

**NORTH OAKLAND SENIOR CENTER**  
To reserve a lunch, call or email 24 hours in advance.  
(510) 597-5085 | NOSC@oaklandca.gov

**Suggested donation: \$3.75**  
Guests under 60 may purchase a meal for \$10.00  
Any additional contribution is greatly appreciated.  
No registered senior over 60 will be refused a meal due to lack of funds.

Mon	Tue	Wed	Thu	Fri
<p>1% Milk served each meal</p> <p>Menu subject to change without notice</p>	<p><b>Chinese New Year</b> 1</p> <p>Beef Stir Fry w/veggies + Broccoli+ Brown Rice Fruit Treat: Fortune Cookie</p> 	<p><b>Ground Hog Day</b> 2</p> <p>Chicken &amp; Leek Pie* with a Biscuit Tossed Vegetable Salad* Fruit+</p> 	<p>3</p> <p>Egg Salad Sandwich w/lettuce, tomatoes, onion Cheddar Potato Soup+* Wheat bread Fruit</p>	<p>4</p> <p>Baked Cod with Sun-dried Tomato Sauce on bed of Spinach*+ Garden Salad * Steamed Brussel Sprouts+ Rice Pilaf, Fruit</p>
<p>7</p> <p>BBQ Chicken Sandwich Hearty Vegetable Soup+* Coleslaw+* Wheat Bun Fruit</p> 	<p>8</p> <p>Fish w/Coconut Curry Veggie Blend+* Vegetable Medley Salad* Brown Rice Fruit</p>	<p>&lt; &gt; 9</p> <p>Vegetarian Enchilada Verde+ Cilantro Lime Coleslaw+ Chips Fruit Garnish: Sour Cream &amp; Pico</p>	<p>10</p> <p>WW Spaghetti w/meat sauce Garden Salad* Seasoned Cauliflower + Fruit</p> 	<p>11</p> <p>Turkey Caesar Salad Lentil &amp; Black Bean Soup+ Bread Stick Fruit</p>
<p><b>Valentine's Day</b> 14</p> <p>South-western Baked Cod Vegetable Blend+* WW Roll Fruit Dessert: Brownie</p> 	<p>15</p> <p>Chicken w/Lemon, Garlic and Rosemary Sweet Potatoes+* Green Beans Biscuit, Fruit</p> 	<p>16</p> <p>Beef Burger w/Lettuce, Tomato, Onion and Pickle Vegetable Bean Soup Wheat Bun Fruit+</p>	<p>17</p> <p>Apricot Glazed Pork Peas &amp; Carrots* Mashed Potatoes Brown Rice Fruit+</p>	<p>18</p> <p>Pasta Primavera+* Spinach Salad w/red onions &amp; carrots* Garlic Bread Fruit</p>
<p><b>CLOSED for HOLIDAY</b> 21</p> <p><b>Presidents' Day</b></p> 	<p>22</p> <p>Beef Stew* Garden Salad* Biscuit Fruit+</p>	<p>23</p> <p>Baked Fish w/Lemon Caper Sauce Tomato Florentine Soup* Brussel Sprouts+ WW Roll, Fruit</p>	<p>24</p> <p>Baked Potato with Veg Chili+ Vegetable Medley Salad* Corn Bread Fruit</p>	<p>25</p> <p>Chicken Gumbo w/Okra Red Beans Brown Rice Fruit +</p> 
<p>28</p> <p>Teriyaki Chicken Seasoned Broccoli+ Carrots* Brown Rice Fruit</p>				<p><b>KEY</b> + Vitamin C Source * Vitamin A Source &lt; &gt; High Sodium Day WW = Whole Wheat</p>



# Nutrition Education



## How much Sodium do you need?

For healthy eating patterns, the recommendation for men and women over the age of 14 years is to limit sodium to **less than 2,300 milligrams** per day. For those with certain medical conditions, the recommendation may be lower.

**\*2,300 milligrams is equivalent to 1 teaspoon of table salt**

Sources:  
The Academy of Nutrition and Dietetics & Heart.org

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## Be Salt Smart

Did you know that 9 out of 10 Americans consume too much sodium? Sodium is a mineral found in many foods and some beverages. While sodium is an essential nutrient, too much sodium can lead to health problems such as increasing risks of high blood pressure, stroke, and heart disease. The words sodium and salt are often used interchangeably. When deciding what to eat or drink try and choose options limited in sodium.

### How to be salt smart?

- Read food labels when shopping. You can use the food label to compare similar items to choose which one is lower in sodium.
- Instead of using salt to flavor foods try using herbs, spices, lemon juice, ginger or garlic.
- Limit highly processed foods and fast foods. You can even cook similar items from scratch. For example, instead of buying french fries try baking homemade fries seasoned with herbs at home.
- Fill up on fruits and vegetables which are naturally low in sodium.
- Limit cured foods, processed deli meats and sausages.
- Prepare and cook healthier meals at home. By doing this you can control the amount of salt in your recipe by reducing the amount or skipping it all together.

