

# March

Lunch Reservations: 928-774-2606

Call by 2pm the day before

COCONINO COUNTY HEALTH AND HUMAN SERVICES  
COMMUNITY SERVICES—SENIOR NUTRITION PROGRAM  
245 N THORPE ROAD, FLAGSTAFF

MON	TUE	WED	THU	FRI
<b>1</b> Split Pea Soup, Cauliflower, Half Grilled Cheese on Whole-Wheat Bread, and Tropical Fruit Salad	<b>2</b> Cheeseburger, Lettuce/Tomato/Onion, Baked Beans, and Banana	<b>3</b> Turkey Stroganoff, Mashed Sweet Potato, Side Salad, Apple Slices, and Cinnamon Rolls	<b>4</b> Breaded Fish, Baked Potato with Toppings, Mixed Veggies, Hawaiian Roll, and Berries	<b>5</b> Chicken Pot Pie, Broccoli, Whole-Wheat Roll, and Mixed Fruit
<b>8</b> Tamale Pie with Salsa & Sour Cream, Side Salad, Cut Corn, and Blueberries	<b>9</b> Pork Chops with Apple Gravy, Roasted Root Veggies, Collard Greens, Whole-Wheat Roll, and Mangoes	<b>10</b> Salmon-Veggie Bake, Side Salad, Garlic Bread, Grapes, and Lemon Bars	<b>11</b> Glazed Meatloaf, Roasted Potatoes, Peas and Carrots, Whole-Wheat Roll, and Fruit Cocktail	<b>12</b> Chef Salad, Whole-Wheat Breadstick, and Fruit cup
<b>15</b> Chicken Stew, Kale Salad, Whole-Wheat Roll, and Mandarin Oranges	<b>16</b> Baked Ham, Wild Rice Dressing, Roasted Carrots, Green Salad, and Peaches	<b>17</b> Baked Macaroni and Cheese, Sautéed Spinach, Mixed Veggies, Spiced Apples, and Brownies	<b>18</b> Swedish Meatballs, Egg Noodles, Green Beans, Stewed Tomatoes, and Applesauce	<b>19</b> Tilapia, Acorn Squash, Mixed Veggies, Whole-Wheat Roll, and Fruit Cup
<b>22</b> Shepherd's Pie, Roasted Beets, Whole-Wheat Roll, and Fruit Cocktail	<b>23</b> Herb-Roasted Chicken, Sweet Potato w/ Cinnamon Butter, Brussels Sprouts, Whole-Wheat Breadstick, and Banana	<b>24</b> Tuna Casserole, Broccoli, Side Salad, Diced Pears, and Ice Cream	<b>25</b> Pulled Pork on a Bun, Potato Wedges, Coleslaw, and Grapes	<b>26</b> Navy Bean Soup, Green Salad, Whole-Wheat Roll, and Mixed Fruit
<b>29</b> Dijon-herb salmon, Asparagus, Side salad, Quinoa, and Pineapple	<b>30</b> Lentil and Sausage Soup, Cabbage, Cornbread, and Berries	<b>31</b> Red Chile Enchiladas, Brown Rice, Beans, Green Salad, Mango, and Chocolate Cake		<b>** Menu is subject to change due to item availability. **</b>

## Congregate Meals

- To make or cancel a reservation at the congregated site please call 928-774-2606 by 2 pm the day before.
- Pick up a to-go meal at 12:00pm Monday– Friday. You may drive through or walkup to receive your meal.

## Home Delivery Meals (Meals on Wheels)

- To cancel a home delivered meal (MOW) for the day, please call 928-774-2606 before 9 am.
- Please **DO NOT** microwave aluminum trays. Food should be removed from tray prior to microwaving. However, aluminum trays are oven safe.
- Keep frozen meals in freezer until ready to consume. Frozen meals may be thawed overnight prior consumption and reheat to 165° F.

"Services are funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area Agencies on Aging. Eligibility for programs: Seniors or adults with disabilities. Additional requirements may vary by program. Client contributions are encouraged and are vital for continuation of the programs. Language assistance and alternate forms of communication are available upon request. Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, Area Agency on Aging NACOG prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Area Agency on Aging NACOG must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities."

## Physical activity can help manage many health problems.

✓ Reduce symptoms of arthritis, anxiety, and depression

✓ Help keep diabetes and high blood pressure under control

## Just getting started?

No problem — start slow and do what you can. Even a 5-minute walk has real health benefits. Build up to more activity over time.

Mix in stretches and activities to improve your balance, too! Keep your body flexible and help lower your risk of falls.

## And all sorts of activities count.



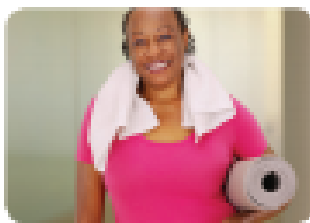
Even things you have to do anyway



Even things that don't feel like exercise

## You can get more active.

No matter your age, you can find a way that works for you.



So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.

[health.gov/MoveYourWay/Activity-Planner](https://health.gov/MoveYourWay/Activity-Planner)

