

# Meals On Wheels

LEADERSHIP ACADEMY

## Multiple Options for Menu Planning: Can Meat and Potatoes Co-Exist with Soup and Sandwiches?

The webinar will begin at 3:30 p.m. EDT



Presenter: Ayn Yeagle, MS, RD  
Facilitator: Magda Hageman-Apol

# Multiple Options for Menu Planning: Can Meat and Potatoes Co-exist with Soup and Sandwiches?

Ayn Yeagle, Montachusett Opportunity Council, Inc.

# Menu Influences

Nutrition  
Standards

Demographics

Health /Chronic  
Disease

Budget/Operations

Consumer  
Preference/Input

# Nutrition Standards

# Federal Nutrition Standards

Section 330 of the OAA Elder Nutrition Program  
Meals:

- Meet the most recent *Dietary Guidelines for Americans*
- Provide a minimum of one-third of the Dietary Reference Intakes (DRIs) established by the Food and Nutrition Board
- Comply with applicable provisions of State and local food service laws

# General Calorie Recommendations for Older Adults

	Sedentary	Moderately Active	Active
Women, age 51+	1,600 Calories	1,800 Calories	2,000-2,200 Calories
Men, age 51+	2,000 Calories	2,200-2,400 Calories	2,400-2,800 Calories

# 2010 Dietary Guidelines

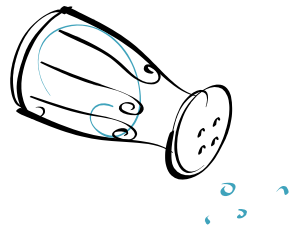
## Two Overarching Concepts:

- Maintain calorie balance over time to achieve and sustain a healthy weight
- Focus on consuming nutrient-dense foods and beverages

29 Key Recommendations

# 2010 Dietary Guidelines

## Food/Food Components to Reduce



### SODIUM

Reduce intake to 1500 mg per day for

- Adults ages 51+
  - African Americans ages 2+
  - People ages 2+ with high blood pressure, diabetes, or chronic kidney disease
- The 1500 mg recommendation applies to half the total population (ages 2+) and to the majority of adults



# 2010 Dietary Guidelines

## Food/Food Components to Reduce

Less than 10% calories from saturated fatty acids

Less than 300 mg per day dietary cholesterol

Keep *trans* fatty intake as low as possible

Reduce calories from solid fats and added sugars

Limit foods that contain refined grains

# 2010 Dietary Guidelines

## Food/Food Components to Increase

Increase fruit and vegetable intake

Eat variety of vegetables, especially dark-green and red and orange vegetables and beans and peas

Consume at least half of all grains as whole grains

Increase intake of fat-free or low-fat milk

# 2010 Dietary Guidelines

## Food/Food Components to Increase

Choose variety of proteins; include seafood, lean meat & poultry, eggs, beans & peas, soy products, unsalted nuts

Increase amount & variety of seafood by choosing seafood in place of some meat and poultry

Use oils to replace solid fats where possible

Choose foods that provide more potassium, dietary fiber, calcium and vitamin D (nutrients of concern in American diet)

# Federal Nutrition Standards

## Dietary Reference Intakes

- Provide a minimum of one-third of the Dietary Reference Intakes (DRIs) (two-thirds if two meals are served)
- DRIs are a comprehensive set of nutrient reference values for healthy populations that can be used for assessing and planning diets.
- Specific values vary by age (51-70, 70+) and gender.

# Program Planning Considerations for OAA Nutrition Programs

- Provide meals that include all food groups.
  - Breakfast may be the exception since it does not always include foods from the vegetable group.
- Select a variety of foods within the grain, vegetable, fruit, milk, and meat groups to help ensure an adequate amount of nutrients and other beneficial substances are provided.
- Provide meals and beverages that are high in nutrients but within the calorie needs of program participants (i.e., nutrient-dense foods). Many people consume more calories than they need without getting recommended nutrient intakes.
- Encourage drinking water and other beverages with meals to ensure proper hydration.
- Provide opportunities for food choices based on individual needs and cultural food preferences.
- Provide a variety of healthful choices with equivalent nutrient content for people to choose from.

# Tips for Meal Planning

- Aim for most meals to be within an appropriate range for your participants, approximately 550 – 700 calories per meal.
- Use the DASH Eating Plan or the USDA Food Guide as a guide in planning balanced menus.
- Use lists of foods rich in selected nutrients (see DGAs Appendices) to use as a reference when planning menus.
- Use standardized recipes and the portion size specified in the recipe.
- Test standardized recipes before use to make sure they yield the amounts required, taste good, etc., and have nutrition information available for portion sizes.
- Focus on the total meal, not on one particular item, e.g., balance a higher calorie entrée with a lighter dessert and a plain vegetable.
- Identify high sodium foods, offer them infrequently and offer lower sodium alternative foods.
- Identify high potassium foods and offer them frequently.

