

Home Delivered Meals

Participants Served

2021 Data

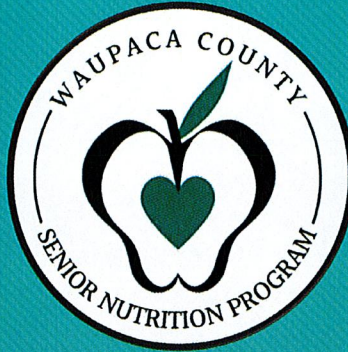
Site	December	January	February	March	April	May	June
Clintonville	36	35	37	37	41	36	38
Iola	14	15	16	10	14	15	17
Manawa	13	13	14	14	16	15	13
Marion	7	6	6	6	6	7	9
New London	23	23	28	26	26	26	25
Waupaca	70	69	75	73	63	70	67
Weyauwega	17	19	17	16	16	17	14
Total	180	180	193	182	181	186	183

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

*New London Nutrition site served an additional 4 participants from Outagamie County during the month of April 2021.

*New London Nutrition site served an additional 4 participants from Outagamie County during the month of May 2021.

*New London Nutrition site served an additional 4 participants from Outagamie County during the month of June 2021.



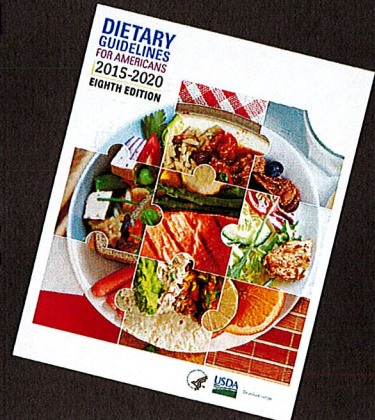
Annual Nutrient Analysis

Program Nutritionist: Heidi Draeger, RDN

The Goal

- Program Meals must follow the *Dietary Guidelines for Americans* and provide $\frac{1}{3}$ of all recommended intake

$\frac{1}{3}$



How do we meet this goal?

- The nutrition program uses 2 tools to ensure that our meals meet nutritional requirements
 - Meal Pattern – rules that we must follow when planning and creating the menus
 - We monitor this monthly.
 - Nutrient Analysis – how we check that the meal pattern is working
 - We check this twice a year and make adjustments as needed.

Results from 1st Check of 2021

- Tested several weeks of menus throughout May
 - Noted a few nutrients were below the mark – folic acid and potassium
- Adjusted the menus for the month of June

Nutrient Analysis was completed for the week of June 21-25

21 Hamburger on a Bun, Lettuce, Tomato Scalloped Potatoes Baked Beans Tropical Fruit	22 Beer Battered Cod, tartar Twice Baked Potatoes Coleslaw Applesauce Rye Bread and Butter	23 Lasagna Romaine Lettuce Salad, salad dressing Pears Garlic Bread	24 Bacon Ranch Chicken Baby Red Potatoes Carrots Banana Bread and Butter Rice Krispy Bar	25 Chili Mixed Vegetables Peaches Cornbread Dessert
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Results

Nutrient	Requirement	Program Average
Calories	675	742
Protein	19 grams	37.1 grams
Dietary Fiber	8 grams	10.6 grams
Saturated Fat	10% or less of total calories	10%



More Results - Minerals

Nutrient	Requirement	Program Average
Calcium	400 mg	524 mg
Potassium	1565 mg	1590.2 mg
Sodium	1200 mg or LESS	1118.1 mg
Magnesium	110 mg	123.2 mg
Zinc	4 mg	5.3 mg



More Results - Vitamins

Nutrient	Requirement	Program Average
Vitamin A	275 mcg RAE	1994 mcg
Vitamin B6	0.6 mg	.82 mg
Vitamin B12	.8 mcg	2.4 mcg
Vitamin C	30 mg	44.7 mg
Vitamin D	120 IU	131.3 IU
Folic Acid (Folate)	135 mcg	187.7 mcg



Healthy Eating

from

Head to Toe

Brain & Memory

Fiber
Healthy fats
Vitamin E

Eyes

Vitamin A
(Beta carotene)

Heart

Fiber
Healthy fats
Magnesium

Joints

Calcium
Healthy fats
Vitamin C
Vitamin D

Teeth

Calcium
Vitamin D
Phosphorus

Skin

Vitamin A
(Beta carotene)
Vitamin C

Digestive System

Fiber
Healthy fats
Good bacteria

Muscles

Protein
Potassium
Iron

Bones

Calcium
Vitamin D
Phosphorus

Nourish Your Body!

