



Nutrition Education



Your Donation Counts

Spectrum relies upon your individual voluntary contribution towards each meal. As expenses have increased, we are attempting to keep the suggested donation request at \$3.75 for as long a possible.

The value of each meal includes planning, purchasing ingredients, preparing and delivery. **The current value for each meal is about \$13.50.**

We understand not everyone is able to give the full donation request of \$3.75. We never turn a senior away due to lack of funds. **If you are able, any increase in your current giving would be greatly appreciated.**

**Meal Tickets are available.
10 Meals for \$35**

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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, lentils, chickpeas and beans.

Two Vegetable Servings: One serving of vegetables is 1/2 cooked or 1 cup raw (such as a salad).

One Fruit Serving: 1/2 cup cut up fruit or 1 medium sized 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 for protein, calcium and vitamin D.

Monthly menus are analyzed 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.