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# *Waupaca County*

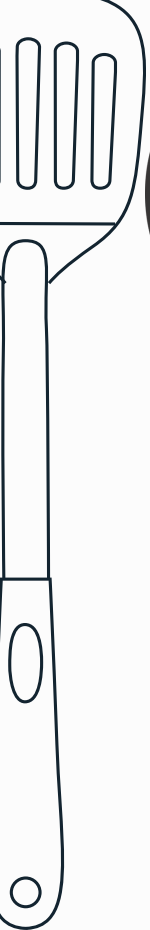
## *Department of Health and Human Services*

### **Waupaca Nutrition Advisory Council**

### **2021**

**Updated 3/25/21**

<b><u>January 2021:</u></b> Thursday January 21, 2021 1:30pm – Waupaca County Courthouse	<b><u>July 2021: MOVING TO JULY 15, 2021</u></b> Thursday July 22, 2021 1:30pm – Waupaca County Courthouse
<b><u>February 2021:</u></b> Thursday February 18, 2021 1:30pm – Waupaca County Courthouse	<b><u>August 2021: MOVING TO AUG. 19, 2021</u></b> Thursday August 26, 2021 1:30pm – Waupaca County Courthouse
<b><u>March 2021:</u></b> Thursday March 25, 2021 1:30pm – Waupaca County Courthouse	<b><u>September 2021: MOVING TO SEPT. 16, 2021</u></b> Thursday September 23, 2021- 1:30pm- Waupaca County Courthouse
<b><u>April 2021: NO CHANGE</u></b> Thursday April 15, 2021 1:30pm – Waupaca County Courthouse	<b><u>October 2021: NO CHANGE</u></b> Thursday October 21, 2021 1:30pm – Waupaca County Courthouse
<b><u>May 2021: NO CHANGE</u></b> Thursday May 20, 2021 1:30pm – Waupaca County Courthouse	<b><u>November 2021: NO CHANGE</u></b> Thursday November 18, 2021 1:30pm – Waupaca County Courthouse
<b><u>June 2021: MOVING TO JUNE 17, 2021</u></b> Thursday June 24, 2021 1:30pm – Waupaca County Courthouse	<b><u>December 2021: NO CHANGE</u></b> Thursday December 16, 2021 1:30pm – Waupaca County Courthouse



# BISTRO SIXTY

at Smith's Steak House

## PLEASE NOTE:

Vouchers provide one choice per category and include gratuity. Substitutions are prohibited. Additional items are at the diner's expense.

## CHOICE OF ENTRÉE

- Fried Fish
- Baked Fish
- Pork Chop
- Hamburger
- Grilled Chicken
- Chicken and Broccoli Alfredo Pasta
- Choice of Soup with Grilled Ham and Cheese Sandwich

## CHOICE OF POTATO

- French Fries
- Baked Potato
- Mashed Potatoes
- Potato Salad

## CHOICE OF VEGETABLE

Coleslaw

Side Salad

Steamed Vegetable of the Day

## CHOICE OF FRUIT

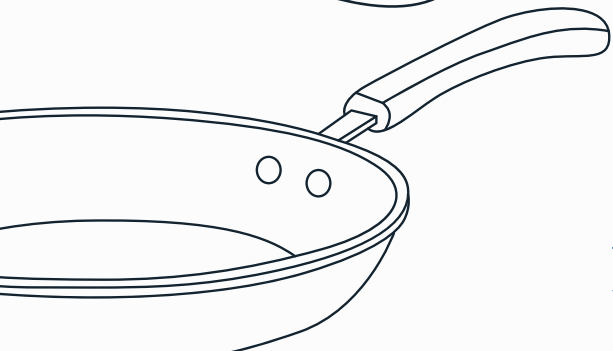
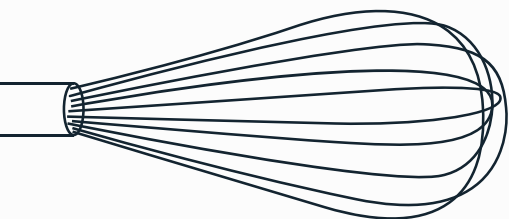
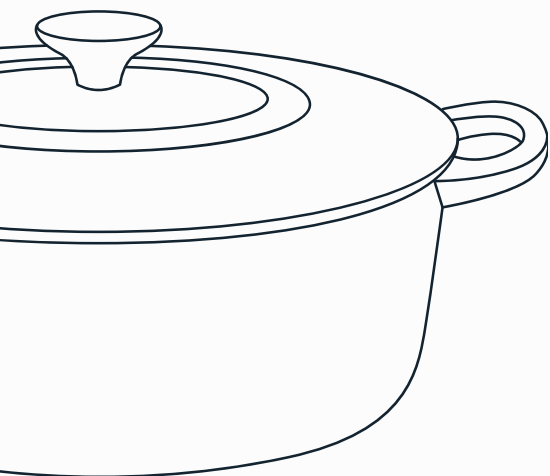
Applesauce

