

What's on your plate... and why?

Federal, State, County, and Local Funding, along with older adult contributions (donations), fund this program. Utilizing Federal Older American Act Funding requires the Dane County Senior Nutrition Program to follow many operational rules. If you've ever wondered why we serve the food we do, hopefully this will answer your questions! Take a look at what **MUST** be served in our meals to receive funding:



Fellowship, Food & Fun



Milk

8 fluid ounces of milk (1 cup)

Products sold as 'milk' but made from plants (almond, rice, and coconut 'milk') are not included as a satisfactory option because their overall nutritional content is not similar to dairy milk. *Soy milk meets requirements, but at this time, affordable single serving portions aren't available.

Protein

3 ounces of animal-based protein OR 3 ounce-equivalent of plant based protein

Some examples: chicken, beef, pork, turkey, fish, seafood, cheese, cottage cheese, eggs, beans, dried peas, lentils, soy-based products, nuts or peanut butter, seeds, or yogurt.

Fats/Oils

1 tsp. of butter or oils used in cooking or on the side.

That pat of butter with your roll or slice of bread is there for a reason!

Grains

1 ounce of grain = bread, dinner roll or bun, tortilla, bagel, biscuit, cornbread, crackers, English muffin, oatmeal, pancake, ready-to-eat cereal, stuffing, or cooked grains such as rice, pasta, barley, bulgur, quinoa

50% of all grains **MUST** be whole grains. When we serve 5 meals per week, that means at least 3 of the meals must include a whole grain product. We also must meet fiber goals (refer to nutrient section) so sometimes we serve whole grains more often to meet those requirements, too!

Nutrients

Program standards are based on the Dietary Reference Intakes and Dietary Guidelines for Americans for the general public and older adults. Each meal should contain:

Calories: 600+
Protein: 25 grams+
Dietary fiber: 8 grams+
Sat. fat: <10% of calories
Calcium: 400 mg+
Potassium: 1100 mg+
Sodium: 1200 mg or less
Vitamin B12: 0.8 mcg
Vitamin D: 120 IU

Fruits/Vegetables

3 servings of fruits or vegetables

1 serving equals =

- 1/2 cup fresh, frozen, or canned produce
- 1 cup of leafy greens
- 1/4 cup dried fruit

Each week, we must include these varieties of vegetables in the meals to meet nutrient goals:

Dark Green Vegetables:

-1 serving/week-
leafy greens (spinach, kale, collard, romaine, mixed greens), broccoli, bok choy
Not included: green peas, green beans, zucchini, cucumbers

Red/Orange Vegetables:

-2 servings/week-
carrots, red peppers, sweet potatoes, winter squash, tomatoes

Beans/Peas:

-1 serving/week-
peas: split, chickpea, black-eyed;
beans: black, kidney, refried cannellini, garbanzo, baked, lentils. *Can't count as a protein serving AND a vegetable - one or the other

Starchy Vegetables:

-2 servings/week-
corn, peas, any variety of potatoes

Dessert

State & Federal guidelines list dessert as optional, but in Dane County, we serve desserts most days of the week for enjoyment! Sometimes we may opt to eliminate dessert with a meal if the rest of the meal components are expensive, it's a breakfast meal, or the meal is overall getting too high in fat (refer to nutrient section).

Common Statements:

The meal you're serving isn't enough food - or - the meals are way too big for one person.

Everyone's appetite, activity level, and overall body's needs vary. We base the portion size off of the Dietary Guidelines for older adults, costs, packaging, and meeting the minimum federal serving portion and nutrient guidelines. Save some of the meal for later or add a snack in if you're still hungry.

I love/hate the food you're serving!

While we take all feedback into consideration, we work with 13 different caterers across Dane County to serve 1200 meals per day. You're bound to love or hate some of the meals.

Thank you for being a Dane County Senior Nutrition Program customer!





Senior Farmers' Market Nutrition Program June 1 – October 31, 2025



Starting in June, the Area Agency on Aging (AAA) of Dane County will distribute farmers' market vouchers to older adults for use in purchasing \$25* of Wisconsin grown fruit, vegetables, or herbs at farmers' markets and roadside farm stands.

The vouchers are distributed on a first come/first serve basis to those age 60+ or Native Americans age 55+, who live in Dane County, and have gross incomes under \$28,953 per year (or \$2,413/month) for a one-person household and \$39,128 per year (or \$3,261/month) for a two-person household. One set of vouchers is available per person.

Individuals that received vouchers last year will automatically receive an application by mail this year. If you wish to apply to the program, or need to update your mailing address, contact AAA Dietitian Shannon Gabriel at 608-261-5678 or Gabriel.Shannon@danecounty.gov. Applications will be mailed out in early May. Once we receive and approve your application, vouchers will be mailed starting on Monday, June 2nd. Voucher distribution will continue until we run out or reach the distribution deadline of September 30th.

*Please note: funding is subject to change without prior communication.

"This program is funded by the United States Department of Agriculture. USDA is an equal opportunity provider and employer."

EAT WELL, CARE WELL: STRESS AWARENESS

Stress is common and affects everyone differently. It's important to figure out what causes your stress so you can manage it. If left unmanaged, stress can harm your health by raising blood pressure, causing headaches, interrupting digestion, and even increasing the risk of heart disease. Here are some easy ways to manage stress:

- Eat healthy foods: A diet full of nutrients and antioxidants can help your body fight stress.
- Laugh often: Laughter boosts feel-good chemicals in your brain that reduce stress.
- Exercise daily: Staying active is a way to relieve stress and improve your overall health.
- Practice deep breathing: Simple breathing exercises can calm your body and mind. Try the 4-7-8 method or look up videos online for guidance.

4-7-8 Method

This easy breathing exercise can help you feel calm:

1. Lie down or sit comfortably.
2. Place one hand on your belly and one on your chest.
3. Nose breathe in for 4 seconds.
4. Hold your breath for 7 seconds.
5. Mouth breathe out slowly for 8 seconds.
6. Repeat a few times until you feel relaxed.

For more information on this publication,
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