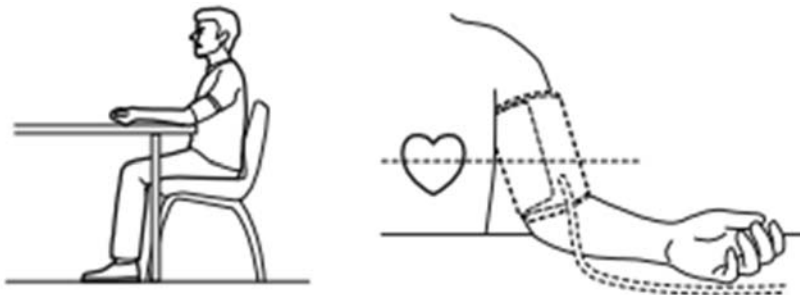
Step 4: Setting the date and time

- While the unit is off, press the  button repeatedly to show the year.
- Use the  button to advance to the current year.
- Then, press the  button to confirm.
- The screen will then show the month and day. Change the month, date, and time using steps 4a-4c.
- Press the  button to save your settings.

Part Two: How to take a Blood Pressure (BP) measurement using your monitor


Step 1: Remove tight clothing from your upper left arm

Step 2: Sit on a chair with your feet flat on the floor and place your left arm on a table so that the cuff is level with your heart.



Step 3: Place the cuff directly on the bare skin of upper left arm. The bottom of the cuff edge should be ½ inch (1-2 cm) above the elbow. The tube of air should be centered on the inside of the arm and aligned with your middle finger. Wrap the cuff firmly with the fabric fastener.




Step 4: To begin taking a measurement, press the  button. The cuff will inflate automatically.

Step 5: The cuff will inflate/deflate 3 times in order to take 3 measurements. Do not move your hand throughout the duration of these 3 measurements. Once the third measurement is complete, the cuff will deflate and the average of the 3 measurements will be displayed.


Make sure that your device is set to **User 1**.

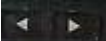


Step 6: Press the  button to display the results of the first reading. Press the button again to view the results of the next measurement.

Step 7: Press the  button to turn the monitor off.

Part Three: How to Check your previous BP readings

Step 1: To check your previous readings, press the  button.

Step 2: Use the  buttons to move between BP readings.

Questions:

- Call Study Team at Covello: 212- 423-9666 ext. 445
- Omron toll free customer support help line: 1(800) 634-4350
- On-line support always available at www.OmronHealthcare.com



Cómo usar su monitor OMRON 10

Primera Parte: Como ensamblar su monitor OMRON 10





Paso 1: Enchufe el adaptador de CA o inserte 4 pilas AA en la parte de debajo de la unidad

Paso 2: Enchufe el brazaletes a la unidad principal

Paso 3: Configure su unidad como **Usuario 1**



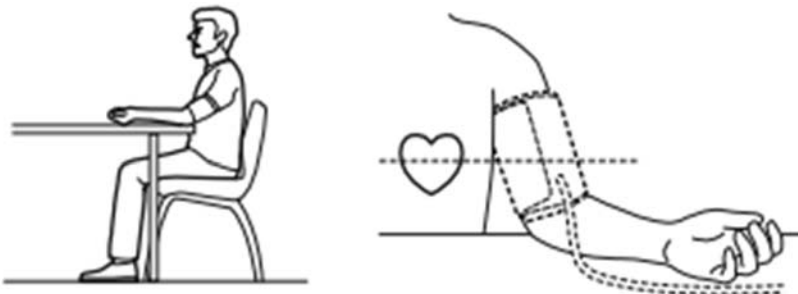
Paso 4: Poner la fecha y hora

- Mientras la unidad está apagada, presione el  botón repetidamente para mostrar el año
- Use el  botón para avanzar al año actual
- Luego, presione el  botón para confirmar.
- La pantalla mostrará el mes y el día. Cambie el mes, la fecha y la hora con los pasos 4a-4c.
- Presione el botón (Inicio/Detener)  para guardar su configuración.

Segunda Parte: Como tomar una medición de Presión Arterial (PA) usando su monitor


Paso 1: Quítese la ropa ajustada y apretada de la parte superior del brazo izquierdo

Paso 2: Siéntese en una silla con los pies apoyados en el piso y coloque el brazo izquierdo sobre una mesa para que el brazaletes quede nivelado con el corazón.



Paso 3: Coloque el brazalete directamente sobre la piel desnuda en la parte superior del brazo izquierdo. El borde inferior del brazalete debe estar $\frac{1}{2}$ pulgada (1-2 cm) por encima del codo. El tubo de aire debe de quedar centrado en la parte interna del brazo y alineado con el dedo medio. Envuelva el brazalete firmemente con el cierre de tela.




Paso 4: Para comenzar a tomar una medida, presione el  botón. El brazalete se inflara automáticamente.

Paso 5: El brazalete se inflará / desinflará 3 veces para tomar 3 mediciones. No mueva su mano durante la duración de estas 3 mediciones. Una vez que se complete la tercera medición, el brazalete se desinflará y se mostrará el promedio de las 3 mediciones.


Asegúrese de que su dispositivo esté configurado en **Usuario 1**.




Paso 6: Presione el  botón para mostrar los resultados de la primera medición. Presione el botón nuevamente para ver los resultados de la próxima medición.

Paso 7: Presione el  botón para apagar el monitor.

Parte Tres: Como Chequear los Valores de PA Anteriores

Paso 1: Para chequear los valores anteriores presione el  botón.

Paso 2: Use los  botones para moverse entre valores de PA.

Preguntas:

- Llame al equipo del estudio en Covello: 212- 423-9666 ext. 445
- Línea de ayuda gratuita de atención al cliente de Omron: 1(800) 634-4350
- Apoyo en internet siempre está disponible en www.OmronHealthcare.com

Participant Passport

Pamphlet for tracking assessment visits, education sessions, and data downloads, in English and Spanish.





cbn carter
boulder
network
leading the way in aging services

CDN
the united health plan

Healthy Eating: Healthy Heart ♥

Participant Passport



Activity		Date Scheduled	Date Completed	Staff Initials
Study Assessment Visits	Signed Consent			
	Baseline Visit			
	Month 1 Visit			
	Month 3 Visit			
	Month 6 Visit			
Education Sessions	BP Education Class			
	BP Monitor Training			
	Nutrition Class			
	<i>Optional Class</i>			
	<i>Optional Class</i>			
	<i>Optional Class</i>			
	<i>Optional Class</i>			

Activity		Date Scheduled	Date Completed	Staff Initials
Blood Pressure Downloads	Download #1			
	Download #2			
	Download #3			
	Download #4			
	Month 2			
	Month 3			
	Month 6			
	Completion!			

To view the Blood Pressure Education Videos, visit:

1. www.youtube.com and search for "How to Use Your Home Blood Pressure Monitor NACHC"
2. www.CDNetwork.org/CBN-DASH

Name of Participant



Alimentación Saludable: Corazón Sano ♥

Pasaporte Del Participante



Actividad		Fecha Programada	Fecha Completada	Iniciales del Personal
Visitas del Estudio	Firmo Consentimiento Informado			
	Visita de Referencia			
	Visita del Mes 1			
	Visita del Mes 3			
	Visita del Mes 6			
Sesiones Educativas	Clase de Educación PA			
	Entrenamiento del Monitor de PA			
	Clase de Educación Nutricional			
	Clase Opcional			
	Clase Opcional			
	Clase Opcional			
	Clase Opcional			

Actividad		Fecha Programada	Fecha Completada	Iniciales del Personal
Descarga de Presión Arterial	Descarga #1			
	Descarga #2			
	Descarga #3			
	Descarga #4			
	Mes 2			
	Mes 3			
	Mes 6			
	¡Completa!			

Para ver los Videos de educación sobre la presión arterial, visite:

- www.youtube.com y busque "Como Usar Su Monitor de Presión Arterial NACHC"
- www.CDNetwork.org/CBN-DASH

Nombre del Participante

Participant Update Letter

End of study information for participants, in English and Spanish.





Dear DASH Study Participant,

We hope this message finds you and your loved ones well during these challenging times.

First, we want to say, “Thank You!” We are very grateful for your participation in the DASH (Dietary Approaches to Stop Hypertension) Study. You stuck with us for almost a year -- through lectures, nutrition sessions, surveys, and blood pressure downloads. Your participation has helped scientists learn how to make the DASH diet work for seniors and may be helping you to manage your blood pressure too.

From our *preliminary* look at the data, we learned:

- 1) that the diet was well received by most clients at both Carter Burden locations- Leonard Covello and the Luncheon Club;
- 2) by receiving the DASH diet in the meals served at Carter Burden, coupled with home blood pressure monitoring, some seniors were able to lower their blood pressure.

We are currently closing the study, collecting the last measurements, and preparing for data analysis. If you have received a final set of surveys from us, please mail them to us soon.

We will conduct the formal data analysis this Fall and provide a Summary of Results back to you before the holidays, in the form of a plain language newsletter and/or on-line presentation over the internet.

We need to do more analysis to understand whether, on average, DASH worked across the study population. Also, we want to compare the characteristics of the people who were able to lower their blood pressure versus those who could not. We hope to share this information by the winter holidays. This program might be a model for other senior programs to help their clients manage their blood pressure through diet and education. We hope you feel proud of your participation in the study!

Compensation Information:

Because of COVID restrictions and social distancing, we have not given out study compensation in person. Due to safety concerns, it may be some time before we can meet in person. If you are eligible for compensation, we will provide compensation to you in the form of a check in order to observe social distancing.

If you have any questions, for assistance please call:

- Clewert Sylvester (212-423-9665 extension 445; sylvesterc@carterburdennetwork.org) or
- Kimberly Vasquez (212-363-0809; kvasquez@rockefeller.edu),

We hope you feel proud of your participation in the study!