Fruit Cocktail

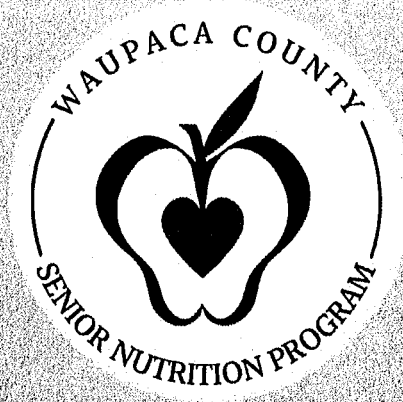
100% Juice

ALL MEALS ARE SERVED WITH  
BREAD AND BUTTER.

BEVERAGES: Milk or Coffee







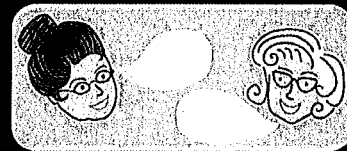
## ANNUAL NUTRITION BY THE NUMBERS

2019-2020 Data Comparison

### WHAT IS OUR PURPOSE?

#### ▪Nutrition Program's Goal

1. Reduce Hunger and Food Insecurity
2. To Promote Socialization of Older Individuals
3. To Promote the Health and Well-Being of Older Individuals



#### ▪How do we meet this goal?

- By providing equitable access to nutritious meals and offer a social interaction through meal delivery or in-person dining programs

## HOW DOES THIS DATA HELP US DETERMINE IF WE ARE MEETING OUR PROGRAM'S GOALS?

The data allows us to Measure the Impact of the Nutrition Program in our Communities



How does it show Program Impact?

- ❖ Participant Data – shows us how many people the program touches
- ❖ Meals Data – shows us the volume of nutritional support we provide
- ❖ Looking at one data set alone can be misleading
- ❖ Together the data tells a story

## WHEN WILL WE REVIEW THIS?

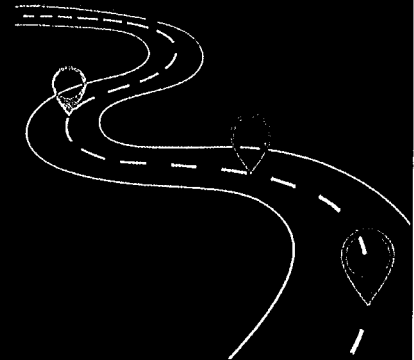
Annually to help us better understand the program's progress



## WHAT WILL WE DO WITH THIS DATA?

We will use the insights to guide our program's decision making and goal setting

These insights will help us determine how people interact with the program (as needed, for social time, intermittently, during certain times of the year, etc.)



## CONGREGATE DINING DATA

Congregate participation = HIGH ↑

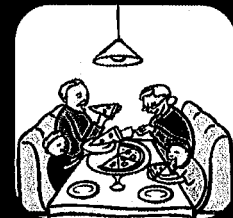
Meals Served = LOW ↓

Majority of Congregate Diners use this program to SUPPLEMENT their life

- Occasional Outing
- Few participants rely on it as a regular meal source

How can we better serve Congregate Participants?

- Offer them something new and exciting = Restaurant Dining AKA Voucher Model
- Increase Social Value at our Congregate Sites = Introduce More Events and Educational Opportunities



## HOME DELIVERED MEALS DATA

Home Delivered Meals Participation = STEADY

Meals Served = HIGH ↑

Indicate that the participants RELY on this service!