Nourish Your Body!

Healthy Eating

from

Head to Toe

As you age, it's important to choose foods that will keep your body healthy and strong. The best food choices are those that are filled with body-benefitting nutrients. What are the nutrients in foods that help keep your body healthy?

Minerals

Calcium helps build and maintain strong bones. Not getting enough calcium can increase your risk for brittle bones and fractures.

Best choices:

- Milk • Cheese • Yogurt
- Canned fish with bones
- Leafy green vegetables • Broccoli



Zinc plays an important part along with vitamin C in your body's defense against getting sick. It also helps heal wounds.

Best choices:

- Meats • Nuts • Beans and legumes

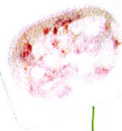
Healthy Fats

Healthy fats like olive oil, canola oil, almonds, and avocados are those that are unsaturated, which are usually liquid at room temperature. These fats help reduce cholesterol levels and lower blood pressure.



Good Bacteria

Probiotics found in yogurt are a type of healthy bacteria that live in your digestive system. This bacteria helps to keep your intestines healthy, digest your food, and keep you from getting sick.

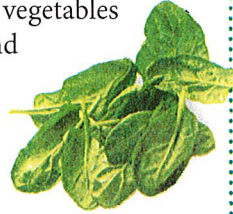


Vitamins

Vitamin A (Beta carotene) plays a very important role in your eyesight. It helps you see colors and improves your night vision.

Best choices:

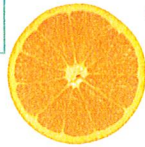
- Milk fortified with vitamin A
- Orange fruits and vegetables like cantaloupe and sweet potatoes
- Dark green leafy vegetables like spinach and kale



Vitamin C helps your body fight infection and can keep you from getting sick.

Best choices:

- Oranges • Strawberries
- Kiwi fruit
- Sweet red peppers
- Tomatoes
- Broccoli • Cabbage



Iron helps red blood cells carry oxygen to all parts of your body. Your body needs oxygen to stay alive.

Best choices:

- Meat • Fish • Eggs
- Beans • Dried fruits
- Leafy green vegetables
- Whole grains



Magnesium helps muscles and nerves function, keeps your heart strong, and strengthens bones.

Best choices:

- Whole grains
- Nuts • Seeds
- Leafy green vegetables
- Avocados • Beans
- Bananas • Milk



Fiber

Fiber helps you feel full while aiding in digestion and removal of waste.

Best choices:

- Fruits • Vegetables
- Nuts • Whole grains
- Beans • Seeds



Protein

Foods that are high in protein help your body build, maintain, and repair tissues.

Best choices:

- Meat • Poultry • Fish • Beans
- Legumes • Nuts • Seeds • Eggs
- Peas • Yogurt • Milk



Vitamin D helps maintain bone density and prevent osteoporosis while helping to absorb another bone-strengthening mineral—calcium



Best choices:

- Milk fortified with vitamin D
- Fish • Egg yolks • Fortified cereal

Vitamin E works to protect the cells and tissues in your body from damage.

Best choices:

- Whole grains • Leafy green vegetables
- Vegetable oils • Egg yolks
- Nuts and seeds

Vitamin K is a nutrient that can affect how your medicine works if you take a blood thinner. You may need to limit foods that are high in vitamin K.

Foods include:

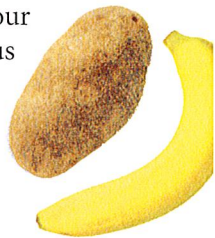
- Leafy green vegetables
- Brussels sprouts • Broccoli



Potassium keeps your muscles and nervous system working by keeping the right amount of water in your cells and body fluids. It can help reduce high blood pressure and the risk of kidney stones.

Best choices:

- Potatoes • Bananas
- Tomatoes
- Mushrooms
- Green vegetables like broccoli and spinach
- Yogurt



County/Tribe Requesting Additional Custom Questions:

Waupaca

Up to 3 additional custom questions can be added - please complete your questions in the following format:
Limit responses to no more than 5.