Sincerely,

ACL DASH Study Team



Estimado participante del estudio DASH,

Esperamos que este mensaje los encuentre bien a usted y a sus seres queridos durante estos tiempos difíciles.

Primero, queremos decir "¡Gracias!" Estamos muy agradecidos por su participación en el estudio DASH (enfoques dietéticos para detener la hipertensión). Usted se quedó con nosotros durante casi un año, a través de clases, sesiones de nutrición, encuestas y descargas de las medidas de su presión arterial. Su participación ha ayudado a los científicos a aprender cómo hacer que la dieta DASH funcione para las personas mayores y también puede ayudarlo a controlar su presión arterial.

En nuestra mirada *preliminar* de los datos, aprendimos:

- 1) que la dieta fue bien recibida por la mayoría de los clientes en ambos lugares de Carter Burden- Leonard Covello y el Luncheon Club;
- 2) al recibir la dieta DASH en las comidas que se sirven en Carter Burden, junto con el control de la presión arterial en el hogar, algunas personas mayores pudieron reducir su presión arterial.

Actualmente, estamos cerrando el estudio, recopilando las últimas mediciones, y preparándonos para el análisis de datos. Si ha recibido un envío final de encuestas de nuestra parte, envíenlas por correo pronto

Realizaremos el análisis de datos formal este otoño y le daremos un Resumen de los Resultados antes de los feriados, en forma de un boletín informativo en lenguaje simple y / o una presentación en línea por el internet.

Necesitamos hacer más análisis para comprender si, en promedio, DASH funcionó en toda la población del estudio. Además, queremos comparar las características de las personas que pudieron bajar su presión arterial con las que no pudieron. Esperamos compartir esta información antes de las vacaciones del invierno. Este programa podría ser un modelo para otros programas para personas mayores que ayuden a sus clientes a controlar su presión arterial a través de la dieta y la educación. ¡Esperamos que se sienta orgulloso de su participación en el estudio!

Información de compensación:

Debido a las restricciones de COVID y el distanciamiento social, no hemos entregado la compensación del estudio en persona. Debido a preocupaciones de seguridad, puede pasar algún tiempo antes de que podamos reunirnos en persona. Si es elegible para recibir la compensación, le daremos su compensación en forma de cheque para observar el distanciamiento social.

Si tiene alguna pregunta, para obtener ayuda, llame al:

- Clewert Sylvester (212-423-9665 extensión 445; sylvesterc@carterburdennetwork.org) o
- Kimberly Vasquez (212-363-0809; kvasquez@rockefeller.edu),

¡Esperamos que se sienta orgulloso de su participación en el estudio!

Sinceramente,

Equipo de estudio ACL DASH

Plate Waste Data Form

Form for tracking uneaten food left on participant plates.



Food Data Form

Please complete the survey below.

Thank you!

1) Meal Site Covello
 Luncheon Club

2) Meal Timepoint (Menu Week)
 Week 1
 Week 2
 Week 3
 Week 4
 Week 5
 Week 6

3) Date of plate waste assessment _____

For each food element enter a brief description in the appropriate box (e.g. chicken, broccoli, apple, yogurt). If a food element is not being served, you must enter "none" (all lowercase).

4) Protein 1 _____

5) Protein 2 _____

6) Grain 1 _____

7) Grain 2 _____

8) Grain 3 _____

9) Vegetable 1 _____

10) Vegetable 2 _____

11) Vegetable 3 _____

12) Fruit 1 _____

13) Fruit 2 _____

14) Dairy 1 _____

15) Dairy 2

16) Fats and Oils

17) Nuts, Seeds, Legumes (Dry Beans & Peas)

18) Sweets

19) Other (must specify)

Plate Waste - Quarter Wise

Please complete the survey below.

Thank you!

Percentage is the amount of food remaining on the plate, not the amount consumed.

Plate Waste Data	0%	25%	50%	75%	100%
[event_1_arm_1][protein_1]	0	0	0	0	0
[event_1_arm_1][protein_2]	0	0	0	0	0
[event_1_arm_1][grain_1]	0	0	0	0	0
[event_1_arm_1][grain_2]	0	0	0	0	0
[event_1_arm_1][grain_3]	0	0	0	0	0
[event_1_arm_1][vegetable_1]	0	0	0	0	0
[event_1_arm_1][vegetable_2]	0	0	0	0	0
[event_1_arm_1][vegetable_3]	0	0	0	0	0
[event_1_arm_1][fruit_1]	0	0	0	0	0
[event_1_arm_1][fruit_2]	0	0	0	0	0
[event_1_arm_1][dairy_1]	0	0	0	0	0
[event_1_arm_1][dairy_2]	0	0	0	0	0
[event_1_arm_1][fats_oils]	0	0	0	0	0
[event_1_arm_1][nuts_seeds_legumes]	0	0	0	0	0
[event_1_arm_1][sweets]	0	0	0	0	0
[event_1_arm_1][other_food]	0	0	0	0	0

Plate Weight

Please complete the survey below.

Thank you!

Value is the pre-meal weight (grams) of food on the plate. Please round to the nearest whole number.

Plate Weight Data

[event_1_arm_1][protein_1]

[event_1_arm_1][protein_2]

[event_1_arm_1][grain_1]

[event_1_arm_1][grain_2]

[event_1_arm_1][grain_3]

[event_1_arm_1][vegetable_1]

[event_1_arm_1][vegetable_2]

[event_1_arm_1][vegetable_3]

[event_1_arm_1][fruit_1]

[event_1_arm_1][fruit_2]

[event_1_arm_1][dairy_1]

[event_1_arm_1][dairy_2]

[event_1_arm_1][fats_oils]

[event_1_arm_1][nuts_seeds_legumes]

[event_l_arm_l][sweets]

[event_l_arm_l][other_food]

Project Collaboration Assessment Tool

Advisory Committee/Project Team member survey
on project leadership.





Resize font:



ACL DASH Advisory Committee/Project Team - Collaboration Assessment

Thank you for your input and participation as a member of the Advisory Committee/Project Team for the *DASH Diet Nutritional Innovation Project*.*

Please take a few minutes to help us assess how successful the leaders of this project have been in collaborating and engaging with you for this project.

Did you attend Advisory Committee and/or monthly Project Team Meetings? (Select all that apply)

- Advisory Committee Meetings
 Project Team Meetings

In your primary role, which category best describes the organization with which you are affiliated? (check ONE):

- Governmental agency
 Non-profit organization
 Public hospital/clinic
 Academic institutions
 Private organization / contractor
 Other

[reset](#)

<p>Please indicate the services and/or populations that best align with the mission of the organization you represent. (Select all that apply)</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Seniors (older adults) <input type="checkbox"/> Food security / scarcity <input type="checkbox"/> Nutrition <input type="checkbox"/> Health services (e.g., hospital, healthcare system, vendor) <input type="checkbox"/> Wellness <input type="checkbox"/> Health Research <input type="checkbox"/> Health Policy <input type="checkbox"/> Populations affected by health disparities 										
<p>How long have you participated/provided feedback or input as a stakeholder for this project?</p>	<ul style="list-style-type: none"> <input type="radio"/> less than 6 months <input type="radio"/> 6-12 Months <input type="radio"/> 1-2 years <input type="radio"/> more than 2 years <p style="text-align: right;">reset</p>										
<p>Do you consider yourself a member of a group that is under-represented in clinical research?</p>	<ul style="list-style-type: none"> <input type="radio"/> Yes <input type="radio"/> No <p style="text-align: right;">reset</p>										
<p>In answering the questions below, please consider your participation in the Advisory Committee/Project Team throughout the project.</p>											
<p>How well did the project leaders do in convening the Advisory Committee/Project Team for input and advice for this project?</p>											
<p>Brings together people with an interest in the issue</p>	<table border="0" style="width: 100%; text-align: center;"> <tr> <td>Poor</td> <td>Fair</td> <td>Good</td> <td>Excellent</td> <td>Unsure</td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> </table> <p style="text-align: right;">reset</p>	Poor	Fair	Good	Excellent	Unsure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Poor	Fair	Good	Excellent	Unsure							
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>							

Listens to everyone's views	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
Creates mutual respect, understanding and trust	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
Communicates clearly where the project is headed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
Meetings/discussions accomplish what is necessary	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
Leadership is responsive to concerns raised	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
Communicates progress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
Meeting materials were readily available and easy to understand	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
Please indicate your perceptions about the project and Advisory Committee/Project Team discussions, using the scale provided below:						
	Strongly Disagree	Disagree	Agree	Strongly Agree		
My viewpoint is heard	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset	
I am viewed as a valued member	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset	
I feel comfortable in the group	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset	
I am satisfied with the project's progress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset	
Has the project led to any of the following outcomes:						
	Strongly Disagree	Disagree	Agree	Strongly Agree		

Identified areas /activities that are successful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
Identified areas /activities for improvement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
Identified actions to be undertaken	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
Identified actions for dissemination	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
In your opinion, what could be done to improve the effectiveness of the project or the Advisory Committee/Project Team?	<div style="border: 1px solid black; height: 100px; width: 100%;"></div>				Expand
<i>*Improving Cardiovascular Health Through Implementation of a Dietary Approaches to Stop Hypertension (DASH) Diet-Based Multi-Component Intervention with Senior Services Programs is supported in part by the Department of Health and Human Services, Administration for Community Living, Grant # 90-INNU-0007.</i>					
<div style="border: 1px solid black; padding: 5px; display: inline-block;">Submit</div>					

Powered by REDCap

Recipes and Nutrition Facts

Sample meals with recipes and nutrition facts.