2020 data shows participants stayed on the program LONGER meaning we impacted their lives more and supported them through a tough time!

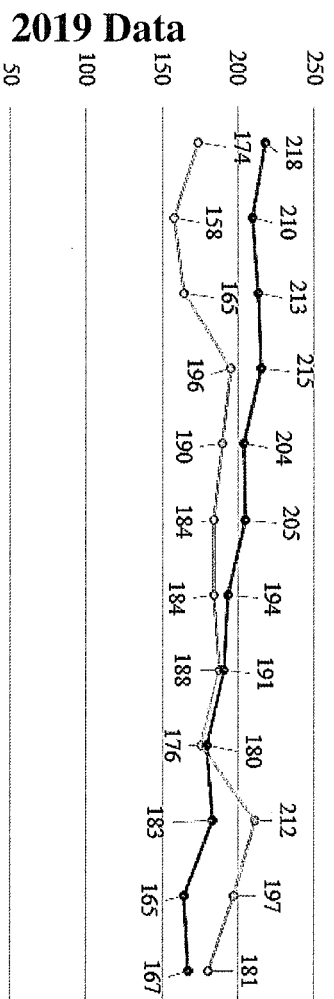
HOME DELIVERED MEALS PROGRAM THROUGHOUT COVID WAS JUST AS SUCCESSFUL AS YEAR'S PAST!



# WAUPACA COUNTY SENIOR NUTRITION BY THE NUMBERS

## Participant Data

2019 Nutrition Program Participants



○=Congregate ●=HDM

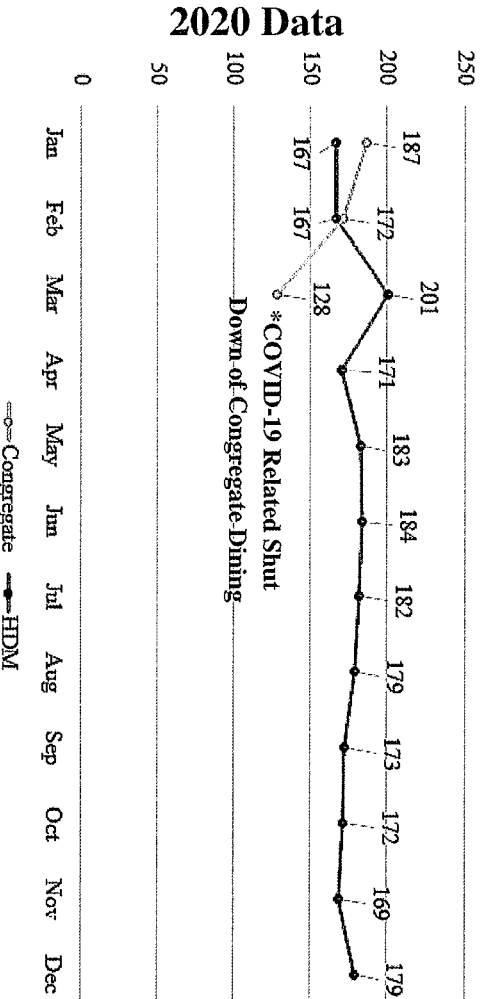
In 2019, the Waupaca County Senior Nutrition Program served

**406 individuals through Congregate & 328 through Home Delivered Meals**

**Totalling 711 people served!**

## Participant Data

2020 Nutrition Program Participants



○=Congregate ●=HDM

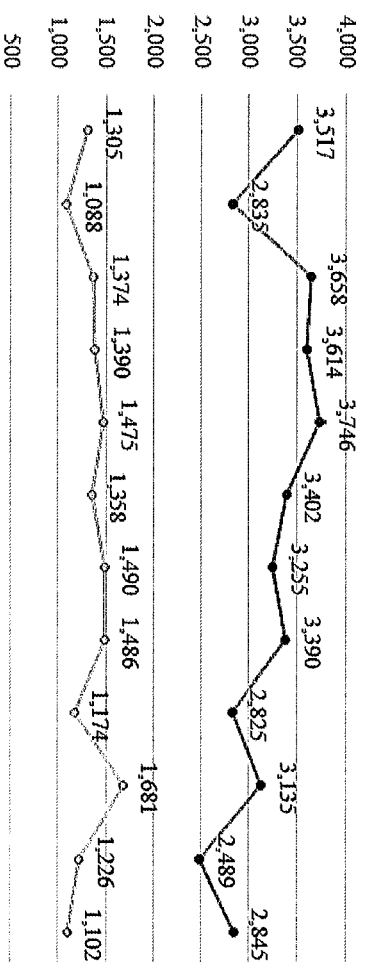
In 2020, the Waupaca County Senior Nutrition Program served