SAMPLE MENUS (Food Groups Based on USDA Food Guide Meal Plan)

FOOD GROUP	GRAIN	VEGETABLE	FRUIT	MILK	MEAT & BEANS
<b>Servings for 550-700 calorie meals</b>	1.7 - 2 oz-equivalents	1.5 - 2 servings	1 - 1.3 servings	1 cup	1.7 - 1.8 oz-equivalents
<b>DAY 1</b>  Roast Turkey, Baked Sweet Potato, Broccoli, Whole Wheat Roll, Apple Raisin Crisp, Fat-free Milk + Coffee/Tea	2 oz-equivalents (1 small roll) (½ cup topping on crisp)	2 servings	1 serving	1 cup	2 oz-equivalents
<b>Day 2</b>  Latin Roasted Pork, Cuban Style Black Beans, Rice, Garden Salad + Italian Dressing, Strawberries + Graham Crackers, Fat-free Milk + Coffee/Tea	2 oz-equivalents (½ cup rice) (2 graham crackers)	2 servings (½ cup salad) (½ cup black beans)	1 serving	1 cup	3 oz-equivalents (2 oz pork) (½ cup black beans)
<b>Day 3</b>  Open-faced Meatloaf Sandwich, Baked Winter Squash, Waldorf Salad on Bed of Greens, Orange-Rice Pudding, Fat-free Milk + Coffee/Tea	2 oz-equivalents (1 oz slice bread) (½ cup rice pudding)	2 servings	1.25 servings (½ cup apples and raisins) (¼ cup orange juice)	1.5 cups (1 cup milk) (½ cup pudding)	2 oz- equivalents
<b>Day 4</b>  Stewed Chicken with Vegetables, Egg Noodles, 5-Bean Salad, Fresh Fruit with Yogurt Dip, Fat-free Milk + Coffee/Tea	2 oz-equivalent (1 cup noodles)	2 servings	1 serving	1.25 cups (1 cup milk) (¼ cup yogurt)	3 oz-equivalents (2 oz chicken) (½ cup beans)
<b>Day 5</b>  Baked Salmon, Wild Rice with Dried Apricots, Creamed Spinach, Whole Wheat Roll Fresh Fruit—Melon Ball Salad Fat-free Milk + Coffee/Tea	2 oz-equivalents (½ cup rice) (1 small roll)	1 serving	1.5 servings (½ melon ball salad) (¼ cup dried apricots)	1.5 cups (1 cup milk) (½ cup milk in spinach)	2 oz-equivalents

# DASH MEAL PLAN

FOOD GROUP	550 Calories per Meal	700 Calories per Meal	Serving Sizes
<b>Grains</b>	2 servings (Whole grains are suggested for most servings to meet fiber recommendations)	2 ½ - 3 servings	1 slice bread; 1 oz dry cereal (= ½ to 1 ¼ cups, depending on cereal type - check product's Nutrition Facts Label); ½ cup cooked rice or pasta
<b>Vegetables</b>	1 – 1 1/3 servings	1 ½ - 2 servings	1 cup raw leafy vegetable; ½ cup cooked vegetable; 6 oz vegetable juice
<b>Fruits</b>	1 – 1 1/3 servings	1 1/3 - 1 ¾ servings	6 oz fruit juice; 1 medium fruit; ¼ cup dried fruit; ½ cup fresh, frozen, or canned fruit
<b>Low-fat or fat-free dairy foods</b>	2/3 - 1 serving	2/3 - 1 serving	8 oz milk; 1 cup yogurt; 1 ½ oz cheese
<b>Meat, poultry, fish</b>	1/3 -2/3 serving	2/3 serving	3 oz cooked meats, poultry, or fish
<b>Nuts, seeds, legumes</b>	1 – 1 1/3 servings	1 ½ - 2 servings	1/3 cup or 1 ½ oz nuts; 2 Tbsp or ½ oz seeds; ½ cup cooked dry beans or peas
<b>Fat &amp; oils</b>	2/3 serving/week	2/3 - 1 serving/week	1 tsp soft margarine; 1 Tbsp low-fat mayonnaise; 2 Tbsp light salad dressing; 1 tsp vegetable oil
<b>Sweets</b>	0 servings	1 2/3 servings/week	1 Tbsp sugar; 1 Tbsp jelly or jam; ½ oz jelly beans; 8 oz lemonade