Ginger and Lime Salmon

Yield: 25
Serving Size: 1
Portion Size: 1 salmon fillet
Recipe View: Public
Recipe ID: 2156
Status: Approved
Contributed By: YM YWHA INNOVATIVE SENIOR CENTER

Tags: > Entrée > Dairy-Free > Good Source of Potassium

Ingredients

- >> 63/4 lb(s) salmon fillets, raw (each fillet weighs approximately 6 oz)
- >> 1/2 cup(s) lime juice
- >> 1/2 tsp(s) black pepper, ground
- >> 2 tsp(s) grated or fresh ginger root
- >> 3/4 cup(s) olive oil
- >> 3 fresh limes

Nutrition Facts

Serving Size 1 (1 salmon fillet)	
Amount Per Serving	
Calories 191	Calories from Fat 99
% Daily Value *	
Total Fat 11g	17%
Saturated Fat 2g	9%
Trans Fat 0g	0%
Cholesterol 47mg	16%
Sodium 77mg	3%
Carbohydrate 1g	0%
Dietary Fiber 0g	1%
Sugar 0g	
Protein 21g	42%
Vitamin A 2%	• Calcium 1%
Vitamin C 6%	• Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

- >> 1. Preheat oven to 350°F.
- >> 2. Coat salmon with olive oil and season with pepper, lime juice, and ginger.
- >> 3. Bake fillets for 25 minutes or until fish reaches an internal temperature of at least 145°F.

Requirements

- >> The NYC Food Standards require that canned/frozen seafood contain <=290 mg sodium per serving.

Tuna Nicoise Salad

Yield: 25
Serving Size: 1
Portion Size: 1 cup salad and 2 tablespoons of dressing
Recipe View: Public
Recipe ID: 884
Status: Approved
Contributed By:

Tags: > Entrée > Vegetable > Dairy-Free > Good Source of Iron
> Good Source of Potassium > Good Source of Vitamin C

Ingredients

- >> 66 oz(s) tuna fish, canned
- >> 7 eggs
- >> 3 lb(s) tomatoes, cut into wedges
- >> 1 1/2 lb(s) red potatoes
- >> 3 lb(s) green beans
- >> 1 cup(s) olives, pitted
- >> 0Salad Dressing
- >> 1 cup(s) vegetable oil
- >> 1/2 cup(s) red wine vinegar
- >> 1 1/2 tbsp(s) Dijon mustard
- >> 1 1/2 tbsp(s) garlic, chopped
- >> 1 1/2 tbsp(s) parsley, chopped
- >> 1 tsp(s) sugar
- >> 2 tsp(s) tarragon, dried
- >> 0ground black pepper to taste

Nutrition Facts

Serving Size 1 (1 cup salad and 2 tablespoons of dressing)	
Amount Per Serving	
Calories 221	Calories from Fat 104
% Daily Value *	
Total Fat 12g	18%
Saturated Fat 2g	8%
Trans Fat 0g	0%
Cholesterol 69mg	23%
Sodium 118mg	5%
Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Sugar 4g	
Protein 18g	37%
Vitamin A 20%	• Calcium 5%
Vitamin C 29%	• Iron 12%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

- >> 1. Steam or boil red potatoes. Cut into quarters.
- >> 2. Hard boil eggs and cut into quarters.
- >> 3. Blanch green beans in boiling water for 5 minutes.
- >> 4. Arrange all salad ingredients (tuna, eggs, green beans, potatoes, olives, and tomatoes - chilled) on individual plates and drizzle 2 tablespoons of dressing over each salad.
- >> 5. Combine salad dressing ingredients and shake or whisk to emulsify.

Requirements

- >> The NYC Food Standards require that canned/frozen seafood contain <=290 mg sodium per serving.

Turkey with Gravy

Yield: 25
Serving Size: 1
Portion Size: Approximately 6-8 oz
Recipe View: Public
Recipe ID: 2249
Status: Approved
Contributed By: YM YWHA INNOVATIVE SENIOR CENTER

Tags: > Entrée > Dairy-Free > Good Source of Iron

Ingredients

- >> 8 1/4 lb(s) turkey breast-raw, bone-in, skin removed
- >> 3 1/3 cup(s) boiling water
- >> 10 oz(s) fresh onions, chopped
- >> 1 1/3 lb(s) tomatoes, whole, canned, without salt added
- >> 1/2 tbsp(s) ground ginger
- >> 1/2 tsp(s) bay leaf
- >> 1/2 tbsp(s) black pepper, ground
- >> 1 tsp(s) garlic powder
- >> 4 oz(s) flour
- >> 1/8 cup(s) cold water
- >> 3 1/2 lb(s) reserved stock

Nutrition Facts

Serving Size 1 (Approximately 6-8 oz)

Amount Per Serving

Calories 151 Calories from Fat 10

% Daily Value *

Total Fat 1g 2%

Saturated Fat 0g 2%

Trans Fat 0g 0%

Cholesterol 71mg 24%

Sodium 125mg 5%

Carbohydrate 6g 2%

Dietary Fiber 1g 2%

Sugar 1g

Protein 28g 55%

Vitamin A 1% • Calcium 4%

Vitamin C 5% • Iron 11%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

Directions

- >> 1. Place turkey in a stock pot , brown all sides and add boiling water.
- >> 2. Add onions, tomatoes, ginger, bay leaf, garlic, and pepper to turkey.
- >> 3. Cover and simmer until tender and turkey reaches an internal temperature of at least 165°F.
- >> 4. Let turkey stand for 20 minutes and then slice.
- >> 5. For gravy combine flour, reserved stock and water, Stir constantly until smooth. Cook until slightly thickened. Serve over turkey.

Requirements

- >> The NYC Food Standards require that canned/frozen poultry contain <=290 mg sodium per serving.

Beef Stew

Yield: 25
Serving Size: 1
Portion Size: Approximately 8-10 oz
Recipe View: Public
Recipe ID: 215
Status: Approved
Contributed By: SNAP OF EASTERN QUEENS SENIOR CENTER

Tags: > Entrée > Dairy-Free > Good Source of Iron > Good Source of Potassium > Good Source of Vitamin C

Ingredients

- >> 73/4 lb(s) beef cubes - raw, chuck, well trimmed
- >> 11/2 cup(s) carrots, sliced
- >> 11/2 cup(s) celery stalks, chopped
- >> 1 lb(s) onions, quartered
- >> 2 lb(s) potatoes, quartered
- >> 3 cup(s) diced tomatoes, canned
- >> 1/2 cup(s) vegetable oil
- >> 1/2 cup(s) all purpose flour
- >> 1/2 tbsp(s) bay leaf
- >> 1 tbsp(s) ground black pepper
- >> 1/2 tbsp(s) thyme, dried
- >> 8 cup(s) water

Nutrition Facts

Serving Size 1 (Approximately 8-10 oz)	
Amount Per Serving	
Calories 253	Calories from Fat 92
% Daily Value *	
Total Fat 10g	16%
Saturated Fat 3g	15%
Trans Fat 0g	0%
Cholesterol 84mg	28%
Sodium 88mg	4%
Carbohydrate 12g	4%
Dietary Fiber 2g	9%
Sugar 3g	
Protein 29g	58%
Vitamin A 28%	• Calcium 4%
Vitamin C 19%	• Iron 17%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

- >> 1. Coat beef with a mixture of all purpose flour and ground black pepper.
- >> 2. Heat vegetable oil in roasting pan. Add beef cubes and cook until browned, stirring often.
- >> 3. Stir in diced tomatoes, water, thyme, and bay leaves and heat to a boil. Reduce heat.
- >> 4. Add onions, celery, carrots and potatoes. Cook for 1 1/2 hours, or until the beef and vegetables are fully cooked and tender. A safe minimal internal temperature of 145°F should be reached.

Requirements

- >> The NYC Food Standards require that canned/frozen vegetables and beans contain <=290 mg sodium per serving.

Chicken Jambalaya

Yield: 25
Serving Size: 1
Portion Size: Approximately 5-7 oz
Recipe View: Public
Recipe ID: 148
Status: Approved
Contributed By: MANHATTANVILLE RIVERSIDE
NEIGHBORHOOD SC

Tags: > Entrée > Grains > Dairy-Free > Good Source of Potassium > Good Source of Vitamin C

Ingredients

- >> 6 1/2 lb(s) chicken breast-raw, bone & skin removed (approximately 4-6 oz per breast)
- >> 7 1/4 cup(s) brown rice, uncooked
- >> 1/2 cup(s) vegetable oil
- >> 1 1/4 cup(s) green peppers, driced
- >> 1 1/4 cup(s) onions, chopped
- >> 2 tsp(s) garlic powder
- >> 4 cup(s) canned whole tomatoes, low sodium
- >> 1 cup(s) black olives, sliced
- >> 4 cup(s) chicken broth, low sodium

Nutrition Facts

Serving Size 1 (Approximately 5-7 oz)	
Amount Per Serving	
Calories 313	Calories from Fat 82
% Daily Value *	
Total Fat 9g	14%
Saturated Fat 2g	8%
Trans Fat 0g	0%
Cholesterol 72mg	24%
Sodium 123mg	5%
Carbohydrate 26g	9%
Dietary Fiber 3g	10%
Sugar 2g	
Protein 30g	60%
Vitamin A 2%	• Calcium 4%
Vitamin C 17%	• Iron 11%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

- >> 1. Preheat oven to 350° F.
- >> 2. Bake chicken, about 30 minutes (until juices run clear) or until internal temperature reaches at least 165° F. Cut into cubes.
- >> 3. Prepare brown rice according to directions. Set aside.
- >> 4. Heat vegetable oil in a large skillet over high heat. Add green peppers, onions, and garlic powder to skillet. Stir occasionally until vegetables are tender (about 3-5 minutes).
- >> 5. Add cubed chicken, vegetable mixture, tomatoes (with liquid), olives, chicken broth and rice in large pot over medium heat. Mix thoroughly and break up tomatoes into pieces.
- >> 6. Cover and cook for an additional 20-23 minutes over low heat. If mixture becomes a dry, add water if needed.

