

**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.**

**CHSCC - Lunch Meals – Week of 9/2/2024**

**12:00 PM-1:30 PM**

<p><b>Monday - CLOSED</b></p>  <p>The logo for Labor Day features the words "LABOR" in red and "DAY" in blue. It is decorated with stars and gears, and a red, white, and blue ribbon-like element.</p>	<p><b>Tuesday</b></p> <p>Baked Pork Chops Brown Rice with Kidney Beans Sauteed Spinach Whole Wheat Bread Baked Apples</p>
<p><b>Wednesday</b></p> <p>Rasta Pasta Broccoli and Peppers Whole Wheat Bread Apricots Orange Pineapple Juice 1% low-fat milk</p>	<p><b>Thursday</b></p> <p>Baked Chicken Roasted Potatoes Collard Greens with Tomato Whole Wheat Bread Pears 1% low-fat milk</p>
<p><b>Friday</b></p> <p>Baked Marinated Cod Fish Home Fries with Peppers and Onions California Blend Vegetables Whole Wheat Bread Orange</p>	<p><b>We hope you enjoy our meals – CHSCC Team.</b></p>

FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING

**Monday - CLOSED**



**Tuesday**

**Baked Pork Chops, Brown Rice with Kidney Beans, Whole Wheat Bread, Sauteed Spinach \*, Baked Apple, 1% Low Fat Milk**

## Nutrition Facts

Serving Size 1

Amount Per Serving

**Calories 788**

% Daily Value \*

**Total Fat 26g 37%**

Saturated Fat 7g 35%

Trans Fat 0g 0%

**Cholesterol 110mg 37%**

**Sodium 517mg 15%**

**Carbohydrate 93g 32%**

Dietary Fiber 15g 56%

Total Sugars 36g

Includes Added Sugars 0g 0%

**Protein 52g**

Vit. D 3ug 15% \* Calcium 635mg 50%

Iron 8mg 50% \* Potas 1627mg 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.

**Monday**

Rasta Pasta, Rasta Pasta Sauce, Whole Wheat Bread, Broccoli and Red Peppers \*, Canned Apricots \*, 1% Low Fat Milk, Orange Pineapple Juice

**Nutrition Facts**

Serving Size 1

Amount Per Serving

**Calories 746**

**% Daily Value \***

**Total Fat 15g 20%**

Saturated Fat 5g **26%**

Trans Fat 0g **0%**

**Cholesterol 15mg 4%**

**Sodium 416mg 11%**

**Carbohydrate 129g 46%**

Dietary Fiber 20g **72%**

Total Sugars 50g

Includes Added Sugars 0g **0%**

**Protein 32g**

Vit. D 3ug 15% \* Calcium 440mg 35%

Iron 4mg 20% \* Potas 1193mg 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 Chicken Quarters, Roasted Potatoes, Whole Wheat Bread, Collard Greens with Tomato \*, Canned Pears \*, 1% Low Fat Milk

**Nutrition Facts**

Serving Size 1

Amount Per Serving

**Calories 692**

**% Daily Value \***

**Total Fat 23g 34%**

Saturated Fat 6g **29%**

Trans Fat 0g **0%**

**Cholesterol 90mg 30%**

**Sodium 403mg 10%**

**Carbohydrate 88g 31%**

Dietary Fiber 13g **47%**

Total Sugars 42g

Includes Added Sugars 1g **3%**

**Protein 39g**

Vit. D 3ug 15% \* Calcium 572mg 45%

Iron 5mg 25% \* Potas 991mg 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.

**Friday**

**Baked Marinated Fish, Home Fries with Peppers and Onions, Whole Wheat Bread, California Blend Vegetables \*, Orange, 1% Low Fat Milk**

**Nutrition Facts**

**Serving Size 1**

**Amount Per Serving**

**Calories 496**

**% Daily Value \***

**Total Fat 9g 14%**

Saturated Fat 2g **11%**

Trans Fat 0g **0%**

**Cholesterol 60mg 20%**

**Sodium 384mg 10%**

**Carbohydrate 71g 25%**

Dietary Fiber 13g **46%**

Total Sugars 32g

Includes Added Sugars 0g **0%**

**Protein 37g**

Vit. D 4ug 25% \* Calcium 470mg 35%

Iron 2mg 15% \* Potas 1139mg 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.











**We hope you enjoy our meals – CHSCC Team.**

**[WWW.CHSCC.ORG](http://WWW.CHSCC.ORG)**

**212-926-4871**

# Easy Ways to ... Eat the Whole Plant

Reduce waste! Cook with all parts of fruits and vegetables.

