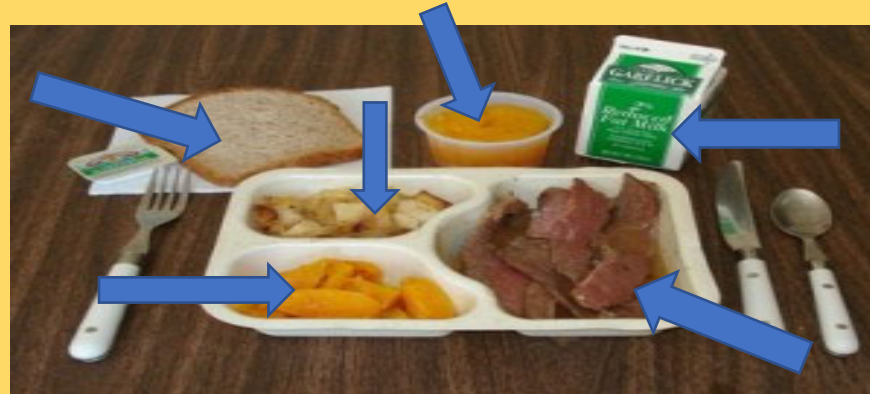


About the Senior Meals

A hot, freshly prepared, nutritious meal is the basis of the Meals on Wheels Program.

Let's look at what's on your plate!

- An 8 oz. carton of 1% milk fortified with Vitamin A and D is served with each meal.
- 3 oz. of meat, fish, poultry or an alternate protein source is served daily. (A minimum of 15-21 grams of protein).
- One or two ½ cup servings of a vegetable is included in each meal.
- One ½ cup serving of fruit is served as a dessert 3 times each week.
- 1 serving of an enriched or whole-grain bread is served daily.
- A good Vitamin A source is served 3 times each week.
- A good Vitamin C source is served daily.
- Meals aim to provide 1/3rd of the daily nutrient needs of the senior population served.
- Meals follow No Added Salt diet guidelines (3-4 grams of sodium/day).
- The sodium content of each meal must be less than 1,200mg (this includes the entrée, sides, dessert, milk & bread).
- No more than 2 days each month the sodium content may go up to, but not exceed, a total of 1,500mg.



A nutrition analysis of each menu is provided by a Registered Dietitian to meet the current recommendations for fat, calories and sodium in a healthy diet!

(Computer analysis of nutrients is an ongoing process as recipes & ingredients may change based on product availability & supply; Photo used only as visual in understanding meal components)