Requirements

- >> The NYC Food Standards require that canned/frozen poultry contain <=290 mg sodium per serving.
- >> The NYC Food Standards require that canned/frozen vegetables contain <=220 mg sodium per serving.

Chicken Fricassee

Yield: 25
Serving Size: 1
Portion Size: 1 chicken breast
Recipe View: Public
Recipe ID: 696
Status: Approved
Contributed By: N SHOPP LEON NEIGHBORHOOD SENIOR CENTER

Tags: > Entrée > Dairy-Free

Ingredients

- >> 6 1/2 lb(s) chicken breast - raw, bone and skin removed (each breast weighs approximately 4-6 oz)
- >> 22 oz(s) water, divided
- >> 1/2 cup(s) chicken broth, low sodium
- >> 1 tbsp(s) garlic powder
- >> 1 tbsp(s) onion powder
- >> 1 tbsp(s) garlic cloves, minced
- >> 2 tbsp(s) thyme, dried
- >> 1 tbsp(s) paprika
- >> 2 tbsp(s) Mrs. Dash seasoning
- >> 2 tbsp(s) distilled vinegar
- >> 1 tbsp(s) vegetable oil
- >> 2 tbsp(s) Worcestershire sauce
- >> 1/2 cup(s) carrots, sliced
- >> 1/2 cup(s) celery stalks, chopped
- >> 2 tsp(s) bay leaves
- >> 2 tbsp(s) cornstarch

Nutrition Facts

Serving Size 1 (1 chicken breast)	
Amount Per Serving	
Calories 154	Calories from Fat 33
% Daily Value *	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 72mg	24%
Sodium 82mg	3%
Carbohydrate 2g	1%
Dietary Fiber 0g	1%
Sugar 0g	
Protein 27g	53%
Vitamin A 11%	• Calcium 2%
Vitamin C 1%	• Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

- >> 1. Season chicken with 4 oz of water, chicken broth, garlic powder, onion powder, garlic cloves, thyme, paprika, Mrs. Dash seasoning, distilled vinegar, vegetable oil, Worcestershire sauce, carrots, celery and bay leaves.
- >> 2. Refrigerate until the following day.
- >> 3. In a large pot, place seasoned chicken and 16 oz of water and cook for 2 hours.
- >> 4. Once cooked, mix corn starch and 2 oz of cold water in a small bowl and stir into chicken for 5 minutes. Remove from heat, ensure that internal temperature of chicken measures a minimum of 165°F and serve immediately.

Requirements

- >> The NYC Food Standards require that canned/frozen poultry contain <=290 mg sodium per serving.
- >> The NYC Food Standards require that canned/frozen vegetables contain <=220 mg sodium per serving.

Coconut Curried Chicken Breast

Yield: 25
Serving Size: 1
Portion Size: Approximately 8-10 oz
Recipe View: Public
Recipe ID: 475
Status: Approved
Contributed By: CITY HALL NEIGHBORHOOD SENIOR CENTER

Tags: > Entrée > Vegetable > Good Source of Fiber > Good Source of Potassium > Good Source of Vitamin A > Good Source of Vitamin C

Ingredients

- >> 6 1/2 lb(s) chicken breast-raw, bone and skin removed, cut into bite-sized pieces
- >> 5 1/4 lb(s) potatoes, peeled, diced
- >> 1 1/2 lb(s) onions, diced
- >> 3 1/2 lb(s) carrots, diced
- >> 16 oz(s) coconut milk
- >> 32 oz(s) milk, 1%
- >> 5 tbsp(s) oil
- >> 2 tbsp(s) sugar
- >> 2 tbsp(s) cornstarch
- >> 2 oz(s) curry powder
- >> 2 tbsp(s) chili powder
- >> 1/4 cup(s) water

Nutrition Facts

Serving Size 1 (Approximately 8-10 oz)	
Amount Per Serving	
Calories 343	Calories from Fat 102
% Daily Value *	
Total Fat 11g	17%
Saturated Fat 6g	28%
Trans Fat 0g	0%
Cholesterol 74mg	25%
Sodium 158mg	7%
Carbohydrate 30g	10%
Dietary Fiber 5g	21%
Sugar 9g	
Protein 31g	62%
Vitamin A 218%	• Calcium 11%
Vitamin C 26%	• Iron 13%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

- >> 1. Saute potatoes, onions, and carrots in oil.
- >> 2. Stir in curry powder, sugar and chili powder. Dissolve cornstarch in 1/4 cup water and add to mixture. Bring to boil.
- >> 3. Add chicken, coconut milk, and 1% milk.
- >> 4. Simmer for 20 minutes, or until chicken reaches 165°F and potatoes are tender.

Spanish Style Beef Stew

Yield: 25
Serving Size: 1
Portion Size: Approximately 6-8 oz
Recipe View: Public
Recipe ID: 679
Status: Approved
Contributed By: YM YWHA INNOVATIVE SENIOR CENTER

Tags: > Entrée > Dairy-Free > Latin Cuisine > Good Source of Potassium > Good Source of Vitamin C

Ingredients

- >> 73/4 lb(s) beef - raw, chuck, well trimmed
- >> 11/2 oz(s) oregano
- >> 2 tbsp(s) garlic cloves, minced
- >> 1/2 lb(s) onions, chopped
- >> 1/4 Item bunch(es) cilantro, chopped
- >> 3/4 lb(s) green bell pepper, chopped
- >> 3/4 lb(s) red bell pepper, chopped
- >> 1 Item celery stalks, chopped
- >> 1/2 tsp(s) ground black pepper
- >> 12 cup(s) water
- >> 21/2 tbsp(s) tomato paste, canned

Nutrition Facts

Serving Size 1 (Approximately 6-8 oz)

Amount Per Serving

Calories 181 Calories from Fat 54

% Daily Value *

Total Fat 6g 9%

Saturated Fat 3g 13%

Trans Fat 0g 0%

Cholesterol 84mg 28%

Sodium 65mg 3%

Carbohydrate 4g 1%

Dietary Fiber 2g 6%

Sugar 2g

Protein 28g 56%

Vitamin A 11% • Calcium 5%

Vitamin C 50% • Iron 19%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

- >> 1. Brown beef in a pot over medium high heat.
- >> 2. Add oregano, garlic, onions, cilantro, peppers, celery and ground black pepper.
- >> 3. Add water and tomato paste, mix together.
- >> 4. Cover and simmer for approximately 2 hours, adding more water if necessary.
- >> 5. Beef is done when it reaches a minimum internal temperature of 165°F.

Requirements

- >> The NYC Food Standards require that canned/frozen vegetables contain <=220 mg sodium per serving.

Baked Brown Rice Pilaf

Yield: 25
Serving Size: 1
Portion Size: Approximately 1/2 cup
Recipe View: Public
Recipe ID: 443
Status: Approved
Contributed By: AP RANDOLPH NEIGHBORHOOD SC

Tags: > Grains > Dairy-Free

Ingredients

- >> 8 cup(s) water
- >> 1/4 cup(s) vegetable oil
- >> 2 medium onions, diced
- >> 2 garlic cloves, minced
- >> 7 1/4 cup(s) brown rice, uncooked (Approximately 3 pounds)
- >> 1 tsp(s) ground black pepper

Nutrition Facts

Serving Size 1 (Approximately 1/2 cup)			
Amount Per Serving			
Calories	136	Calories from Fat	28
			% Daily Value *
Total Fat	3g		5%
Saturated Fat	0g		2%
Trans Fat	0g		0%
Cholesterol	0mg		0%
Sodium	8mg		0%
Carbohydrate	24g		8%
Dietary Fiber	2g		8%
Sugar	1g		
Protein	3g		5%
Vitamin A	0%	• Calcium	2%
Vitamin C	1%	• Iron	3%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

- >> 1. Preheat oven to 375°F.
- >> 2. Bring water to a boil in a medium pot.
- >> 3. Place a hotel pan or a 2-inch deep baking dish on the stovetop over medium-high heat.
- >> 4. Add the vegetable oil and onion and saute for 5 minutes until translucent.
- >> 5. Add the garlic and cook for 30 seconds. Then add the brown rice and stir for 1 minute to coat the rice evenly with oil. Turn off heat.
- >> 6. Pour boiling water over the rice and stir to combine. Cover the pan/dish tightly with heavy-duty aluminum foil.
- >> 7. Bake in the middle rack of the oven for 1 hour, undisturbed, until rice is tender but still has a bite to it, and the water is completely absorbed.
- >> 8. Remove pan/dish from the oven and uncover. Fluff the rice with a fork and serve immediately.

Mexican Confetti Rice

Yield: 25
Serving Size: 1
Portion Size: 1/2c
Recipe View: Public
Recipe ID: 2371
Status: Approved
Contributed By: GOOD COMPANIONS NEIGHBORHOOD SENIOR CENT

Tags: > Grains > Latin Cuisine > Good Source of Iron > Good Source of Vitamin C

Ingredients

- >> 3 cup(s) white rice, uncooked
- >> 3 cup(s) corn, frozen
- >> 1 item small onion, diced small
- >> 1/2 lb(s) each: green and red peppers, diced small
- >> 1 cup(s) chicken broth, low sodium
- >> 3/4 cup(s) blended oil
- >> 1/2 tsp(s) turmeric
- >> 1 tbsp(s) sofrito (SS# 839)
- >> 2 1/2 cup(s) water

Nutrition Facts

Serving Size 1 (1/2c)	
Amount Per Serving	
Calories 163	Calories from Fat 63
% Daily Value *	
Total Fat 7g	11%
Saturated Fat 1g	4%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Carbohydrate 23g	8%
Dietary Fiber 1g	5%
Sugar 3g	
Protein 3g	5%
Vitamin A 6%	• Calcium 1%
Vitamin C 36%	• Iron 5%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

- >> 1. In a medium stock pot, heat oil and saute onions, green and red peppers and rice. Add chicken broth, turmeric and sofrito and bring to a boil.
- >> 2. Add corn and cook until liquid is absorbed. Stir rice and cover for another 25 minutes over low heat, or until cooked and ready to serve.

