

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Lunch Meals – Week of 10/7/2024

12:00 PM-1:30 PM

<p>Monday Black Bean Tacos with Pineapple Salsa Baby Spinach Salad with Lemon Vinaigrette Apricots 1% Low Fat Milk</p>	<p>Tuesday Oven Fried Chicken Wings Baked Macaroni and Cheese Sauteed String Beans Apple 1% Low Fat Milk</p>
<p>Wednesday BBQ Pork Chops Brown Rice with Okra Arugula with Balsamic Vinaigrette Banana 1% Low Fat Milk</p>	<p>Thursday Beef Stir Fry with Broccoli and Carrots White Rice Asian Style Cucumber Salad Apricots 1% Low Fat Milk</p>
<p>Friday Baked Marinated Basa Wild Rice Pilaf Italian Cut Green Beans Sliced Peaches 1% Low Fat Milk</p>	<p>We hope you enjoy our meals – CHSCC Team.</p>

FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING

Monday

Black Bean Tacos with Tangy Pineapple Salsa, Baby Spinach Salad with Lemon Vinaigrette, Canned Apricots *, 1% Low Fat Milk

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories **542**

% Daily Value *

Total Fat 10g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g **0%**

Cholesterol 10mg **4%**

Sodium 484mg **21%**

Carbohydrate 99g **36%**

Dietary Fiber 18g **64%**

Total Sugars 52g

Includes Added Sugars 1g **1%**

Protein 21g

Vit. D 3ug 15% * Calcium 490mg 35%

Iron 7mg 40% * Potas 1489mg 35%

Tuesday

Oven Fried Chicken Wings, Baked Macaroni and Cheese, Sauteed String Beans *, Apple, 1% Low Fat Milk

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories **698**

% Daily Value *

Total Fat 28g **35%**

Saturated Fat 8g **40%**

Trans Fat 0g **0%**

Cholesterol 90mg **29%**

Sodium 359mg **16%**

Carbohydrate 70g **24%**

Dietary Fiber 8g **30%**

Total Sugars 31g

Includes Added Sugars 0g **0%**

Protein 44g

Vit. D 3ug 15% * Calcium 496mg 40%

Iron 3mg 20% * Potas 948mg 20%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Wednesday

BBQ Pork Chops, Brown Rice with Okra, *, Arugula with Balsamic Vinaigrette *, Banana, 1% Low Fat Milk

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 1060

% Daily Value *

Total Fat 38g 50%

Saturated Fat 10g 50%

Trans Fat 0g 0%

Cholesterol 85mg 28%

Sodium 326mg 15%

Carbohydrate 140g 50%

Dietary Fiber 12g 43%

Total Sugars 57g

Includes Added Sugars 2g 5%

Protein 42g

Vit. D 4ug 20% * Calcium 436mg 35%

Iron 3mg 20% * Potas 1646mg 35%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Thursday

Beef Stir Fry with Broccoli and Carrots, White Rice (1/2 cup), Asian Style Cucumber Salad, Canned Apricots *, 1% Low Fat Milk

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 655

% Daily Value *

Total Fat 17g 22%

Saturated Fat 4.5g 21%

Trans Fat 0g 0%

Cholesterol 80mg 26%

Sodium 340mg 15%

Carbohydrate 86g 30%

Dietary Fiber 8g 30%

Total Sugars 46g

Includes Added Sugars 2g 4%

Protein 42g

Vit. D 3ug 15% * Calcium 412mg 30%

Iron 5mg 30% * Potas 1583mg 35%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Friday

Baked Marinated Fish, Wild Rice Pilaf, Italian Cut Green Beans *, Canned Sliced Peaches *, 1% Low Fat Milk

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 525

% Daily Value *

Total Fat 6g 9%

Saturated Fat 2g **11%**

Trans Fat 0g **0%**

Cholesterol 60mg 20%

Sodium 200mg 9%

Carbohydrate 84g 30%

Dietary Fiber 8g **28%**

Total Sugars 41g

Includes Added Sugars 0g **0%**

Protein 33g

Vit. D 4ug 25% * Calcium 423mg 30%

Iron 3mg 15% * Potas 1272mg 30%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



We hope you enjoy our meals – CHSCC Team.

WWW.CHSCC.ORG

212-926-4871

Easy Ways to... Flavor Food Without Salt

Spices

- Try adding a little pinch at a time.
- Sauté for 30 seconds in oil to release aroma.

 <p>Cinnamon: Use in oatmeal to add sweetness.</p>	 <p>Cumin: Add to beans or meat.</p>
 <p>Paprika: Use in a spice rub for chicken, meat or tofu.</p>	 <p>Turmeric: Add to rice, chicken or vegetables for color.</p>

Herbs

- Add dried and hard fresh herbs (like rosemary) at the beginning of cooking and soft fresh herbs (like parsley) towards the end of cooking.
- One teaspoon of dried herbs is equal to one tablespoon of fresh herbs.

 <p>Basil: Add to tomato sauce and pasta.</p>	 <p>Cilantro: Mix into rice, beans or salsa.</p>
 <p>Parsley: Sprinkle on grains, salads or stir-fries as a final touch.</p>	 <p>Thyme: Add to roasted vegetables.</p>

Fruits and Vegetables

- Caramelize aromatic and savory vegetables, herbs and/or spices before adding other ingredients by cooking on medium-high heat until they become brown and sweet.
- Add vinegar at the beginning and citrus juice at the end of cooking for the best flavor and balance.
- When adding spicy peppers, remove ribs and seeds for just a little spice.