Part of Plant	Fruit or Vegetable	Ways to Cook
Roots 	Celery root	Roast, mash or stew
Stems 	Asparagus, beets, broccoli, cauliflower, chard, collards, fennel, kale	Braise or sauté; use woody part of asparagus in soup stocks; use peeled broccoli and cauliflower stems in soups or stir-fries
Greens or Tops 	Beets, carrots, cauliflower, celery, fennel, kohlrabi, leeks, onions, radishes, turnips	Sauté, blend in green smoothies, flavor and garnish salads and soups
Flowers 	Arugula, chives, cilantro/coriander, dill, fennel, garlic scapes, lavender, mustard, zucchini	Sauté or add to a salad, use garlic scapes to make pesto
Seeds 	Pumpkin and other winter squashes	Roast and add spices and herbs for flavor
Peels 	Citrus (lime, lemon, orange), potato	Bake potato peels for snacks; use citrus for zest
Rinds 	Watermelon and other melons (cantaloupe, casaba, honeydew)	Shave outer peel and use in place of cucumber in salads
Cobs 	Corn	Simmer to make a stock

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

For healthy recipes, visit [jsyfruitveggies.org](http://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 800-543-3009 or go to [myBenefits.ny.gov](http://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 ..... Enjoy Fresh Greens



## 1. Buy

- ❖ Choose greens with crisp, bright leaves with no yellow or brown spots.

## 2. Store

- ❖ Before storing:
  - **Lettuce and salad greens:** Wrap leaves in a dry paper towel.
  - **Bunched greens with stems (kale, collard greens):** Chop off ends of stems and wrap ends in a damp paper towel.
  - **Herbs:** Wrap entire bunch in a slightly damp paper towel.
- ❖ Keep all greens in the refrigerator, unwashed, in a sealed plastic bag.



## 3. Wash

- ❖ Place greens in a bowl and cover with water.
- ❖ Shake greens under the water to loosen any dirt. Allow dirt to settle.
- ❖ Gently lift out greens and discard water. Repeat as needed.

## 4. Prepare

- ❖ Sauté onions and garlic in oil. Add leafy greens and cook until tender.
- ❖ Blend spinach or kale with frozen fruit to make a smoothie or with beans to make a delicious dip.
- ❖ Add chopped leafy greens to soups, stews and pasta sauces. Cook until tender.
- ❖ Add fruits, other vegetables, nuts or beans to raw chopped greens for a hearty salad.



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**NYC**  
Health

*Just Say Yes* to Fruits and Vegetables

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**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.**

**CHSCC - Breakfast Meals – Week of 9/2/2024**

**9:00 AM-10:00 AM**

<p><b>Monday- CLOSED</b></p>  <p><b>LABOR DAY</b></p>	<p><b>Tuesday</b></p> <p>French Toast Pork or Turkey Sausage Patty Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>
<p><b>Wednesday</b></p> <p>Fried Fish Grits Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>	<p><b>Thursday</b></p> <p>Waffles Pork or Turkey Bacon Fruit Cream of Wheat Coffee, Tea, or Hot Chocolate</p>
<p><b>Friday</b></p> <p>Assorted Cereal Blueberry Muffins Yogurt Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>	<p><b>We hope you enjoy our meals – CHSCC Team.</b></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.**