Sweet Baked Yams

Yield: 25
Serving Size: 1
Portion Size: Approximately 1/2 cup
Recipe View: Public
Recipe ID: 1218
Status: Approved
Contributed By:

Tags: > Vegetable > Vegetarian > Good Source of Potassium > Good Source of Vitamin A > Good Source of Vitamin C

Ingredients

- >> 7 1/2 lb(s) sweet potatoes, fresh, peeled
- >> 11 oz(s) pancake syrup, reduced calorie
- >> 32 oz(s) 100% pineapple juice, unsweetened
- >> 11 tbsp(s) butter, unsalted
- >> 3 tbsp(s) cinnamon
- >> 1 tbsp(s) nutmeg

Nutrition Facts

Serving Size 1 (Approximately 1/2 cup)

Amount Per Serving

Calories 182 Calories from Fat 51

% Daily Value *

Total Fat 6g 9%

Saturated Fat 4g 18%

Trans Fat 0g 0%

Cholesterol 13mg 4%

Sodium 31mg 1%

Carbohydrate 32g 11%

Dietary Fiber 2g 9%

Sugar 16g

Protein 2g 4%

Vitamin A 369% • Calcium 5%

Vitamin C 20% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

Directions

- >> 1. Preheat oven to 400°F.
- >> 2. Wash, peel and slice potatoes.
- >> 3. Place in pan, add all ingredients and bake about 25 minutes or until tender.

Requirements

- >> The NYC Food Standards require that juice be 100% fruit juice.

Moroccan Style Sauce

Yield: 25
Serving Size: 1
Portion Size: Approximately 2 tbsp
Recipe View: Public
Recipe ID: 1248
Status: Approved
Contributed By: LENOX HILL NEIGHBORHOOD SENIOR CENTER

Tags: > Condiments > Mediterranean Cuisine

Ingredients

- >> 1 tbsp(s) chopped onion
- >> 2 tbsp(s) garlic, chopped
- >> 2 tbsp(s) vegetable oil
- >> 1/2 tsp(s) ground cinnamon
- >> 1 tsp(s) ground cumin
- >> 1 tsp(s) paprika
- >> 20 oz(s) tomatoes, whole, canned
- >> 1 cup(s) water
- >> 1/4 tsp(s) chicken base, low sodium
- >> 1 oz(s) spinach, chopped, frozen (or 2 oz, chopped, fresh)

Directions

- >> 1. Sauté onions and garlic in vegetable oil.
- >> 2. Add spices, whole tomatoes, water and chicken base.
- >> 3. Simmer and add chopped spinach.
- >> 4. Serve over broiled fish of choice.

Requirements

- >> The NYC Food Standards require that canned/frozen vegetables and beans contain <=290 mg sodium per serving.

Nutrition Facts

Serving Size 1 (Approximately 2 tbsp)

Amount Per Serving

Calories 16 Calories from Fat 9

% Daily Value *

Total Fat 1g 2%

Saturated Fat 1g 1%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 5mg 0%

Carbohydrate 1g 0%

Dietary Fiber 1g 2%

Sugar 1g

Protein 1g 1%

Vitamin A 4% • Calcium 1%

Vitamin C 4% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

Recruitment and Class Flyers

Study promotional materials in English and Spanish.





Can the new menu lower blood pressure?

Join a health study to find out!

Who Can Join?

- 60 years or older
- Eat 4 or more meals a week at **Luncheon Club**
- You have been eating here for more than 3 months

What is involved?

- **Free** Blood pressure and pulse checks
- Surveys (we can help you read them)
- 3-4 classes (nutrition, blood pressure checks etc.)
- Training and your own Blood Pressure Monitor!
- **Cash and Raffles!**

Call 212-423-9665 (extension 445)!

Open to English & Spanish speakers!

CARTER BURDEN/ LUNCHEON CLUB & SENIOR PROGRAM

1393 York Avenue
New York, NY 10021
Carterburdennetwork.org

212-737-2720
Open: Mon – Fri, 9 AM – 5 PM
Sat – Sun, Closed

cbn carter
burden
network
leading the way in aging services

Partially funded by the NYC Department for the Aging



¿Puede el nuevo menú bajar la presión arterial?

!Participe en un estudio de salud para descubrirlo!

¿Quién puede participar?

- 60 años o más
- Come 4 o más comidas a la semana en **Luncheon Club**
- Ha estado comiendo aquí por más de 3 meses

¿Qué está involucrado?

- Chequeos de presión arterial y pulso **gratuitos**
- Encuestas (podemos ayudarle a leerlas)
- 3-4 Clases (nutrición, como medir la presión etc.)
- !Entrenamiento y su propio monitor de presión arterial!
- **¡Dinero en efectivo y rifas!**

¡Llame 212-423-9665 (extensión 445)!

¡Para Hablantes de Español y Ingles!

CARTER BURDEN/ LUNCHEON CLUB & SENIOR PROGRAM

1393 York Avenue
New York, NY 10021
Carterburdennetwork.org

212-737-2720
Open: Mon – Fri, 9 AM – 5 PM
Sat – Sun, Closed

cbn carter
burden
network
leading the way in aging services

Partially funded by the NYC Department for the Aging



Can the new menu lower blood pressure?

Join a health study to find out!

Who Can Join?

- 60 years or older
- Eat 4 or more meals a week at **Covello**
- You have been eating here for more than 3 months

What is involved?

- **Free** Blood pressure and pulse checks
- Surveys (we can help you read them)
- 3-4 classes (nutrition, blood pressure checks etc.)
- Training and your own Blood Pressure Monitor!
- **Cash and Raffles!**

Call 212-423-9665 (extension 445)!

Open to English & Spanish speakers!

CARTER BURDEN/ LEONARD COVELLO SENIOR CENTER

312 East 109 Street
New York, NY 10029
Carterburdennetwork.org

212-423-9665
Open: Mon – Fri, 8 AM – 4 PM
Sat – Sun, 9 AM- 4 PM

cbn carter
burden
network
leading the way in aging services

Partially funded by the NYC Department for the Aging



¿Puede el nuevo menú bajar la presión arterial?

!Participe en un estudio de salud para descubrirlo!

¿Quién puede participar?

- 60 años o más
- Come 4 o más comidas a la semana en **Covello**
- Ha estado comiendo aquí por más de 3 meses

¿Qué está involucrado?

- Chequeos de presión arterial y pulso **gratuitos**
- Encuestas (podemos ayudarle a leerlas)
- 3-4 Clases (nutrición, como medir la presión etc.)
- !Entrenamiento y su propio monitor de presión arterial!
- **¡Dinero en efectivo y rifas!**

¡Llame 212-423-9665 (extensión 445)!

¡Para Hablantes de Español y Ingles!

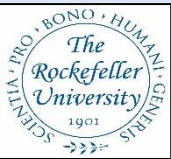
CARTER BURDEN/ LEONARD COVELLO SENIOR CENTER

312 East 109 Street
New York, NY 10029
Carterburdennetwork.org

212-423-9665
Open: Mon – Fri, 8 AM – 4 PM
Sat – Sun, 9 AM- 4 PM

cbn carter
burden
network
leading the way in aging services

Partially funded by the NYC Department for the Aging



DASH for Overall Good Health

Learn about the Dietary Approaches to Stop Hypertension (DASH)
Nutrition Plan that has inspired the upcoming new menu

Presented by The Rockefeller University Bionutrition Core

**This event is open to participants of the
Healthy Eating: Healthy Heart ♥ and all members of Covello**

Raffle & Refreshments !

Monday, December 9, 2019

1:00 PM – 2:00 PM

**Leonard Covello Senior Center- 1st Floor , Multi-Purpose Room
English and Spanish**

CARTER BURDEN/ LEONARD COVELLO SENIOR CENTER

312 East 109 Street
New York, NY 10029
Carterburdennetwork.org

212-423-9665
Open: Mon – Fri, 8 AM – 4 PM
Sat – Sun, 9 AM- 4 PM

cbn carter
burden
network
leading the way in aging services

Partially funded by the NYC Department for the Aging



DASH Para Una Buena Salud General

Conozca el Plan de Nutrición Enfoques Dietéticos para Parar la Hipertensión (DASH) que ha inspirado el próximo nuevo menú

Presentado por el Grupo de Bionutrición de The Rockefeller University

Este evento es para los participantes de Alimentación Saludable: Corazón Saludable ♥ y todos los miembros de Covello

¡Rifa y Refrescos!

Lunes, 9 de Diciembre 2019

1:00 PM – 2:00 PM

Leonard Covello Senior Center- 1^{er} Piso , Sala Multipropósito
Español y Ingles

CARTER BURDEN/ LEONARD COVELLO SENIOR CENTER

312 East 109 Street
New York, NY 10029
Carterburdennetwork.org

212-423-9665
Open: Mon – Fri, 8 AM – 4 PM
Sat – Sun, 9 AM- 4 PM

cbn carter
burden
network
leading the way in aging services

Partially funded by the NYC Department for the Aging



How Do I Manage My Blood Pressure?