 <p>Aromatic ingredients: Onions, garlic, carrots, peppers, celery, ginger.</p>	 <p>Savory: Tomatoes, cooked potatoes, celery, mushrooms.</p>
 <p>Citrus and vinegars: Juice and zest balance and brighten.</p>	 <p>Peppers: Jalapenos, dried chilis, poblanos.</p>

For healthy eating tips, "like" Eat Healthy, Be Active NYC on Facebook at

[facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)

For more information about Stellar Farmers Markets, visit nyc.gov and search for farmers markets.


For healthy recipes, visit jsyfruitveggies.org.



Just Say Yes to Fruits and Vegetables

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).

Easy Ways to... Freeze Fruits and Vegetables

Freeze 	Blanch (quick boil) 	Cook 
Put these in the freezer right away	Blanch these before freezing	Cook these before freezing
Berries Cherries* Corn (cut off the cob) Grapes Peaches* Plums* Peeled melon Winter squash *remove pits	Artichokes Asparagus Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Eggplant Green beans Leafy greens Okra Onions Parsnips Peppers Summer squash Zucchini	Apples Beets Beans and legumes Potatoes Sweet potatoes Tomatoes Pumpkin Radishes Winter squash
Freezing Tips	Blanching Steps	Ways to Cook
<ul style="list-style-type: none"> Wash all fruits and vegetables before freezing. Store food in a container with a tight-fitting lid. Write the date on the container before freezing. Food will keep for about six months. 	<ul style="list-style-type: none"> Boil enough water to cover all produce in the pot. Clean produce. Chop into even-sized pieces. Place produce in boiling water and boil until just tender (one to five minutes). Rinse under cold water until cool. Strain in colander, place in sealed container and freeze. 	<ul style="list-style-type: none"> Bake or roast Sauté Boil Steam Poach

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CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Breakfast Meals – Week of 9/30/2024

9:00 AM-10:00 AM

<p>Monday Hash Browns Pork or Turkey Links Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>	<p>Tuesday Waffles Pork or Turkey Sausage Patty Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>
<p>Wednesday Grits Scrambled Eggs Pork or Turkey Sausage Bacon Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>	<p>Thursday Tater Tots Pork or Turkey Sausage Links Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>
<p>Friday Cold Cereal Blueberry Muffin Boiled Egg Oatmeal Coffee, Tea, or Hot Chocolate</p>	<p>We hope you enjoy our meals – CHSCC Team.</p>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Breakfast

**As of Monday, June 10, 2024,
payment for breakfast is
mandatory. Breakfast is not a
DFTA-funded program;
CHSCC provides the meal.**

9:00 am – 10:00 am

MEMBERS - \$1.00

GUESTS - \$2.00

***PLEASE BRING EXACT CHANGE. THANK YOU.**

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



**SCAN BELOW TO VIEW THE
CHSCC NEWSLETTER**



CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



- **Memoir Writing Workshop**

Monday, October 7th ,21st & 28th

2:30 pm to 3:30 pm

- **Jewelry Making Class**

Friday, October 4th , 11th & 18th

2:00 pm to 4:00 pm

- **Paint & Sip**

Friday, October 25th

2:00 pm to 4:00 pm

- **Game Night**

Friday, October 4th ,11th & 25th

5:00 pm to 7:00 pm

- **Couponing 101 Workshop**

Thursday, October 17th & 24th

1:30 pm to 3:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



• M & T Bank

Elder Abuse with Marilea Joyner

Tuesday, October 8th, 12:30 pm to 1:00 pm

• Nutrition Presentation

Wednesday, October 9th, 12:30 pm to 1:00 pm

• Welcare Presentation and Bingo

Thursday, October 10th, 12:30 pm to 4:40 pm

Presentation – 12:30 to 1:00 pm

Bingo with prizes and raffles – 2:00 pm to 4:40 pm

• Closed Columbus Day

Monday, October 14th

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



• Medicare 101 Presentation

Tuesday, October 15th, 12:30 pm to 1:00 pm

• SNAP Presentation

Wednesday, October 16th, 12:30 pm to 1:00 pm

• Hispanic Heritage/Birthday Celebration

Tuesday, October 22nd, 12:00 pm to 2:00 pm

• New Medicare Changes Presentation

Tuesday, October 29th, 12:30 pm to 1:30 pm

**• Ohel's Older Adults Services
Mental Health Presentation**

Thursday, October 31st, 12:30 pm to 1:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



CHSCC - Advisory Council

- The eligibility requirement is 60 years of age, membership with CHSCC for at least six (6) months, and demonstrating active participation within the center at least three (3) times a week.
- Each nominee must submit a letter of intent that includes a summary or bio of their skills, views of the existing programs, contributions to the center, and their vision for the center and themselves as a member of the Advisory Council
 - Council member will serve a two-year term
 - *Submit a letter of intent by:*

Friday, October 11, 2024

****Voting by written ballot will be on Tuesday, October 29th, at 2:00 pm in the dining room***