

## February 2025 Meals on Wheels Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Chickpea soup 3 Rice Crackers Jello	Spaghetti 4 Garlic bread Fresh fruit	Cheeseburgers 5 Potato wedges Vegetables Birthday cake	Chicken salad 6 Whole wheat roll	Fresh local fish 7 Ancient grains Vegetables Brownie
Brats 10 Tater rounds Vegetables Coleslaw	Chicken taco skillet 11 Red rice Fresh fruit	Meatloaf 12 Mashed potatoes Vegetables Pineapple cucumber salad	Barbeque pork 13 Baked beans Stewed tomatoes Biscuit	Lasagna 14 Garlic bread Blueberry crumble
Pannukakku 17 Breakfast potatoes Sausage Fruit cup	Chicken and broccoli casserole 18 Wild rice Vegetables Fresh fruit	Lamb stew 19 Biscuit Pudding	Southwest steak salad 20 Southwest dressing Muffin	Sausage tortellini soup 21 Biscuit Cherry crumble
Bison sloppy joes 24 Vegetables Apple sauce	Italian chicken 25 Baked beans Vegetables	Sweet and sour pork 26 Rice Vegetables Fortune cookie	Roast beef dinner 27 Baked potato Vegetables	Chicken and broccoli pizza 28 Salad Apple crisp



To start or pause meals call 1 (906) 483-1155 between 8:30 a.m. and 3 p.m. the day before or earlier.



- Includes local ingredient(s)

[coppershores.org/mealsonwheels](https://coppershores.org/mealsonwheels)



All meals include 2% Milk. Menu may vary due to availability of supply and demand.

# Making the Move to DASH

Moving to heart healthy eating may seem difficult, but it doesn't have to be. Here are some tips to make DASH work for you.



peas



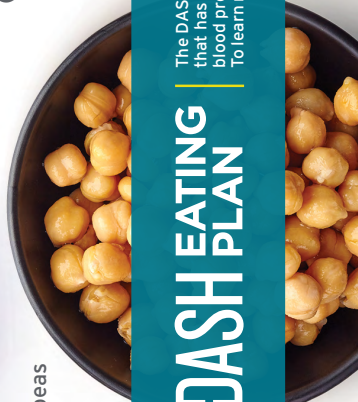
bell pepper



squash



shrimp



chickpeas

- ➔ **Change gradually.**
  - ➔ If you now eat one or two servings of vegetables a day, add a serving at lunch and another at dinner.
  - ➔ If you don't eat fruit now or have juice only at breakfast, add a serving of fruit to your meals or have it as a snack.
  - ➔ Gradually increase your use of milk, yogurt, and cheese to three servings a day. For example, drink milk with lunch or dinner, instead of soda, sugar-sweetened tea, or alcohol.
  - ➔ Choose fat-free or low-fat (1 percent) milk, yogurt, and reduced-fat cheese to reduce your intake of saturated fat, cholesterol, and calories and to increase your calcium.
  - ➔ Read the Nutrition Facts label on frozen and prepared meals, pizza, and desserts to choose those lowest in saturated fat and trans fat.
- ➔ **Vary your proteins.**
  - ➔ Choose lean cuts of meat and remove skin from poultry.
  - ➔ Check the labels on ground meats and poultry and select those with lower saturated fat.
  - ➔ Serve fish instead of meat or poultry once or twice each week.
  - ➔ Include two or more vegetarian (meatless) meals each week.
- ➔ Aim to fill ½ your plate with vegetables and fruits, ¼ with whole grains, and ¼ with fish, lean meat, poultry, or beans.
- ➔ Add extra vegetables to casseroles, pasta, and stir-fry dishes.
- ➔ **Select nutritious, tasty snacks.**
  - ➔ Fruits offer great taste and variety. Use fruits canned in their own juice or packed in water. Fresh fruits are fast and easy and dried fruits are a good choice to carry with you or to have in the car.
  - ➔ Try these snack ideas: unsalted rice cakes; nuts mixed with raisins; graham crackers; fat-free and low-fat yogurt; popcorn with no salt or butter added; raw vegetables.
- ➔ **Make healthy substitutions.**
  - ➔ Choose whole grain foods for most grain servings to get more nutrients, such as minerals and fiber. For example, choose whole wheat bread or whole grain cereals.
  - ➔ If you have trouble digesting milk and milk products, try taking lactase enzyme pills with the milk products. Or, buy lactose-free milk.
  - ➔ If you are allergic to nuts, use beans or seeds (such as sunflower, flax, or sesame seeds).

## DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to [www.nhlbi.nih.gov/DASH](http://www.nhlbi.nih.gov/DASH).



National Heart, Lung, and Blood Institute

## Order Valentine's Sweets to support Meals on Wheels!

Copper Shores Meals on Wheels is making Valentine's Day a little sweeter in 2025. Between now and Feb. 10 at noon, people can order a box of homemade, handcrafted treats for someone special, or the whole family. Boxes are \$25 each and can be ordered online at [coppershores.org/mealsonwheels](http://coppershores.org/mealsonwheels) or by calling 1(906)483-1155.



ORDER BY NOON  
MONDAY, FEBRUARY 10