Learn the who, where, when, and how to control your blood pressure

Presented by William Pagano, MD, MPH

This event is open to participants of the **Healthy Eating: Healthy Heart** ♥ and all members of **Covello**

Raffle & Refreshments !

Thursday, October 3, 2019

10:30 AM – 11:30 AM

Leonard Covello Senior Center- 1st Floor , Multi-Purpose Room
English and Spanish

CARTER BURDEN/ LUNCHEON CLUB & SENIOR PROGRAM

351 East 74 Street
New York, NY 10021
Carterburdennetwork.org

212-535-5235
Open: Mon – Fri, 9 AM – 5 PM
Sat – Sun, Closed

cbn carter
burden
network
leading the way in aging services

Partially funded by the NYC Department for the Aging



¿Cómo Manejo Mi Presión Arterial?

Aprenda quién, dónde, cuándo, y cómo controlar su presión arterial

Presentado por William Pagano, MD, MPH

Este evento es para los participantes de Alimentación Saludable: Corazón Saludable ♥ y todos los miembros de Covello

¡Rifa y Refrescos!

Jueves, 3 de Octubre 2019

10:30 AM – 11:30 AM

Leonard Covello Senior Center- 1^{er} Piso , Sala Multipropósito
Español y Ingles

CARTER BURDEN/ LUNCHEON CLUB & SENIOR PROGRAM

351 East 74 Street
New York, NY 10021
Carterburdennetwork.org

212-535-5235
Open: Mon – Fri, 9 AM – 5 PM
Sat – Sun, Closed

cbn carter
burden
network
leading the way in aging services

Partially funded by the NYC Department for the Aging



Healthy Eating at Covello

Help us welcome the new menu and learn how to eat healthier

Wednesday , August 28, 2019

Covello - 1st floor

10:30 AM - Nutrition Workshop

- * What is the DASH eating plan
- * Tasting sample from the new menu

Raffles * Give aways * Information



Healthy Eating at Covello

Help us welcome the new menu and learn how to eat healthier

Wednesday , August 28, 2019

Covello - 1st floor

1:00 PM – **Healthy eating with little money**

- Nutritional Facts about food in the local grocery store
 - Social Services Presentation
- Presentation from the Supplemental Nutritional Assistance Program (SNAP)

Raffles * Give aways * Information

Revised Menu

Calendar of meals served during DASH study.



BREAKFAST MENU

Senior Center Name: **CARTER BURDEN LEONARD COVELLO ISC**

Menu Cycle: **Spring/Summer** Cycle Date: **4/1/2019** To **9/29/2019** Week: **1**

Menu Name: **13132--Leonard Covello Breakfast Spring/Summer 2019**

Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	04/01/2019 05/13/2019 06/24/2019 08/05/2019 09/16/2019	04/02/2019 05/14/2019 06/25/2019 08/06/2019 09/17/2019	04/03/2019 05/15/2019 06/26/2019 08/07/2019 09/18/2019	04/04/2019 05/16/2019 06/27/2019 08/08/2019 09/19/2019	04/05/2019 05/17/2019 06/28/2019 08/09/2019 09/20/2019
Entrée 1-2 servings	Turkey Sausage Patty	Scrambled egg with Peppers and Onions Sliced Tomatoes Steamed Spinach	Grilled Cheese Sliced Tomatoes	Cottage Cheese Low Sodium	Baked Egg Omelette Steamed Spinach
Grains or Starches 1-2 servings	English Muffin, Whole Wheat Home Fries with Peppers and Onions	Maple Quinoa Oatmeal Porridge Whole Wheat Bread	Grits (1/2 cup)	Oatmeal (1 cup) Raisins	Wheat Flake Cereal Whole Wheat Bread
Fruit or Fruit Juice 1-2 servings	Orange Flav water	Banana Flav water	Orange Flav water	Cantaloupe Flav water	Sliced Canned Peaches Flav water
Milk or Yogurt 1 serving	Yogurt non-fat	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, trans fat free	Coconut Granola 2 TBSP Olive Oil Spread	Olive Oil Spread Wheat Bran	Olive Oil Spread Wheat Bran	Olive Oil Spread Wheat Bran	Olive Oil Spread

BREAKFAST MENU

Senior Center Name: **CARTER BURDEN LEONARD COVELLO ISC**

Menu Cycle: **Spring/Summer** Cycle Date: **4/1/2019** To **9/29/2019** Week: **2**

Menu Name: **13132--Leonard Covello Breakfast Spring/Summer 2019**

Menu Status: * **Approved** *

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	04/08/2019 05/20/2019 07/01/2019 08/12/2019 09/23/2019	04/09/2019 05/21/2019 07/02/2019 08/13/2019 09/24/2019	04/10/2019 05/22/2019 07/03/2019 08/14/2019 09/25/2019	04/11/2019 05/23/2019 07/04/2019 08/15/2019 09/26/2019	04/12/2019 05/24/2019 07/05/2019 08/16/2019 09/27/2019
Entrée 1-2 servings	Fresh Sliced Tomatoes and Cucumbers Hard Boiled Egg	Baked Red Potato Wedges Steamed Spinach Turkey Sausage Link	Bean Burrito with Whole Wheat Tortilla Broccoli and Red Peppers	Fresh Sliced Tomatoes and Cucumbers Hard Boiled Egg Sauteed Asparagus Turkey Bacon	Egg White Omelette with Peppers and Onions Steamed Spinach
Grains or Starches 1-2 servings	Corn Muffins Cream of Wheat 1/2 cup	Oatmeal (1/2 cup) Whole Wheat Blueberry Muffins	Cornmeal 1/2 cup	Multigrain Cheerios Whole Wheat Dinner Roll	Total Whole Grain Cereal Whole Wheat Mini Bagel
Fruit or Fruit Juice 1-2 servings	Cantaloupe Flav water	Applesauce Flav water	Apple Flav water	Orange Flav water	Canned Pears (2) Flav water
Milk or Yogurt 1 serving	Yogurt non-fat	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, trans fat free	Almonds Wheat Bran	Wheat Bran	Wheat Bran		Olive Oil Spread

BREAKFAST MENU

Senior Center Name: **CARTER BURDEN LEONARD COVELLO ISC**

Menu Cycle: **Spring/Summer** Cycle Date: **4/1/2019** To **9/29/2019** Week: **3**

Menu Name: **13132--Leonard Covello Breakfast Spring/Summer 2019**

Menu Status: * **Approved** *

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	04/15/2019 05/27/2019 07/08/2019 08/19/2019	04/16/2019 05/28/2019 07/09/2019 08/20/2019	04/17/2019 05/29/2019 07/10/2019 08/21/2019	04/18/2019 05/30/2019 07/11/2019 08/22/2019	04/19/2019 05/31/2019 07/12/2019 08/23/2019
Entrée 1-2 servings	Avocado Egg a la Mexicana	Sauteed Onions and Peppers Turkey Sausage Patty (2)	Scrambled Eggs with Diced Peppers and Ham Steamed Broccoli	Cottage Cheese Low Sodium Fresh Steamed Zucchini	Ground Turkey and Salsa Breakfast Burrito Sauteed Onions and Peppers Steamed Spinach
Grains or Starches 1-2 servings	Creamy Apple-Raisin Oatmeal Whole Wheat Bread	Baked Red Potato Wedges Mini Croissant	Wheatena Whole Wheat Bread	Wheat Flake Cereal Whole Wheat Bread	Fiber One Cereal
Fruit or Fruit Juice 1-2 servings	Canned Apricot Flav water	Frozen Mixed Berries (2) Flav water	Blueberries Kiwi Flav water	Banana Canned Apricots Flav water	Honeydew Raisins Flav water
Milk or Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, trans fat free		Olive Oil Spread	Olive Oil Spread	Olive Oil Spread	

BREAKFAST MENU

Senior Center Name: **CARTER BURDEN LEONARD COVELLO ISC**

Menu Cycle: **Spring/Summer** Cycle Date: **4/1/2019** To **9/29/2019** Week: **4**

Menu Name: **13132--Leonard Covello Breakfast Spring/Summer 2019**

Menu Status: * **Approved** *

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	04/22/2019 06/03/2019 07/15/2019 08/26/2019	04/23/2019 06/04/2019 07/16/2019 08/27/2019	04/24/2019 06/05/2019 07/17/2019 08/28/2019	04/25/2019 06/06/2019 07/18/2019 08/29/2019	04/26/2019 06/07/2019 07/19/2019 08/30/2019
Entrée 1-2 servings	Baby Spinach Omelette with Peppers and Onions	Egg a la Mexicana Sauteed Onions and Peppers	Sauteed Asparagus Western Frittata	Fresh Sliced Tomatoes and Cucumbers Hard Boiled Egg	Pork Breakfast Sausage Patty Steamed Spinach
Grains or Starches 1-2 servings	Cheerios Whole Wheat Bread	Maple Quinoa Oatmeal Porridge Whole Wheat Bread	Barley Chickpea Salad with Dried Fruit Whole Wheat Bread	Blueberry Pancakes Cornmeal 1/2 cup	English Muffin, Whole Wheat Multigrain Cheerios
Fruit or Fruit Juice 1-2 servings	Grapes Flav water	Apple Flav water	Banana Flav water	Kiwi Flav water	Orange Flav water
Milk or Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, trans fat free			Olive Oil Spread	Olive Oil Spread Pancake Syrup	

BREAKFAST MENU

Senior Center Name: **CARTER BURDEN LEONARD COVELLO ISC**

Menu Cycle: **Spring/Summer** Cycle Date: **4/1/2019** To **9/29/2019** Week: **5**