**215 individuals through Congregate & 323 through Home Delivered Meals**

**Totalling 477 people served!**

## Meals Data

2019 Nutrition Program Meals Provided



○=Congregate ●=HDM

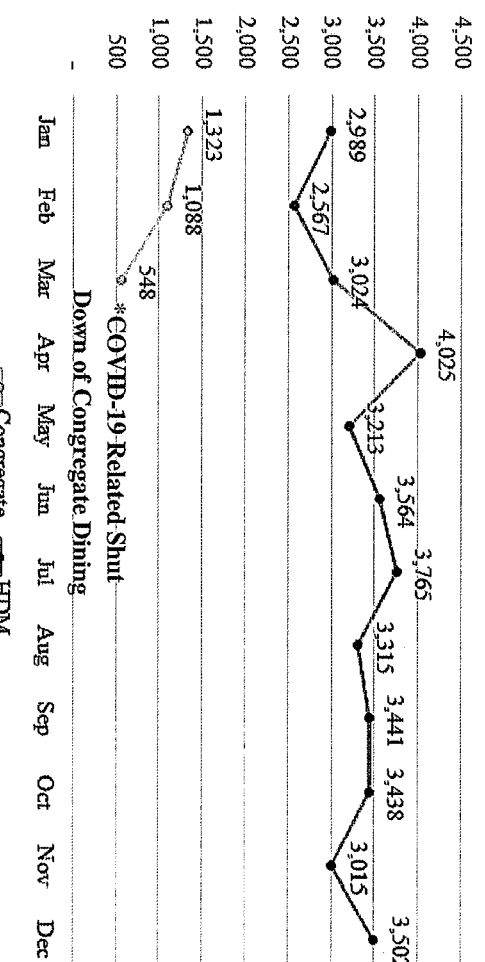
In 2019, the Waupaca County Senior Nutrition Program served

**16,149 meals through Congregate & 38,711 through Home Delivered Meals**

**Totalling 54,860 meals served!**

## Meals Data

2020 Nutrition Program Meals Provided



○=Congregate ●=HDM

In 2020, the Waupaca County Senior Nutrition Program served

**2,959 meals through Congregate & 39,858 through Home Delivered Meals**

**Totalling 42,817 meals served!**





# SHELF STABLE MEALS CARE PACKAGE



These meals were made possible by the generous donation of the **Waupaca Area Community Foundation**, an affiliate of the **Community Foundation for the Fox Valley Region** in Partnership with the **Rhoades Sanford Foundation**.

**Inside, you will find a variety of shelf stable food products.**  
**We recommend dividing the food as follows to create**  
**FIVE balanced and nutritious meals!**



## Meal #1:

Chicken Salad Kit  
Bagel Chips  
Apple Sauce Cup  
V8 Juice

Horizon's Low Fat Milk

## Meal #3:

Chicken Noodle Soup  
Saltine Crackers  
Apple Oatmeal Bar  
Mixed Fruit Cup

Horizon's Low Fat Milk

## Meal #5:

\*Tuna to Go  
\*Mac and Cheese Cup  
\*1/2 can of Mixed Vegetables  
Apple Sauce Cup  
Horizon's Low Fat Milk  
**\*Mix these three things together to create your own Tuna Casserole!**

## Meal #2:

Ravioli Cup  
1/2 can of Mixed Vegetables  
100% Grape Juice  
Horizon's Chocolate Milk

## Meal #4:

Instant Oatmeal  
Craisins  
V8 Juice  
Graham Crackers & Peanut Butter  
Horizon's Chocolate Milk

### Are you concerned about sodium?

Try these tips to reduce the sodium levels of your foods!