# Massachusetts Nutrition Standards

- ▣ Must meet 1/3 of the DRI for those 51 and over
  - Calorie range between 700 – 800 calories
- ▣ Fat content 30 – 35% of meal
  - 23 – 31 g of fat per meal
- ▣ Anti-oxidant vitamins A and C
- ▣ No added salt diet
  - Based on 2.3 gram of sodium diet
  - Meal not more than 1,300 mg
  - Try to stay under 1,000 mg

# Menu Planning – Protein

- Minimum of 15 grams of protein
- 3 oz high quality “A” meat two times per week
  - Chicken (breast or thigh or leg)
  - Turkey Breast
  - Roast Beef
- 2.5 oz “B” meat for remainder of the week
  - Ground Meats
  - Casseroles
  - Processed Meats
  - Meat Alternates

# Menu Planning – Anti-oxidants

◎ Good sources of vitamins A and C are required

◎ Vitamin A at least 20% of the RDA three times per week

- 900 ug = DRI males
- 180 ug = 20% DRI males
- 700 ug = DRI females
- 140 ug = 20% DRI females

◎ Vitamin C at least 20% of the RDA every day

- 90 mg = DRI males
- 18 mg = 20% DRI males
- 75 mg = DRI females
- 15 mg = 20% DRI females

# Menu Planning – Sodium

- If an entrée has more than 700 mg of sodium then it is considered a high sodium item
- Must offer a low sodium alternative
  - Example – ham, hot dog
- Gravies should be made with as low sodium as possible

# Menu Planning – Sodium

## How the MA Elderly Nutrition Program Meal Fits

The Elderly Nutrition program meal provides 700-1300 mg of sodium. Older adults who need to reduce sodium intake, should aim to not exceed the amounts listed below for their remaining meals.

Meal	Sodium
Breakfast	350-450 mg
Lunch	700-1300mg*
Dinner	550-650 mg
Total	1600 -2350 mg

\*The sodium provided in a meal may be lower than the lower end of the range. Two days per month a high sodium entrée is allowed (total meal <1800mg). High sodium entrees must be marked on the menu and an alternative provided.

# Menu Planning – Other Specs

## Whole Grains/Fiber

- High fiber bread at least three times each week
- High fiber vegetable 1 time per week

## Dessert

- One half-cup serving of dessert daily
- Fruit must be served as a dessert at least three times per week

## Milk/Milk Alternate

- One half pint whole, skim or low-fat milk fortified with Vitamins A and D
  - Contains 300 mg calcium

# Clinical Meals

- All meals can be ordered with modified cold pack – skim milk, controlled carbohydrate dessert.
- Clinical meals offered for those with certain medical conditions. Generally by physician order. Vary by program examples include:

- Cardiac
- Soft
- Puree


Low-Lactose  
Ground  
Renal

MOC Elder Nutrition Program  
For cancellations, please call  
978- 345-8501 Ext.1

