

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Lunch Meals – Week of 4/22/2024

12:00 PM-1:30 PM

<p>Monday Caribbean Rice and Red Beans Zucchini with Onions and Peppers Garden Salad Whole Wheat Bread Pineapples Orange Juice 1% low-fat milk</p>	<p>Tuesday</p>  <p>BBQ Beef Ribs Baked Macaroni and Cheese Collard Greens Cake</p>
<p>Wednesday Oven Fried Chicken French Fries Baby Spinach Salad with Lemon Vinaigrette Whole Wheat Bread Mandarin Oranges Appel Juice 1% low-fat milk</p>	<p>Thursday Baked Turkey Wings Mashed Potatoes Sauteed Green Beans with Onions Whole Wheat Bread Apple 1% low-fat milk</p>
<p>Friday Baked Tilapia with Garlic Sauce Wild Rice Broccoli and RecPeppers Whole Wheat Bread Orange Grape Juice</p>	<p>We hope you enjoy our meals – CHSCC Team.</p>

FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING

Monday

Caribbean Rice and Red Beans,
Whole Wheat Bread, Garden
Salad *, Zucchini with Onions
and Peppers *, Canned
Pineapple *, 1% Low Fat Milk,
Orange Juice

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 530

% Daily Value *

Total Fat 12g 15%

Saturated Fat 5g 26%

Trans Fat 0g 0%

Cholesterol 15mg 6%

Sodium 557mg 17%

Carbohydrate 94g 33%

Dietary Fiber 12g 46%

Total Sugars 56g

Includes Added Sugars 0g 0%

Protein 24g

Vit. D 3ug 15% * Calcium 443mg 35%

Iron 5mg 25% * Potas 1268mg 25%

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

Tuesday



BBQ Beef Rib
Baked Macaroni and Cheese
Collard Greens
Cake

Wednesday

Oven Fried Chicken, French Fries (pre-prepared), Whole Wheat Hamburger Bun, Baby Spinach Salad with Lemon Vinaigrette, Canned Mandarin Oranges *, 1% Low Fat Milk, Apple Juice

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 743

% Daily Value *

Total Fat 23g 30%

Saturated Fat 5g 24%

Trans Fat 0g 0%

Cholesterol 90mg 31%

Sodium 650mg 29%

Carbohydrate 90g 33%

Dietary Fiber 8g 30%

Total Sugars 42g

Includes Added Sugars 4g 7%

Protein 47g

Vit. D 4ug 20% * Calcium 586mg 45%

Iron 6mg 35% * Potas 1204mg 25%

* 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

Baked Turkey Wings, Homemade Mashed Potatoes, Whole Wheat Bread, Sauteed Green Beans with Onions *, Apple, 1% Low Fat Milk

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 598

% Daily Value *

Total Fat 16g 21%

Saturated Fat 5g 27%

Trans Fat 0g 0%

Cholesterol 110mg 36%

Sodium 395mg 10%

Carbohydrate 76g 26%

Dietary Fiber 11g 43%

Total Sugars 31g

Includes Added Sugars 0g 0%

Protein 43g

Vit. D 3ug 15% * Calcium 452mg 35%

Iron 4mg 25% * Potas 973mg 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.

Friday

**Baked Fish with Garlic Sauce,
Whole Wheat Bread, Wild Rice,
Broccoli and Red Peppers *,
Orange, 1% Low Fat Milk, Grape
Juice, Unsweetened**

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 674

% Daily Value *

Total Fat 15g 20%

Saturated Fat 3.5g **19%**

Trans Fat 0g **0%**

Cholesterol 85mg 28%

Sodium 518mg 16%

Carbohydrate 88g 31%

Dietary Fiber 12g **43%**

Total Sugars 40g

Includes Added Sugars 7g **14%**

Protein 55g

Vit. D 8ug 40% * **Calcium 484mg 40%**

Iron 3mg 20% * **Potas 1431mg 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... Eat a Variety of Proteins

Eat a variety of proteins as part of a healthy diet. Eat plant proteins more often.

Beans and Lentils	Nuts and Seeds	Lean Animal Proteins
 <p data-bbox="256 781 587 814">Make a three bean salad.</p>	 <p data-bbox="620 781 971 844">Spread nut butter on apple or banana slices.</p>	 <p data-bbox="993 781 1334 814">Choose fish twice a week.</p>
 <p data-bbox="279 1054 571 1159">Add beans to sautéed greens and eat with brown rice.</p>	 <p data-bbox="646 1054 945 1117">Add nuts to vegetables and salads.</p>	 <p data-bbox="993 1045 1344 1171">Eat lean meat and poultry in the right portions – about the size of your palm.</p>
 <p data-bbox="263 1390 587 1453">Make a bean dip to enjoy with vegetables.</p>	 <p data-bbox="630 1381 961 1444">Snack on a handful of unsalted nuts or seeds.</p>	 <p data-bbox="1019 1381 1318 1474">Bring a hard boiled egg with you for an easy snack.</p>

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at 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 800-542-3009 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, Whittier Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).