Menu Name: **13132--Leonard Covello Breakfast Spring/Summer 2019**

Menu Status: * **Approved** *

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	04/29/2019 06/10/2019 07/22/2019 09/02/2019	04/30/2019 06/11/2019 07/23/2019 09/03/2019	05/01/2019 06/12/2019 07/24/2019 09/04/2019	05/02/2019 06/13/2019 07/25/2019 09/05/2019	05/03/2019 06/14/2019 07/26/2019 09/06/2019
Entrée 1-2 servings	Fresh Sliced Tomatoes and Cucumbers Omelette with Spinach and Parmesan Cheese	Coconut Banana French Toast Sauteed Onions and Peppers Turkey Sausage Patty	Sauteed Onions and Peppers Scrambled Eggs with Swiss	Egg and Cheese Burrito (Pre-prepared)	Baby Spinach Salad Greek Yogurt, Nonfat, Plain
Grains or Starches 1-2 servings	Wheat Flake Cereal Whole Wheat Bread	Oatmeal (1/2 cup)	English Muffin, Whole Wheat Home Fries	Cornmeal 1/2 cup Mangu with Onions	Whole Wheat Bread
Fruit or Fruit Juice 1-2 servings	Apple Kiwi Flav water	Frozen Mixed Berries Orange Flav water	Apple Grapes Flav water	Canned Apricots Kiwi Flav water	Cantaloupe Raisins Flav water
Milk or Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, trans fat free	Margarine	Pancake Syrup Wheat Bran	Margarine	Wheat Bran	Wheat Bran

BREAKFAST MENU

Senior Center Name: **CARTER BURDEN LEONARD COVELLO ISC**

Menu Cycle: **Spring/Summer** Cycle Date: **4/1/2019** To **9/29/2019** Week: **6**

Menu Name: **13132--Leonard Covello Breakfast Spring/Summer 2019**

Menu Status: * **Approved** *

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	05/06/2019 06/17/2019 07/29/2019 09/09/2019	05/07/2019 06/18/2019 07/30/2019 09/10/2019	05/08/2019 06/19/2019 07/31/2019 09/11/2019	05/09/2019 06/20/2019 08/01/2019 09/12/2019	05/10/2019 06/21/2019 08/02/2019 09/13/2019
Entrée 1-2 servings	Egg White Omelette with Peppers and Onions Steamed Spinach	Almonds Apple Pancakes (2)	Bean Burrito with Whole Wheat Tortilla	Fresh Sliced Tomatoes and Cucumbers Hard Boiled Egg Turkey Bacon	Scrambled Eggs with Red Peppers and Onions Steamed Spinach
Grains or Starches 1-2 servings	Cornmeal 1/2 cup Mini Croissant	Maypo	Home Fries with Peppers and Onions	Oatmeal (1/2 cup) Whole Wheat Bread	Whole Wheat Mini Bagel
Fruit or Fruit Juice 1-2 servings	Dried fruit Orange	Banana Canned Mandarin Oranges	Dole Fruit Cup Grapes	Kiwi Raisins	Apple
Milk or Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, trans fat free	Olive Oil Spread Wheat Bran Flav water	Olive Oil Spread Pancake Syrup Wheat Bran Flav water	Flav water	Flav water	Olive Oil Spread Flav water

LUNCH MENU

Senior Center Name: **CARTER BURDEN LEONARD COVELLO ISC**

Menu Cycle: **Spring/Summer** Cycle Date: **4/1/2019** To **9/29/2019** Week: **3**

Menu Name: **13133--Carter Burden /Leonard Covello/ Lunch Spring/Summer 2019** Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	04/15/2019 05/27/2019 07/08/2019 08/19/2019	04/16/2019 05/28/2019 07/09/2019 08/20/2019	04/17/2019 05/29/2019 07/10/2019 08/21/2019	04/18/2019 05/30/2019 07/11/2019 08/22/2019	04/19/2019 05/31/2019 07/12/2019 08/23/2019	04/20/2019 06/01/2019 07/13/2019 08/24/2019	04/21/2019 06/02/2019 07/14/2019 08/25/2019
Entrée 3 oz (cooked) protein or equivalent	Arroz con Pollo Chicken Breast and brownRice	Baked Fish with Garlic Sauce	Beef Meatloaf with Mushroom Gravy Roasted Mushrooms	Chinese Style Pepper Steak Saute Peppers & Onions	Baked Flounder Light Basil Cream Sauce	Coconut Curried Chicken Breast Onions pepper Scallions	Croutons for Caesar Salad Tuna Nicoise Salad
Grains 1-2 servings	Rockland Bakery 100% Whole Grain Wheat Bread	Dominican Moro Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread Whole Wheat Spaghetti	Brown Rice with Beans Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread
Vegetables 1-2 servings	Green Beans & Carrots (2)	Italian Blend Vegetables (2) +Cauliflower	California Blend Vegetables Mashed Red Potatoes	Sautéed Broccoli with Mushrooms and Pearl Onions Sesame seeds	Baby Carrots with Parsley Steamed Spinach	Fresh Steamed Zucchini Garlic and Rosemary Roasted Potatoes Zucchini and Peas	Baby Carrots with Parsley
Fruit or Fruit Juice 1-2 servings	Banana Canned Pineapple Flav H2O	Orange Raisins	Canned Pears Tangerine Flav H2O	Kiwi Sliced Canned Peaches Flav H2O	Apple Canned Mandarin Oranges Flav H2O	Canned Apricots Grapes Flav H2O	Orange pineapp le Flav H2o

LUNCH MENU

Senior Center Name: **CARTER BURDEN LUNCHEON CLUB 31701**

<p>Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise</p>	<p>Olive Oil Spread Mrs.Dash Flav water</p>	<p>Olive Oil Spread Mrs.Dash Flav water</p>	<p>Olive Oil Spread Mrs.Dash Flav water</p>	<p>Olive Oil Spread Mrs.Dash Flav water</p>	<p>Olive Oil Spread Mrs.Dash Flav water</p>	<p>Butter</p>	<p>Butter</p>
--	---	---	---	---	---	---------------	---------------

LUNCH MENU

Senior Center Name: **CARTER BURDEN LUNCHEON CLUB 31701**

Spring/Summer Cycle Date: **4/1/2019** To **9/29/2019** Week: **2**

Menu Cycle:

Menu Name: **12825--CBLC Congregate and Congregate Weekend Spring/Summer** Menu Status: * **Approved** *

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	04/08/2019 05/20/2019 07/01/2019 08/12/2019 09/23/2019	04/09/2019 05/21/2019 07/02/2019 08/13/2019 09/24/2019	04/10/2019 05/22/2019 07/03/2019 08/14/2019 09/25/2019	04/11/2019 05/23/2019 07/04/2019 08/15/2019 09/26/2019	04/12/2019 05/24/2019 07/05/2019 08/16/2019 09/27/2019	04/13/2019 05/25/2019 07/06/2019 08/17/2019 09/28/2019	04/14/2019 05/26/2019 07/07/2019 08/18/2019 09/29/2019
Entrée 3 oz (cooked) protein or equivalent	Baked Turkey Breast	Chicken Jambalaya	Baked Basa Fish	Chicken Picatta with Lemon Sauce	Lemon Garlic Tilapia	Chicken Picatta with Lemon Sauce	Lemon Garlic Tilapia
Grains 1-2 servings	Whole grain bread	Whole Wheat bread	Quinoa with Black Beans and Corn Whole grain bread	Bowtie Pasta Spinach and Basil Pesto Whole Wheat bread	Cous Cous Almonds Raisins Whole wheat grain	Bowtie Pasta Whole Wheat Bread	Cous Cous Whole Wheat Bread
Vegetables 1-2 servings	Sweet Baked Yams Vegetable Mix (non-starchy)	Normandy Blend (2)	California Blend Vegetables (2)	Fresh Sliced Tomatoes and Cucumbers Italian Blend Vegetables	Steamed Carrots and Green Beans (2)	Italian Blend Vegetables	Steamed Carrots and Green Beans
Fruit or Fruit Juice 1-2 servings	Sliced Apple Banana	Canned Pineapple Pear	Applesauce Orange	Banana Fruit Cocktail	Canned Mandarin Oranges	Apple Juice Orange	Banana Orange Pineapple Juice
Milk & Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Cranberry Sauce pre-prepared Flav water Olive Oil Spread	live Oil Spread Flav water Mrs dash	Olive Oil Spread Flav water Mrs dash	Olive Oil Spread Flav water Mrs dash	Olive Oil Spread Flav water Mrs dash	Butter	Butter

LUNCH MENU

Senior Center Name: **CARTER BURDEN LUNCHEON CLUB 31701**

Menu Cycle: **Spring/Summer** Cycle Date: **4/1/2019** To **9/29/2019** Week: **3**

Menu Name: **12825--CBLC Congregate and Congregate Weekend Spring/Summer** Menu Status: * **Approved** *

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	04/15/2019 05/27/2019 07/08/2019 08/19/2019	04/16/2019 05/28/2019 07/09/2019 08/20/2019	04/17/2019 05/29/2019 07/10/2019 08/21/2019	04/18/2019 05/30/2019 07/11/2019 08/22/2019	04/19/2019 05/31/2019 07/12/2019 08/23/2019	04/20/2019 06/01/2019 07/13/2019 08/24/2019	04/21/2019 06/02/2019 07/14/2019 08/25/2019
Entrée 3 oz (cooked) protein or equivalent	Baked Basa Fish	Chicken Fricassee	Baked Flounder Sofrito	Chicken Curry with Apples and Peas	Baked Salmon with Cilantro Citrus Sauce	Chicken Curry with Apples and Peas	Baked Salmon with Cilantro Citrus Sauce
Grains 1-2 servings	Egg Noodles Whole Wheat Bread	Whole Wheat grain	Quinoa with Black Beans and Corn Whole Wheat Bread	Kashmir Rice Whole Wheat grain	Bulgur Cooked Lentils Onions Whole Wheat grain	Kashmir Rice Whole Wheat Bread	Parmesan Barley Whole Wheat Bread
Vegetables 1-2 servings	California Blend Vegetables Steamed Spinach	Baby Carrots with Parsley Mashed Red Potatoes	Steamed Broccoli	Almonds Carrots and Raisins Sauteed Spinach	Italian Blend Vegetables (2)	Spinach	Italian Blend Vegetables
Fruit or Fruit Juice 1-2 servings	Canned Pineapple Tangerine	Canned Pears	Applesauce Orange	Banana pudding	Apple Canned Apricots	Apple Juice Banana	Apple Orange Juice
Milk & Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Dessert		Raisins Tapioca Pudding (pre-prepared)					
Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Olive Oil Spread Mrs dash Flav water	Olive Oil Spread Mrs dash Flav water	Olive Oil Spread Mrs dash Flav water	Olive Oil Spread Mrs dash Flav water	Olive Oil Spread Mrs dash Flav water	Butter	Butter

