

Who we serve...

- Seniors 60 & older who are homebound due to illness, disability or isolation, needing substantial assistance at home and No longer driving
- Spouse living with homebound, regardless of age
- Disabled person under 60 living with homebound person

MISSED/DELAYED DELIVERY? 415-261-4585

HOLD/CHANGE/CANCEL? 415-473-2734

SEPTEMBER 2020

MEALS ON WHEELS

VEGETARIAN MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Savory Mushroom Crepes with Sautéed Red Peppers Orange Wheat Roll	2 Quinoa with Winter Vegetables and Egg Lemon Glazed Broccoli Cantaloupe Wheat Roll	3 Vegetarian Sloppy Joe Black beans and Corn, Roasted Broccoli Fruit Cocktail Wheat Roll	4 Broccoli & Tomato Quiche Roasted Bell Pepper & Potato Honey Dew Melon Cup Wheat Roll	5 Veggie Chili, Black Beans & Corn Baked Potato Apple Sauce 1/2 Cup Wheat Roll	6 Eggplant Parmesan Pasta Primavera Pear Wheat Roll
	7 Spinach, Tempe, Faro Salad Pineapple Wheat Roll	8 Indian Cous Cous with Normandy Veggies Orange Wheat Roll	9 Quinoa Stir fry and Black Beans Tofu Asian Veggies Cantaloupe Wheat Roll	10 Baked Spaghetti Garlic Roasted Brussel Sprouts Fruit Cocktail Wheat Roll	11 Veggie Omelet with Mushroom Sauce Rice Pilaf Summer Squash Honey Dew Melon Cup Wheat Roll	12 Mac & Cheese Mixed Veggies Apple Sauce 1/2 Cup Wheat Roll
14 Italian Salad Pineapple Wheat Roll	15 Sweet Pea Risotto with Seasoned Spinach Orange Wheat Roll	16 Veggie and Tomato and White Bean Orzo Pasta Cantaloupe Wheat Roll	17 Southwest Veggie Salad Fruit Cocktail Wheat Roll	18 Vegetable Lasagna Seasoned Spinach Honey Dew Melon Cup Wheat Roll	19 Tofu/Eggplant/Spinach & Brown Rice Apple Sauce 1/2 Cup Wheat Roll	20 Italian Frittata(with meatless bacon) Three Bean Salad Pear Wheat Roll
21 Roasted Artichoke & Leek over Pasta & Olive Oil Grilled Zucchini Red Bell Pepper, Broccoli Pineapple Wheat Roll	22 Tofu, Lentil, and Vegetable Salad Orange Bread Sticks	23 Jambalaya and Tempeh Cake Moroccan Carrots Cantaloupe Wheat Roll	24 Sweet and Sour Tofu Bowl over Brown Rice and Carrots Corn Fruit Cocktail	25 Cauliflower, Bell pepper over Polenta Seasoned Spinach Honey Dew Melon Cup Wheat Roll	26 Herb Crusted Tofu with Sweet Potato Brussel Sprouts Couscous Apple Sauce 1/2 Cup Wheat Roll	27 Spinach Pesto Pasta with Veggie Crumble & Normandy Veggies Pear Wheat Roll
28 Roasted Vegetable Risotto & Tofu Pineapple Wheat Roll	29 Penne Pasta w/ Can Can Sauce Summer Squash Orange Wheat Roll	30 Multi Grain Curry Dish Moroccan Carrots Cantaloupe Wheat Roll		Menu items with 1,000 or more milligrams of sodium are labeled: "Higher Sodium Meal"	Meals include 8 oz. 1% Low Fat Milk	<i>Before eating meal, heat until all food items are hot, bubbly & steamy. Heating directions on meals</i>

General information on County services for Seniors, call Aging & Adult Services (415) 473-4636. ~Menu Subject to Change Without Notice~

Participants are asked to contribute \$3.50/meal. Contributions are voluntary; no one is turned away for lack of funds. The Older Americans Act sets the eligibility for nutrition services at 60 years of age or older. Meals prepared by Sonoma County Council on Aging. Program participation is not limited with regard to race, color, national origin, gender, sexual orientation, gender identity or disability. Funding for this program, in part, is made available by the Older Americans Act, administered locally by the Marin County Dept. of Health and Human Services, Aging/ Adult Services.

Nutrition's Impact on Age Related Macular Degeneration (AMD)

Part of the healthy aging process for older adults is preventing or minimizing diseases that jeopardize their well-being. Now, imagine noticing a blurry spot near the center of your eye, which slowly grows bigger and eventually leads to blank spots in your vision. Over time, you find it more difficult to recognize the faces of your loved ones, drive a car, read a recipe, or complete your daily routine. Eventually, you may even experience vision loss in one or both of your eyes.

Age-related macular degeneration (AMD) is a degenerative disease of the central portion of the retina, known as the macula, that can lead to blindness. According to the Centers for Disease Control and Prevention, AMD is the leading cause of blindness among Americans aged 65 and older and is expected to increase as the elderly population continues to grow.

At this time, there's no cure for AMD, and current treatments are aimed at slowing disease progression. However, research has found that adopting healthful eating patterns may lower the risk of developing AMD. Diets high in whole grains, fruits, vegetables, fish, poultry, and nuts and low in red meat may be associated with a decreased prevalence of advanced-stage AMD.



Emerging research also has found a link between adherence to a Mediterranean dietary pattern and lower risk of AMD. On the other hand, Western diets high in omega-6 fatty acids, red and processed meats, and refined grains may increase the risk of AMD.

Nutrient components of foods also may play a role in AMD prevention. Higher intakes of omega-3 fatty acids and fatty fish have been linked to decreased development of intermediate and late-stage AMD. Foods rich in carotenoids, particularly lutein, zeaxanthin, and beta-carotene, also may reduce the risk of developing advanced AMD. Consuming a variety of vegetables in your diet is one way to help increase your intake of these important micronutrients.

Since diet appears to be an important factor for preventing the development of AMD, taking small steps to adopt healthful eating habits may protect against it. Additional steps that can help minimize the risk of developing AMD include smoking cessation, engaging in regular physical activity, scheduling routine eye exams, and maintaining healthy blood pressure and cholesterol levels. Remember that it's never too early to discuss nutrition and eye health with your provider and even with family and friends. Prevention is key to maintaining healthy vision during the aging process. These are steps you can take today that may help protect your vision in the future.