



Nutrition Education

Why is each meal valued at \$10?

- \$3.50 Raw food cost
- \$6.00 People who plan, prepare and deliver meals
- \$0.50 Supplies

How is the \$10 meal funded?

- \$5.75 Gov't Sources
- \$1.76 Fundraising from private, corporate, & city contributors
- \$1.19 Average Donation from participants
- \$1.30 UNFUNDED

Your \$3.75 donation really helps make this program possible.

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What's on the Menu?



Spectrum lunches are a balanced, nutritious meal. They are low in sodium, contain at least 15 grams of protein, 7 grams of fiber and provide vitamin C and A rich fruits and vegetables.

Each meal includes all the following food groups:

Lean Proteins: 2-4 ounces of lean protein such as chicken, turkey, pork, fish and shellfish.

Two Vegetable Servings: One serving of vegetables is 1/2 cooked or 1 cup salad.

One Fruit Serving: 1/2 cup cut up fruit or 1 small piece of fruit.

Whole Grains: 1-2 servings. One serving is 1/2 cup of rice, noodles or 1 slice of bread.

Milk: 8oz. Of low-fat milk or soymilk for protein, calcium and vitamin D.

Monthly menus are written and approved by the program's Registered Dietitian and the county dietitian. The program receives federal funding and must comply with the nutritional requirements of the contract.