**SEPTEMBER 2013**  
Menu is subject to change without notice  
Suggested voluntary donation: \$2.25

All meals include 1% milk



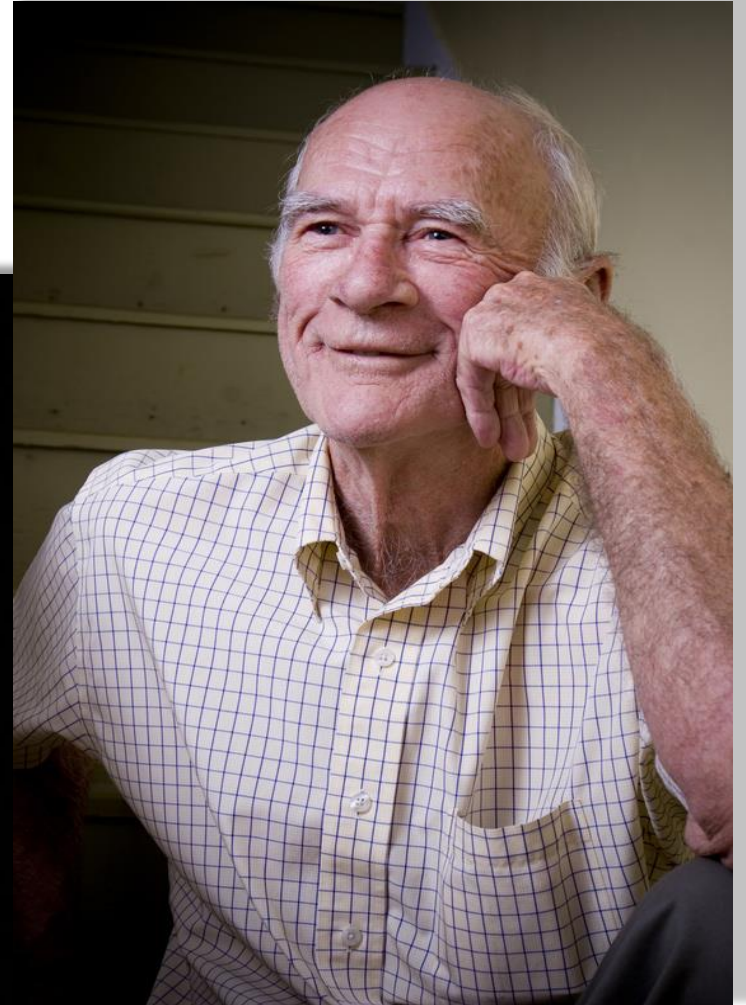
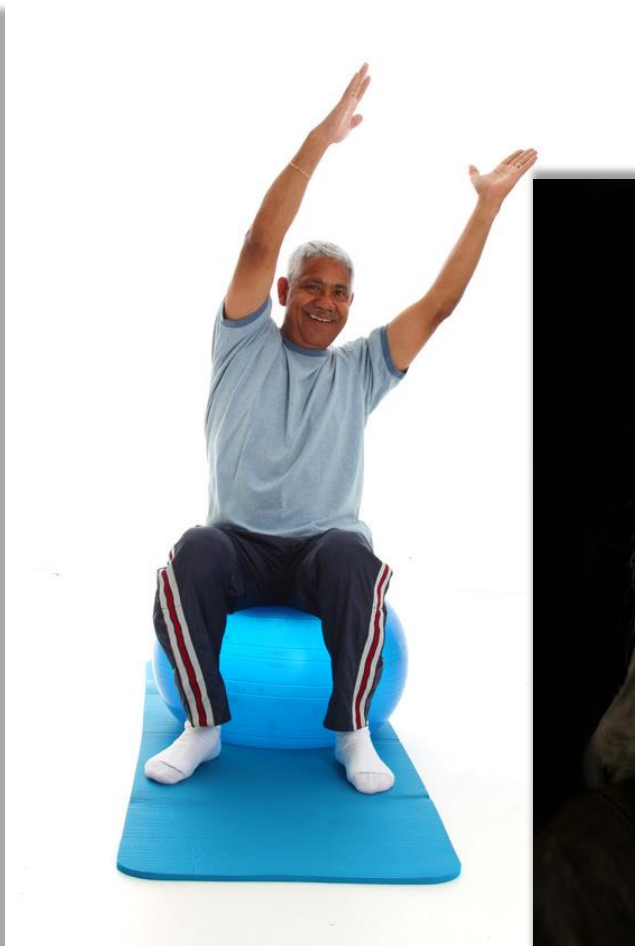
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HOLIDAY 	3 Stuffed Shell with Meatballs (2) and Tomato Basil Sauce	4 SPECIAL Baked Salmon with Herbed Dill Sauce Roasted Red Potatoes	5 Breaded Chicken Mixed Veggies Baked Beans	6 Meatloaf with Brown Gravy Mashed Potatoes

**Who provides nutrient input in your menu?**  
**How do you determine what is on your menu?**  
**Do you provide nutrient information/analysis?**  
**Is it linked with evidence-based nutrition information?**

