



Nutrition Education



What's On Your Plate?

Spectrum lunches are a balanced, nutritious meal throughout the week.

Each meal includes all the following food groups:

- ◆ 2-4 oz. of Lean Proteins
- ◆ 2 Vegetable Servings
- ◆ 1 Fruit Serving
- ◆ Whole Grains
- ◆ Low-fat Milk

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.

The Value of Your Meal

We hope you can taste the love! Spectrum strives to provide a delicious meal, following the required nutritional guidelines of the Older Americans Act.

The actual cost for each meal goes beyond the raw ingredients. Each meal includes planning, purchasing, preparing and delivery. **The value for each meal is \$14.00.**

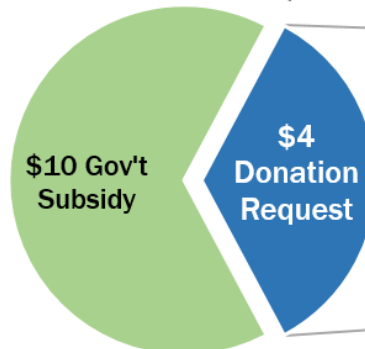
Monthly menus are analyzed and approved by the program's Registered Dietitian and the county dietitian. Purchasing and preparation of the food is managed by our kitchen staff. Distribution and delivery is brought to you by our driving staff. Meal site training and support is overseen by our administrative staff.

Spectrum's Senior Meal Program is partially funded through the Federal Older Americans Act, but those dollars only cover a portion of the cost of the meals. We rely on your daily donations to keep this program running. **Your \$4 donation per meal helps make this program available.**

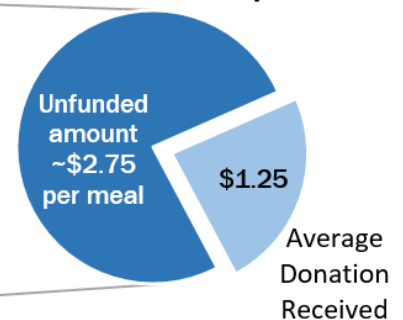
We understand not everyone is able to give the full request so any amount is greatly appreciated.



Meal Value = \$14



\$4 Donation Request



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