



# NUTRITION NEWS

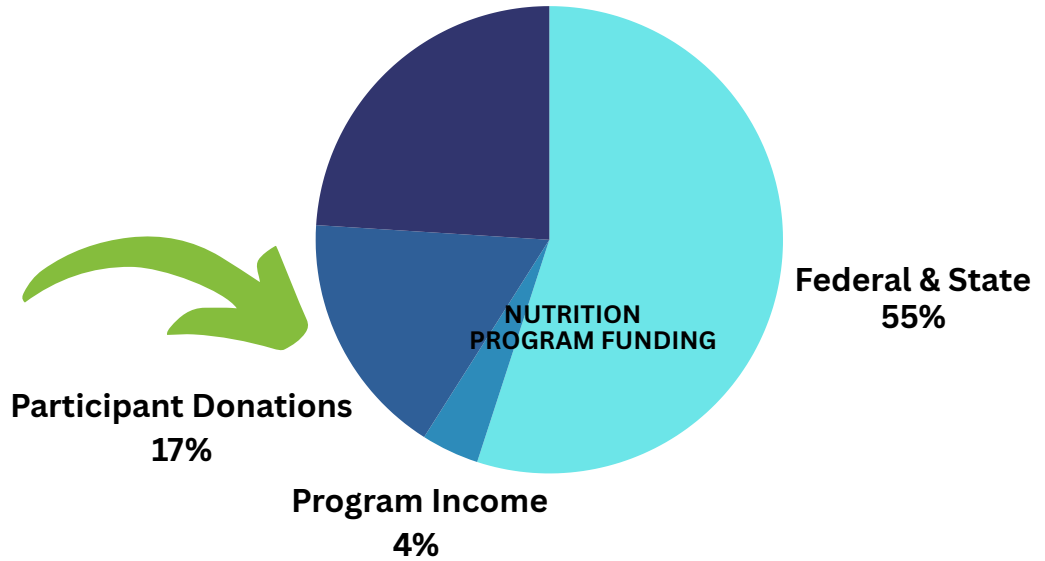
Published by the Area Agency on Aging of Dane County  
October, November, December 2024



Local (County, City, Village, Township)

24%

## YOUR \$5.00 SUGGESTED DONATION MAKES A DIFFERENCE



**1. Question: I heard that the cost to provide meals is changing. I don't understand all of these numbers. Can you help me understand what's happening?** Home delivered meals and the meals that are eaten at the Senior Dining Sites have many funding sources: program income (from selling full cost meals), participant donations, local, state, and the federal Older Americans Act. This federal Act requires that diners must be given the opportunity to voluntarily contribute or 'donate' toward the cost of their meal. We rely on these donations to make up the balance of program costs. If you're age 60+, you're asked to donate what you can afford toward the cost of your meal. If you're under age 60, you don't have the option to donate, but instead must pay for the full cost of the meal.

**2. Question: How much should I donate?** In order to have some idea of what to donate, we provide two numbers for you to use as a gauge for determining what to give --the Actual Full Cost of producing the meal and Dane County's Minimum Suggested Donation.

**Actual Full Meal Cost:** This is what it costs when food, labor/staff, supplies, delivery, and building costs are factored in. In 2024-2025, the actual meal cost is **\$13.56** for a congregate meal at the Dining Site, while home delivered meals cost **\$12.67**. \*The large volume of home delivered meals distributed throughout Dane County cause this rate to be lower than congregate.

**Suggested Minimum Donation:** To help us cover program costs and to continue to serve 1100 meals each day, we are asking for a suggested minimum donation of **\$5.00** per meal. If you can afford to give more, please do. If you are unable to contribute the suggested donation of **\$5.00** per meal, please know that we understand and ask that you only give what you can afford. All donations are important and confidential and we value any amount that you are able to give. No eligible individual will ever be denied a meal if you are unable to donate.

Thank you for being a part of this wonderful program. We enjoy serving you!

# PANTRY STAPLES

With cold weather approaching, now is a good time to take inventory of what's in your pantry and stock up on a few staples. Use the ideas below to stock your pantry, fridge, and freezer for simple meals. Personalize the list with foods you frequently use.

## CANNED, DRIED, OR PACKAGED GOODS

**Protein:** salmon, chicken, tuna, sardines, beans (black, pinto, white, kidney, garbanzo), nuts, jerky, or lentils

**Soups and broth:** Adding vegetables and protein to canned broth or stock can make a quick and easy meal when in a pinch. Canned soup is a convenient and inexpensive way to create a warm, filling meal.

**Vegetables:** tomatoes, corn, green beans, peas, carrots, peppers, and beets allow you to consume servings of vegetables without needing fresh options on hand.

**Fruit:** pineapple, mandarin oranges, peaches, pears, or fruit cocktail. Make sure to look for canned fruit in 100% juice or water instead of syrup. Applesauce and dried fruits such as raisins, cranberries, prunes, and dates are also great options.

## SPICES

Mrs. Dash, dried herbs, garlic or onion powder, chili powder, cumin, cinnamon, and turmeric are just a few go-to spices that can elevate flavor in any meal!

## GRAINS

Rice (brown, white, wild), quinoa, oats, whole grain pasta, crackers, rice cakes, tortillas, granola bars, and boxed dry cereal offer energy, B-vitamins, and fiber.

## WHOLE FOODS

Potatoes, garlic, and onions can last in your pantry for weeks, maybe even months! They are easy to incorporate in a variety of meals and offer a great source of fiber, vitamins, and minerals.

## OILS, VINEGARS & SAUCES

Extra virgin olive oil, avocado oil, apple cider or balsamic vinegar, mayonnaise, marinara sauce, low sodium soy sauce, ketchup, mustard, peanut butter, and honey. Having these oils, sauces, and vinegars on hand allows you to create dressings, marinades, or toppings for any dish.



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## Healthy Aging:

## Stand Up For Your Health

Do you sit more than 6 hours a day?

Join a Stand Up Workshop Series to work on your stand-up habits and to decrease your sedentary behaviors!

**When:** Mondays @ 2:30-4 PM  
January 27, February 3, 10, 17 & March 17, 2025

**Where:** Virtual - Zoom

**Cost:** Free (option to contribute \$15 to cover class materials)

**Register by:** January 13, 2025  
Contact Shannon at 608-261-5678 or  
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