16 White Chicken Chili with Fresh Cilantro Brown Rice Broccoli Biscuit Peaches  Calories: 596    %Fat: 20 Sodium: 799 mg	17 Roast Pork with Applesauce Mashed Potato Peas Whole Wheat Bread Snack Loaf Diet: Apple Graham  Calories: 508    %Fat: 24 Sodium: 226 mg	18 Chicken Meatballs with Swedish Sauce Herbed Egg Noodles Calif. Blend Veggies Pineapple  Calories: 530    %Fat: 27 Sodium: 357 mg	19 Cong: Three C Soup HDM: Broccoli Chicken Breast with Apricot Glaze Scalloped Potato Whole Wheat Bread Butterscotch Pudding Diet: SF Butterscotch Pudd.  Calories: 684    %Fat: 15 Sodium: 952 mg	20 Broccoli Bake O'Brien Potatoes Stewed Tomatoes Whole Wheat Bread Fresh Fruit (pear)  Calories: 680    %Fat: 27 Sodium: 1,078 mg
23 Cheese Tortellini with Red Sauce and Melted Mozzarella Cheese Calif. Blend Veggies Italian Bread Applesauce  Calories: 606    %Fat: 22	24 Potato Fish Green Peas Brown Rice with Red Pepper Whole Wheat Bread Strawberry Fruit Cup Diet: Fresh Fruit  Calories: 739    %Fat: 21	25 Breaded Chicken Mashed Potatoes Carrots Chocolate Pudding Diet: SF Chocolate Pudding  Calories: 623    %Fat: 32	26 COLD PLATE Cong: Minestrone Soup HDM: Macaroni Salad Turkey Salad with Cranberries Broccoli Salad Whole Wheat Bread Fresh Fruit  Calories: 676    %Fat: 34	27 Shaved Steak with <del>Jardiniere</del> Sauce Diced Potatoes with Fresh Rosemary Italian Green Beans Whole Wheat Bread Chocolate Chip Cookie Diet: Graham  Calories: 636    %Fat: 18



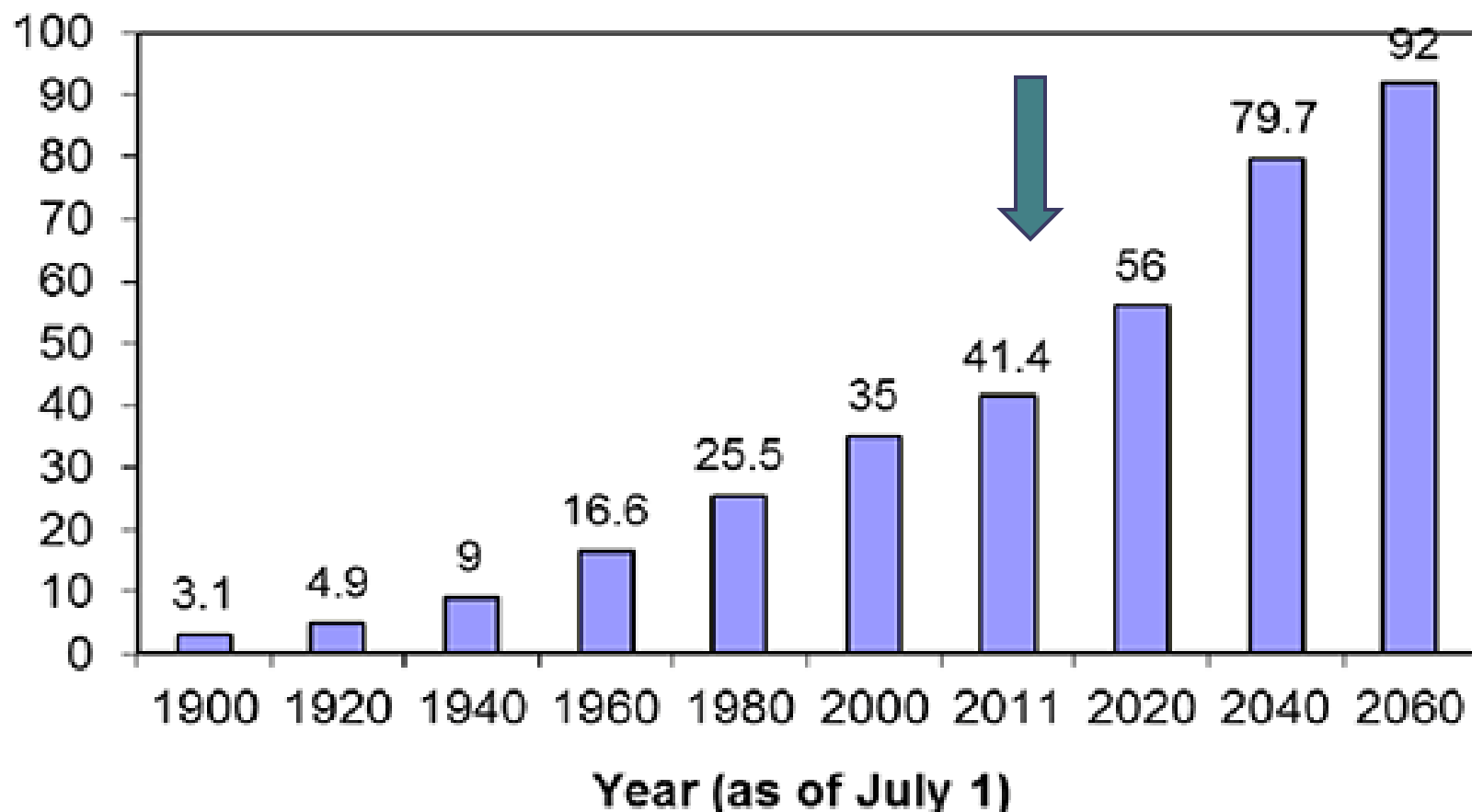
# Who Are We Serving?