LUNCH MENU

Senior Center Name: **CARTER BURDEN LUNCHEON CLUB 31701**

Menu Cycle: **Spring/Summer** Cycle Date: **4/1/2019** To **9/29/2019** Week: **4**

Menu Name: **12825--CBLC Congregate and Congregate Weekend Spring/Summer** Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	04/22/2019 06/03/2019 07/15/2019 08/26/2019	04/23/2019 06/04/2019 07/16/2019 08/27/2019	04/24/2019 06/05/2019 07/17/2019 08/28/2019	04/25/2019 06/06/2019 07/18/2019 08/29/2019	04/26/2019 06/07/2019 07/19/2019 08/30/2019	04/27/2019 06/08/2019 07/20/2019 08/31/2019	04/28/2019 06/09/2019 07/21/2019 09/01/2019
Entrée 3 oz (cooked) protein or equivalent	Diced Carrots + Hungarian Goulash with Beef	Chicken Alfredo	Baked Flounder Moroccan Style Sauce	Coconut Curried Chicken Breast	Baked Salmon with Lemon, Tarragon and Thyme	Coconut Curried Chicken Breast	Baked Salmon with Lemon, Tarragon and Thyme
Grains 1-2 servings	Brown Rice and Beans Whole Wheat Bread	Fettucini with Sauce Whole grain Bread	Couscous with Peas and Lemon Whole Wheat Bread	Egg Noodles Whole grain Bread	Quinoa with Kale and Carrots Whole Wheat Bread	Egg Noodles Whole Wheat Bread	Quinoa with Kale and Carrots Whole Wheat Bread
Vegetables 1-2 servings	Cut Green Beans	Italian Blend Vegetables Roasted Zucchini	Sauteed Spinach Galic Sauteed Onions and Peppers	Baby Carrots with Parsley Vegetable Mix (non-starchy)	California Blend Vegetables (2)	Baby Carrots with Parsley	California Blend Vegetables
Fruit or Fruit Juice 1-2 servings	Applesauce Orange	Apple Canned Pineapple	Canned Mandarin Oranges	Fruit Cocktail	Dried Apricots Banana	Apple Juice Fruit Cocktail	Banana Orange Pineapple Juice
Milk & Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1% Yogurt +seeds	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Dessert			Raisins Vanilla Pudding (pre-prepared)				
Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Olive Oil Spread Mrs dash Flav water	Olive Oil Spread Mrs dash Flav water	Olive Oil Spread Mrs dash Flav water	Olive Oil Spread Mrs dash Flav water	Olive Oil Spread Mrs dash Flav water	Butter	Butter

LUNCH MENU

Senior Center Name: **CARTER BURDEN LUNCHEON CLUB 31701**

Menu Cycle: **Spring/Summer** Cycle Date: **4/1/2019** To **9/29/2019** Week: **5**

Menu Name: **12825--CBLC Congregate and Congregate Weekend Spring/Summer** Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	04/29/2019 06/10/2019 07/22/2019 09/02/2019	04/30/2019 06/11/2019 07/23/2019 09/03/2019	05/01/2019 06/12/2019 07/24/2019 09/04/2019	05/02/2019 06/13/2019 07/25/2019 09/05/2019	05/03/2019 06/14/2019 07/26/2019 09/06/2019	05/04/2019 06/15/2019 07/27/2019 09/07/2019	05/05/2019 06/16/2019 07/28/2019 09/08/2019
Entrée 3 oz (cooked) protein or equivalent	Baked Flounder	Baked Chicken Thighs - OR - Honey Dijon Sauce	Spanish Style Beef Stew	Chicken Parmesan Tomato Sauce (pre-prepared) (1/4 cup)	Baked Basa Fish	Chicken Parmesan Tomato Sauce	Baked Basa Fish
Grains 1-2 servings	Quinoa with Black Beans and Corn Whole grain Bread	Brown Rice with Beans Whole Wheat Bread	Egg Noodles Whole grain bread	Penne Whole Wheat Bread	Barley + Roasted Mushrooms Whole Wheat Bread	Penne Whole Wheat Bread	Barley Whole Wheat Bread
Vegetables 1-2 servings	Italian Blend Vegetables	Baby Carrots with Parsley Sauteed Asparagus	Mixed Vegetables (starchy) Steamed Green Beans	Steamed Broccoli Steamed Broccoli and Cauliflower	Steamed Spinach	Steamed Broccoli and Cauliflower	Steamed Spinach
Fruit or Fruit Juice 1-2 servings	Orange	Apple Canned Pineapple	Applesauce Honeydew	Canned Pears Tangerine	Banana Canned Mandarin Oranges	Canned Pineapple Orange Juice	Banana Orange Pineapple Juice
Milk & Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Dessert	Raisins + Vanilla Pudding (pre-prepared)		Rice Pudding				

LUNCH MENU

Senior Center Name: **CARTER BURDEN LUNCHEON CLUB 31701**

<p>Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise</p>	<p>Olive Oil Spread Mrs dash Flav water</p>	<p>Olive Oil Spread Mrs dash Flav water</p>	<p>Olive Oil Spread Mrs dash Flav water</p>	<p>Olive Oil Spread Mrs dash Flav water</p>	<p>Olive Oil Spread Mrs dash Flav water</p>	<p>Butter</p>	<p>Butter</p>
--	---	---	---	---	---	---------------	---------------

LUNCH MENU

Senior Center Name: **CARTER BURDEN LUNCHEON CLUB 31701**

Menu Cycle: **Spring/Summer** Cycle Date: **4/1/2019** To **9/29/2019** Week: **6**

Menu Name: **12825--CBLC Congregate and Congregate Weekend Spring/Summer** Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	05/06/2019 06/17/2019 07/29/2019 09/09/2019	05/07/2019 06/18/2019 07/30/2019 09/10/2019	05/08/2019 06/19/2019 07/31/2019 09/11/2019	05/09/2019 06/20/2019 08/01/2019 09/12/2019	05/10/2019 06/21/2019 08/02/2019 09/13/2019	05/11/2019 06/22/2019 08/03/2019 09/14/2019	05/12/2019 06/23/2019 08/04/2019 09/15/2019
Entrée 3 oz (cooked) protein or equivalent	Beef Meatballs in Tomato Sauce	Italian Roast Chicken	Baked Basa Fish Moroccan Style Sauce	Chicken with Tangy Tomato Sauce	Baked Flounder Greek Sauce	Chicken with Tangy Tomato Sauce	Baked Flounder Greek Sauce
Grains 1-2 servings	Whole grain Bread Ziti	Pasta Fagioli Whole Wheat Dinner Roll	Orzo Pilaf Whole Wheat Bread	Cuban Style Brown Rice Whole grain Bread	Whole Wheat Bread	Cuban Style Brown Rice Whole Wheat Bread	Whole Wheat Bread
Vegetables 1-2 servings	California Blend Vegetables (2)	Italian Blend Vegetables (2)	Steamed Spinach Vegetable Mix (non-starchy)	Normandy Blend (2)	Garlic Mashed Potatoes Steamed Kale	Normandy Blend	Garlic Mashed Potatoes Steamed Kale
Fruit or Fruit Juice 1-2 servings	Apple Fruit Cocktail	Orange	Fruited Jello Honeydew	Banana Canned Apricots	Apple Canned Pineapple	Apple Juice Orange	Banana Orange Pineapple Juice
Milk & Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Dessert		Raisins + Rice Pudding					
Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Olive Oil Spread Mrs dash Flav water	Olive Oil Spread Mrs dash Flav water	Olive Oil Spread Mrs dash Flav water	Olive Oil Spread Mrs dash Flav water	Olive Oil Spread Mrs dash Flav water	Butter	Butter

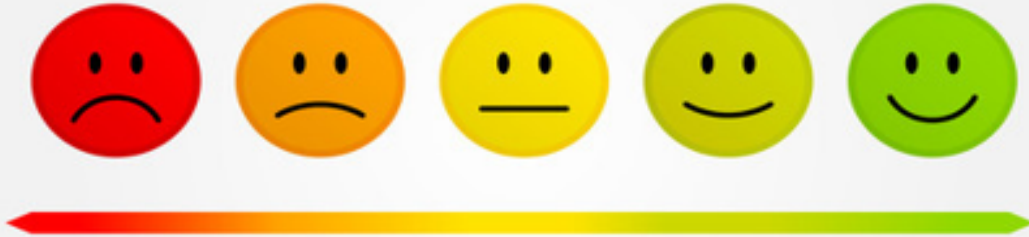
Smiley Face Likert Comment Cards

Scale for ranking meal satisfaction, in English and Spanish.



Overall, how were the meals this week? Mark your choice with a ✓.

En general, ¿cómo estuvieron las comidas esta semana? Marque su elección con un ✓.



Any other comments about the meals this week?

¿Algún otro comentario sobre las comidas de esta semana?