1. Rinse canned vegetables with water to reduce the sodium content by up to 20%
2. Drain out a bit of the broth from the soup and replace with water to reduce sodium content

Clintonville:  
715-823-7667  
Marion:  
715-754-2482

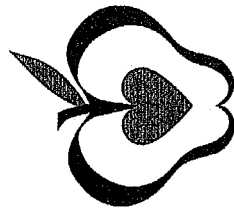
Waupaca Senior Nutrition Program

April 2021 Menu

Caterer: Steve & Mary's Caterer

\*Menu Subject to Change\*

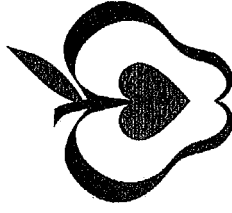
Monday	Tuesday	Wednesday	Thursday
<i>Hot Food</i>	<i>Hot Food</i>	<i>Hot Food</i>	<i>Cold Food</i>
5. Swiss Steak and Mushroom Gravy Mashed Potatoes Corn Fruit Cocktail Bread & Butter	6. Chicken Parmesan over Noodles Baby Carrots Mixed Vegetables Blushing Pears Bread & Butter	7. Beef Stew on a Biscuit Hot Buttered Beets Tropical Fruit Dessert	8. Ham and Scalloped Potatoes Broccoli Fresh Fruit Bread & Butter Chocolate Milk
12. Roast Beef & Gravy Mashed Potatoes, Corn Fruit Cocktail Bread & Butter	13. Chicken a la King on a Biscuit Green Beans Tropical Fruit Dessert	14. Chili Corn Bread Mixed Vegetables Applesauce Chocolate Milk	15. Lasagna/Ravioli Bake Garlic Bread Broccoli Peaches
19. Pepper Steak & Gravy Baked Potato Stewed Tomatoes Banana Bread & Butter	20. Pork Chops w/ Gravy Mashed Potatoes Corn Applesauce Bread & Butter Chocolate Milk	21. Spaghetti and Meat Sauce Green Beans Pineapple Garlic Bread Dessert	22. Lemon Pepper Chicken Breasts Scalloped Potatoes Creamed Spinach Blushing Pears Bread & Butter
26. Roasted Chicken & Gravy Mashed Potatoes Broccoli Pears Bread & Butter	27. Salisbury Steak Mashed Potatoes Key West Veggies Fruit Cocktail Bread and Butter	28. Ring Bologna Au Gratin Potatoes Glazed Carrots Mandarin Oranges Bread & Butter Chocolate Milk	29. Swedish Meatballs Mashed Potatoes w/ Gravy Peas Fresh Fruit Bread & Butter
			29. Chicken & Dumpling Soup Ham Sandwich on a Wheat Bun Baby Carrots Peaches Dessert



# Waupaca County Senior Nutrition Program

## Quick Bites

Beans: A Superfood Full of Antioxidants



### Did you know??

- There are over 4000 different species of beans.
- Beans are the longest cultivated plants on earth, North Dakota and Michigan grow the most dry bean varieties in the US.
- They are an excellent source of energy with their high content of protein. Also a healthy source of carbohydrates with a lot of fiber content which helps prevent blood sugars from rising after eating (especially good for diabetics). The fiber found in beans also helps with gastrointestinal health, and lowering cholesterol.
- They contain many vitamins and minerals: potassium, iron, selenium, thiamine, folic acid, and vitamin B6.
- Shown to help decrease the risk of some cancers.

### Ways to Reduce Gas and Upset caused by Beans:

- When preparing dry beans, change the water several times while soaking.
- You can also add a teaspoon of fennel seed while soaking.
- Simmer beans slowly until they are tender.
- Add digestive aids, like Beano, to help reduce the amount of gas they produce.

Enjoy this superfood today by trying this simple recipe!

### Texas Caviar Salsa

- 1/2 onion, chopped
- 1 green bell pepper, chopped
- 1 bunch green onions, chopped
- 1 tablespoon minced garlic
- 1 pint cherry tomatoes, quartered
- 1 (8 oz) bottle zesty Italian dressing
- 1 (15 oz) can black beans, drained
- 1 (15 oz) can black-eyed peas, drained
- 1/2 tsp ground coriander
- 1 bunch chopped fresh cilantro

In a large bowl, mix together ingredients. Cover & chill in the refrigerator approx. 2 hours. Toss with fresh cilantro to serve.