# Demographics

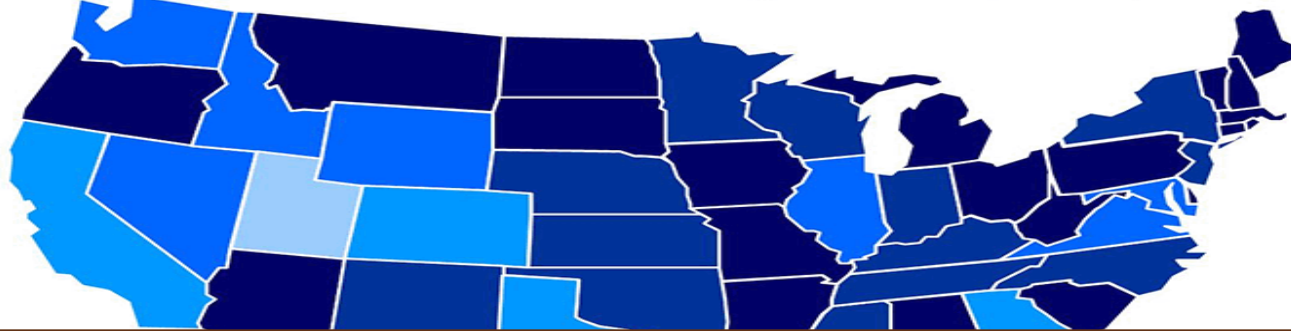
# We've All Heard About It

**Figure 1: Number of Persons 65+,  
1900 - 2060 (numbers in millions)**

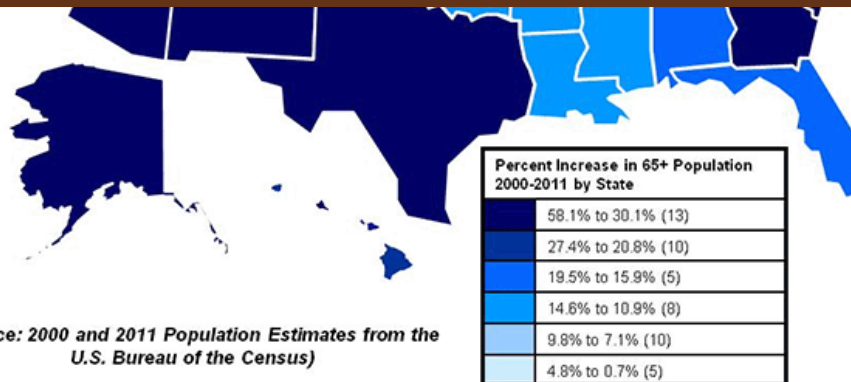


Source: [http://www.aoa.gov/Aging\\_Statistics/Profile/2011/docs/2011profile.pdf](http://www.aoa.gov/Aging_Statistics/Profile/2011/docs/2011profile.pdf)

Figure 4: Persons 65+ as a Percentage of Total Population, 2011



**How many seniors live in your catchment area  
(state, region, county or city)?  
What percentage do you serve?  
What is the age distribution  
(baby boomers vs oldest old)?**  
**American Fact Finder**



(Source: 2000 and 2011 Population Estimates from the  
U.S. Bureau of the Census)

U.S. Department of Commerce

United States<sup>™</sup>  
**Census**  
Bureau

AMERICAN  
**FactFinder**

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MAIN

COMMUNITY FACTS

GUIDED SEARCH

ADVANCED SEARCH

DOWNLOAD OPTIONS

English

Español

## ▼ Community Facts

Find popular facts (population, income, etc.) and frequently requested data about your community.

Enter a state, county, city, town, or zip code:

e.g., Atlanta, GA

GO

## ▶ Guided Search

## ▶ Advanced Search

## ▶ Download Options



## Search - Use the options on the left (topics, geographies, ...) to narrow your search results

### Your Selections

'Your Selections' is empty

#### Search using the options below:

##### Topics

(age, income, year, dataset, ...)

##### Geographies

(states, counties, places, ...)

##### Race and Ethnic Groups

(race, ancestry, tribe)

##### Industry Codes

(NAICS industry, ...)