Question to ask:	Responses	Question Options:
Example: How many times per month do you eat a Senior Dining meal?	1-5	Check all that apply
	6-10	Check only one <input checked="" type="checkbox"/>
	11-15	Required to answer
	16-20	Applies to CM Survey <input checked="" type="checkbox"/>
	20+	Applies to HDM Survey
		Applies to both Surveys

1 Question to ask:	Responses	Question Options:
Would you benefit from access to transportation services or assistance? Yes	Yes	Check all that apply
No	No	Check only one <input checked="" type="checkbox"/>
		Required to answer
		Applies to CM Survey
		Applies to HDM Survey <input checked="" type="checkbox"/>
		Applies to both Surveys

2 Question to ask:	Responses	Question Options:
Are there safety concerns within your home or property that you need assistance addressing? Yes	Yes	Check all that apply
No	No	Check only one <input checked="" type="checkbox"/>
		Required to answer
		Applies to CM Survey
		Applies to HDM Survey <input checked="" type="checkbox"/>
		Applies to both Surveys

3 Question to ask:	Responses	Question Options:
Please rate your interest in receiving information about other services available through the ADRC. (1 - Not Interested, 5 - Very Interested)	1 - Not Interested	Check all that apply
Other services include: General Information and Assistance, Long Term Care Planning and Assistance, Benefit Planning and Assistance, Supportive Services for Seniors, Transportation Services	2	Check only one <input checked="" type="checkbox"/>
	3 - Neutral	Required to answer
	4	Applies to CM Survey
	5 - Very Interested	Applies to HDM Survey <input checked="" type="checkbox"/>
		Applies to both Surveys

Tell Us What You Think.....*Your Opinion Matters!*

(Agency Name) Senior Dining Survey – 2021

1. How often:

	Never	Rarely	Sometimes	Usually	Always
Are you satisfied with the way the food tastes?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Are you satisfied with the way the food looks?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. When you eat at the dining center, how much of your **total daily food intake** is from this meal?

- Less than one-third (1/3)
- About one-third (1/3)
- About half (1/2)
- About two-thirds (2/3)
- More than two-thirds (2/3)

3. How often do you eat a meal at the senior dining center?

- Less than once per week
- Once or twice per week
- Three or four times per week
- Five or more times per week

4. What prevents you from attending more often? (Mark all that apply)

- I need transportation.
- I need a special diet that is not available (please describe) _____
- I have an illness or health condition that prevents me from attending more often.
- I do not want to attend by myself.
- The program requires meal reservations in advance.
- The program is not available on the days I want to attend.
- The program is not available during the time of day that I want to attend.
- Other (please describe) _____
- I do not wish to attend more often.

5. Would you recommend the Dining Program to a friend or family member?

- Yes
- No
- Don't know

Continue survey on next page →

6. In general,

Hardly Ever

Some of the time

Often

How often do you feel that you lack companionship?

How often do you feel left out?

How often do you feel isolated from others?

7. Please tell us about your overall experience at the dining center. How often do you feel:

Never

Rarely

Sometimes

Usually

Always

Welcome at the dining center.

Like you fit in at the dining center.

Accepted for who you are at the dining center.

8. What is your race/ethnicity? (Mark all that apply)

American Indian/Alaskan Native

Asian

Black/African-American

Hispanic/Latino

Native Hawaiian/Pacific Islander

White/Caucasian

Other (describe) _____

*can we add a disclaimer?
age, gender?*

9. If you could change one thing about the Dining Program, what would that be?

Other Comments:

Thank you for your feedback

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1 Question to ask:	Responses	Question Options:
Do you have any requests for topics, speakers, or events you would like Open Answer attend held at a congregate dining site?		Check all that apply
Examples may include: healthy aging presentations, cooking demonstrations, coffee with a public official, nutrition site book club, BINGO, etc.		Check only one
		Required to answer
		Applies to CM Survey <input checked="" type="checkbox"/>
		Applies to HDM Survey
		Applies to both Surveys

2 Question to ask:	Responses	Question Options:
		Check all that apply
		Check only one
		Required to answer
		Applies to CM Survey
		Applies to HDM Survey
		Applies to both Surveys

3 Question to ask:	Responses	Question Options:
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		Check only one
		Required to answer
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