The Older Americans Act allows persons age 60 and over, their spouses and program volunteers to pay for their meals with a donation. *Waupaca County Nutrition Program encourages a \$4.25 meal donation. All others must pay full price for each meal, which is \$8.38 per meal.*

For the most current menus visit: <http://www.co.waupaca.wi.us/communitycare/NutritionSites.aspx>

**Aging & Disability Resource Center**  
**Waupaca County**  
**811 Harding Street**  
**Waupaca, WI 54981**  
**(715)-258-6400**  
**[www.yourADRCresource.org](http://www.yourADRCresource.org)**



# WAUPACA COUNTY ELDERLY NUTRITION PROGRAM

April 2021

Caterer: Schueller's Great exSPECTations

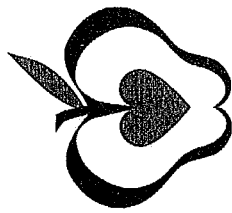
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 5 Hot Dog on a Bun Scalloped Potatoes Baked Beans Mandarin Oranges	April 6 Swiss Chicken Breast Mashed Potatoes Beets Peaches Bread and Butter Dessert	April 7 BBQ Pork Riblet Baby Bakers Green Beans Pineapple Bread and Butter	April 8 Beef and Broccoli over Rice Carrots Fruit Cocktail Dessert	April 9 Italian Sausage Pizza Bake Lettuce Salad, dressing Garlic Bread Applesauce Chocolate Milk
April 12 Stuffed Cabbage Rolls Baby Red Potatoes Tropical Fruit Bread and Butter Dessert	April 13 BBQ Pulled Pork on a Bun Tater Tots Three Bean Salad Fresh Fruit	April 14 Ravioli Bake Romaine Lettuce Salad, Dressing Applesauce Garlic Bread	April 15 Baked Chicken Mashed Potatoes, Gravy Peas and Carrots Cranberries Bread and Butter Dessert	April 16 Baked Cod Baby Baker Potatoes Green Beans Pears Rye Bread and Butter Chocolate Milk
April 19 Chili Fiesta Corn Peaches Cornbread Dessert	April 20 Chicken Broccoli Divan Bake Mashed Potatoes Cranberries Bread and Butter Dessert	April 21 Sweet and Sour Pork over Rice Vegetable Egg Roll Fruit Cocktail Bread and Butter	April 22 Roast Beef Mashed Potatoes, Gravy Beets Banana Bread and Butter	April 23 Cheddarwurst on a Bun Scalloped Potatoes Calico Baked Beans Applesauce Dessert
April 26 Hamburger Melt with Cheese and Onions Tater Puffs Peas Tropical Fruit Bread and Butter	April 27 Chicken Scampi with Peppers and Onions over Pasta Key West Vegetables Pears Dessert	April 28 French Onion Meatballs Mashed Potatoes Beets Apple Slices with Caramel Sauce Bread and Butter	April 29 Baked Ham Sweet Potatoes Green Beans Pineapple Dinner Roll and Butter	April 30 Crab Rangoon Casserole Roasted Broccoli Corn Fruit Pie Bread and Butter

**Reminder---** Call by 12pm the day before to cancel your meal

Waupaca- 715-258-9598

Weyauwega, Iola & Manawa- 920-867-3213

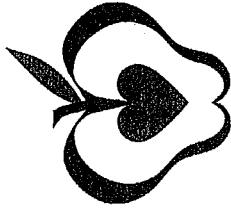
\*\* Menu Subject to Change\*\*



# Waupaca County Senior Nutrition Program

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## Home Delivered Meals

### Participants Served

#### 2021 Data

Site	December	January	February	March
Clintonville	36	35	37	37
Iola	14	15	16	10
Manawa	13	13	14	14
Marion	7	6	6	6
New London	23	23	28	26
Waupaca	70	69	75	73
Weyauwega	17	19	17	16
Total	180	180	193	182

\*New London Nutrition Site served an additional 5 participants from Outagamie County during the month of March 2021.