##### EEO Occupation Codes

(executives, analysts, ...)

### To search for tables and other files in American FactFinder:

1

Enter search terms and an optional geography and click **GO**

-- or --

Select from **Topics**, **Race and Ethnic Groups**, **Industry Codes**, **EEO Occupation Codes**.

- these are added to 'Your Selections'
- the Search Results are updated

2

Next, select **Geographies** (states, counties, cities, towns, etc.)

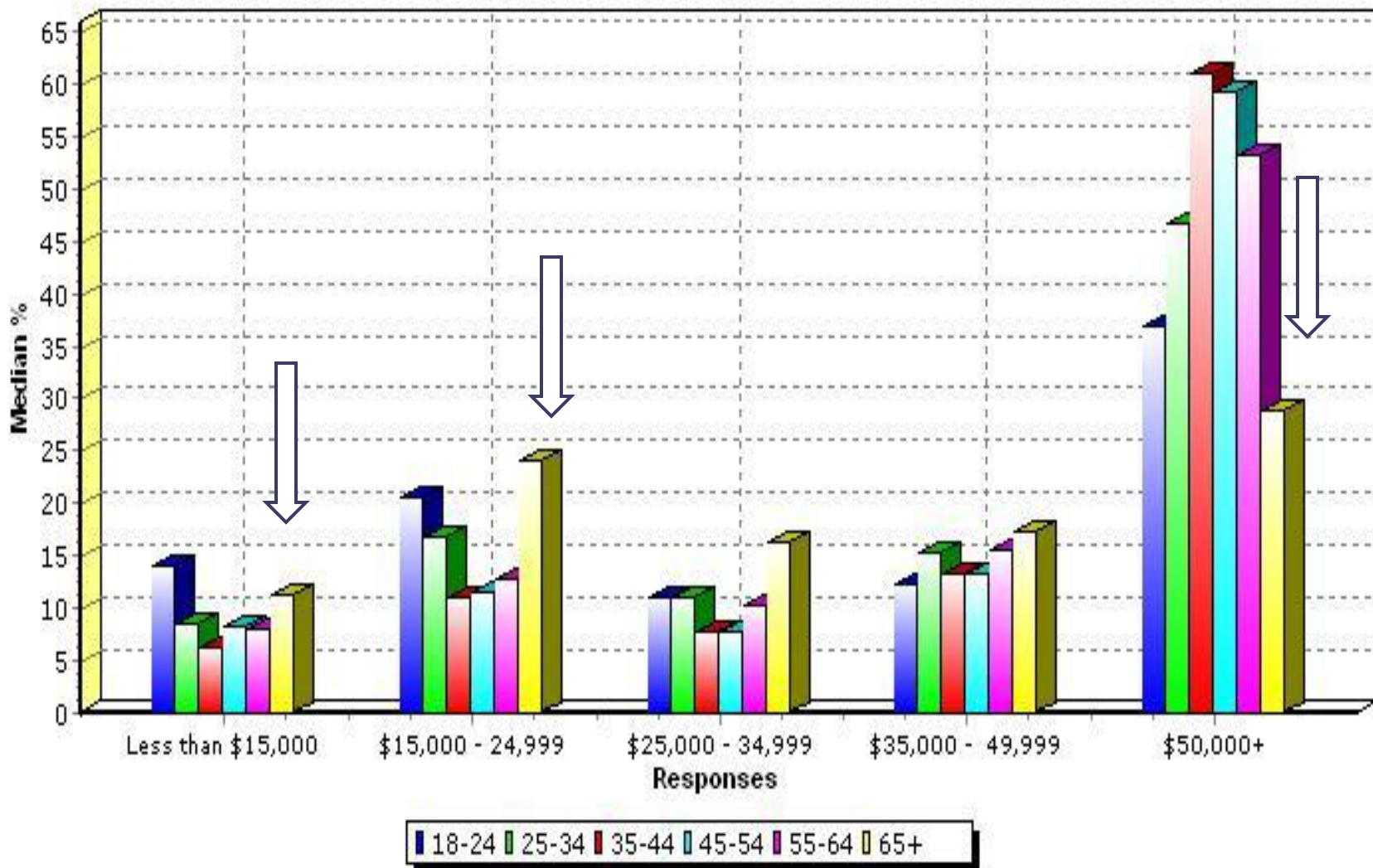
- these are added to 'Your Selections'
- the Search Results are updated