**Holiday Hours:**

**Friday, August 30, 2024**

**Closing at 2:00 pm**

**Monday, September 2, 2024**

**CLOSED**

**In Observance of**



**All Centers will resume regular  
business hours**

**Tuesday, September 3, 2024**

Funded in part by NYC Dept. for the Aging

# **CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.**

## **KENNEDY**



- **Memoir Writing Workshop**

**Monday, September 19<sup>th</sup> & 26<sup>th</sup>**

**1:30 pm to 3:30 pm**

- **Paint & Sip**

**Friday, September 6<sup>th</sup> & 20<sup>th</sup>**

**2:00 pm to 4:00 pm**

- **Jewelry Making Class**

**Friday, September 13<sup>th</sup> & 27<sup>th</sup>**

**2:00 pm to 4:00 pm**

- **Game Night**

**Friday, September 13<sup>th</sup> & 27<sup>th</sup>**

**5:00 pm to 7:00 pm**

- **Couponing 101 Workshop**

**Thursday, September 15<sup>th</sup> & 22<sup>nd</sup>**

**1:30 pm to 3:30 pm**

**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.**

**KENNEDY**



- **Closed Labor Day**

**Monday, September 2<sup>nd</sup>**

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

**Thursday, September 12<sup>th</sup>, 12:30 pm to 1:30 pm**

**National Senior Center /Birthday Celebration**

**Tuesday, September 17<sup>th</sup>, 12:00 pm to 2:00 pm**

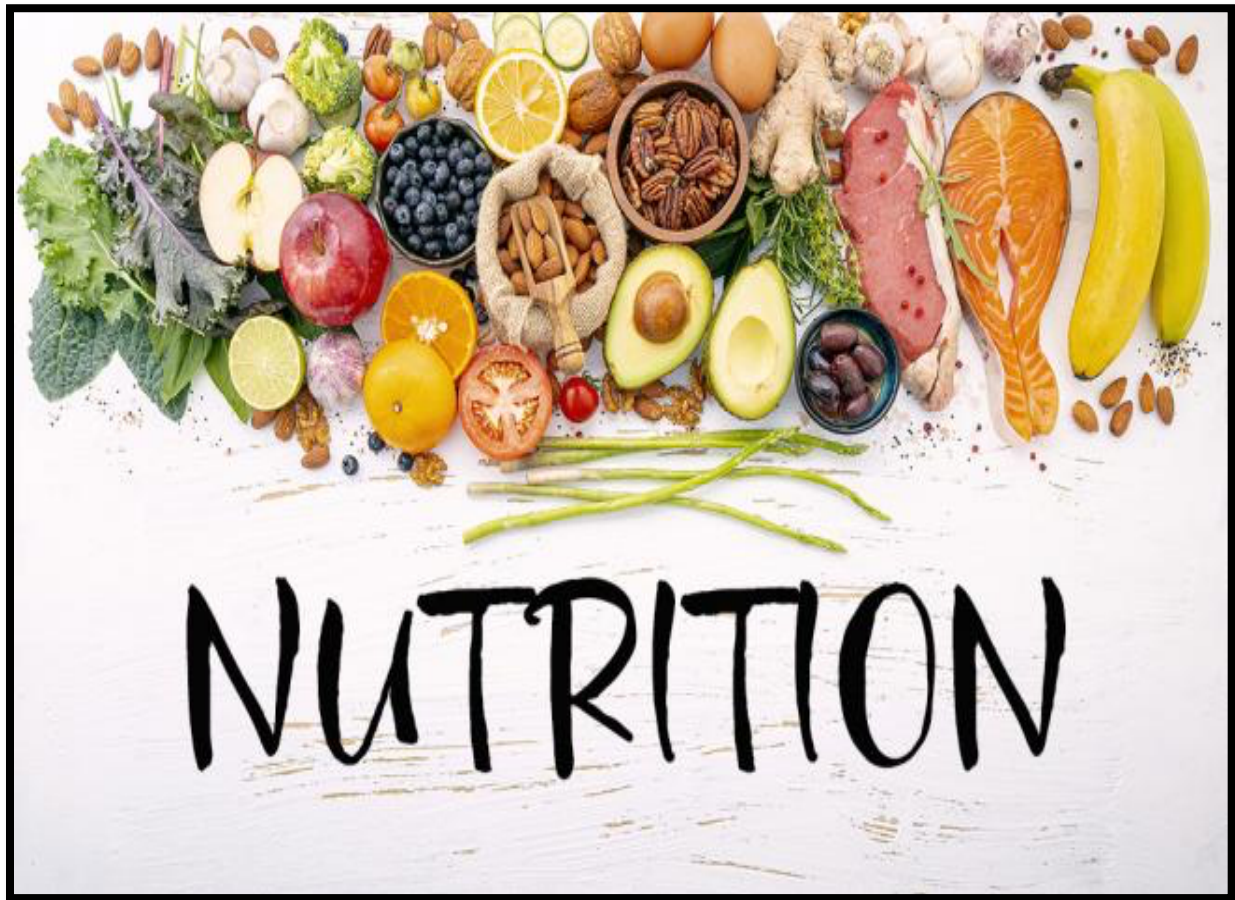
- **Nutrition Presentation**

**Monday, September 23<sup>rd</sup>, 12:30 pm to 1:30 pm**

- **NYPD 32<sup>nd</sup> Self-defense Presentation**

**Tuesday, September 24<sup>th</sup>, 10:00 am to 11:30 am**

**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.**



## **Presentation**

**Monday, September 23<sup>rd</sup>  
12:30 pm to 1:00 pm**

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