Easy Ways to... Eat Enough Fiber

Fiber may lower your risk of heart disease. Most adults need **28 grams** of fiber each day. Look at how easy it is!

Instead of...		Eat...
 Half a bagel = 1 gram of fiber	➔	 1/2 cup oatmeal = 4 grams of fiber
 A glass of juice = 1 gram of fiber	➔	 One medium orange = 3 grams of fiber
 A handful of chips = 1 gram of fiber	➔	 A handful of nuts = 4 grams of fiber
 A cup of white rice = 1/2 gram of fiber	➔	 1/2 cup of brown rice and 1/2 cup of beans = 11 grams of fiber
 A pudding cup = 1/2 gram of fiber	➔	 1 1/2 cup blueberries = 6 grams of fiber
Total Fiber: 4 grams		Total Fiber: 28 grams

Tips for Eating More Fiber:

- Eat whole fruits and vegetables instead of juices, which have little to no fiber.
- Fruit and vegetable skins contain a lot of fiber. Wash and eat the peel.
- Check the Nutrition Facts label and choose foods with at least 10% of Daily Value for fiber.
- Read the ingredients list and choose foods with whole grains listed first.

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](https://www.nyc.gov) and search for "farmers markets."

For healthy recipes, visit [jsyfruitveggies.org](https://www.jsyfruitveggies.org).

This material was funded by the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program (SNAP).

Just Say *Yes* to Fruits and
Vegetables

NYC
Health

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Breakfast Meals – Week of 4/22/2024

9:00 AM-10:00 AM

Monday French Toast Pork or Turkey Sausage Links Fruit Oatmeal Coffee, Tea, or Hot Chocolate	Tuesday Bagels Pork or Turkey Sausage Patty Boiled Egg Fruit Oatmeal Coffee, Tea, or Hot Chocolate
Wednesday Grits Hash Browns Pork or Turkey Bacon Fruit Oatmeal Coffee, Tea, or Hot Chocolate	Thursday Croissant Scrambled Eggs Fruit Oatmeal Coffee, Tea, or Hot Chocolate
Friday Waffles Pork or Turkey Sausage Links Fruit Oatmeal Coffee, Tea, or Hot Chocolate	We hope you enjoy our meals – CHSCC Team.

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



• Jewelry Making Class

Resumes Friday, May 24, 2024

2:00 pm to 4:00 pm

• Game Night

Friday, April 12th & 26th

5:00 pm to 7:00 pm

• Birthday Celebration

Tuesday, April 23rd, 12:00 pm to 1:30 pm

• Couponing 101- Arts & Crafts Room

Thursday, April 25th, 1:45 pm to 3:30 pm

• Town Hall Meeting

Tuesday, April 30th, 2:00 pm to 2:30 pm

FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

**CENTRAL HARLEM SENIOR
CITIZENS CENTERS PRESENTS**

COUPONING 101



**Thursday, April 18th (1:45 - 3:30 PM)
Thursday, April 25th (1:45 - 3:45 PM)**



THE KENNEDY CENTER
34 West 134th Street
New York, NY 10037



Call For More Information
212-926-4871



JOIN US!

**Come join us and learn about
couponing, how to maximize
savings, and more! Door
Prizes will be given away
each class!!**

What You Will Learn:

- Basic couponing and saving
- Traveling at reduced prices
- How to get free food from restaurants
- Use receipts for cash back
- Reward programs and more!

Arts and Crafts Room

Please sign up at the front desk

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CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

Kennedy

Birthday Celebration



Tuesday, April 23, 2024

LUNCH MENU

12:00 pm - 1:30 pm

*** BBQ Beef Ribs**

*** Macaroni and Cheese**

*** Collard Greens * Cake**

Entertainment by

DJ Mario

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Your Voice Matters!!!

Please join us on

Tuesday, April 30th

2:00 pm – 2:30 pm

Town Hall Meeting

***Light refreshments will be served**

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CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



**SCAN BELOW TO VIEW THE
CHSCC NEWSLETTER**



Earth Day Word Search

E L C O N S E R V E H
Y C W S R S A E E P T
E Q O E O N U C R L W
L A U L I I U Y E A O
Y S R M O D L C T N R
E F A T E G L L A T G
M L E R H W Y E W U V
T N E M N O R I V N E

animal
conserve
earth
ecology
environment
growth

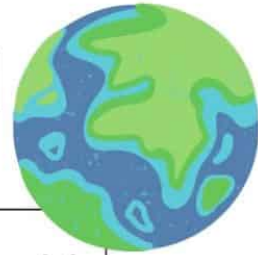


plant
recycle
reduce
reuse
soil
water

EARTH DAY

WORD SEARCH

FIND AND CIRCLE EACH WORD!



P	U	N	E	N	E	R	G	Y
L	E	A	R	T	H	E	L	S
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K	R	E	C	Y	C	L	E	T
C	L	O	U	D	S	P	L	E

- | | | | |
|--------|-------|--------|---------|
| Light | Water | Clouds | Recycle |
| Energy | Sun | Rain | Reuse |
| Planet | Earth | Forest | Reduce |

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