3

Select one or more Search Results and click **View**



## Income Level Nationwide (States, DC, and Territories) - 2010



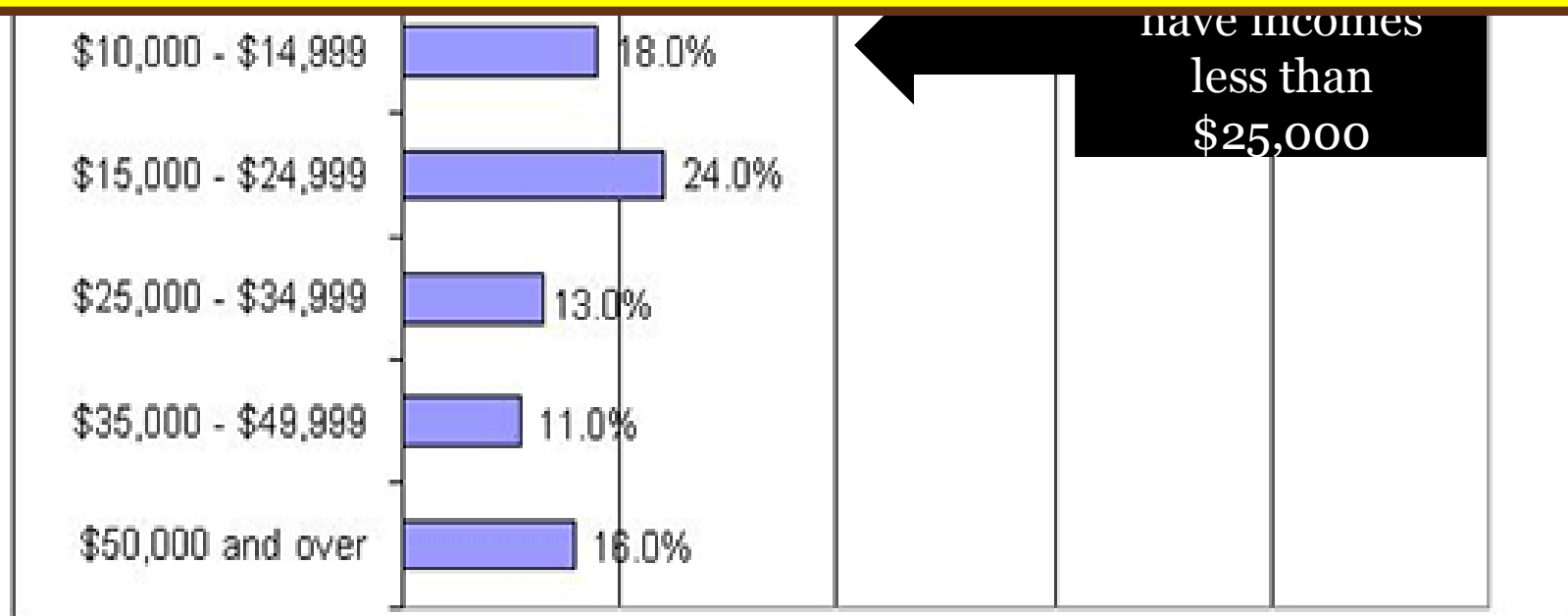
# Income

Persons 65+ Reporting Income, 2011

**How many seniors in your catchment area live in poverty?**

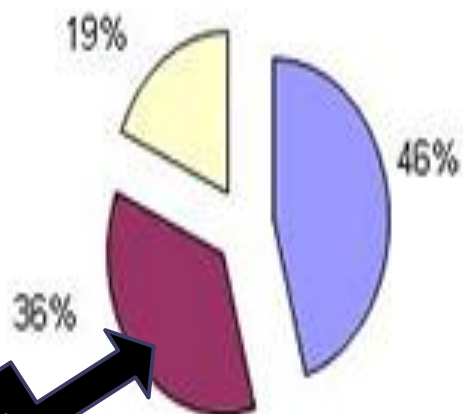
**American Fact Finder**

**What percentage do you serve?**





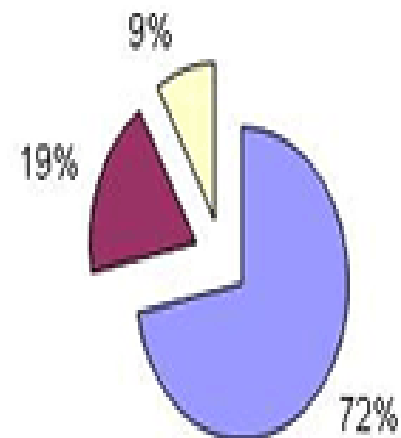
Women



More women  
live alone

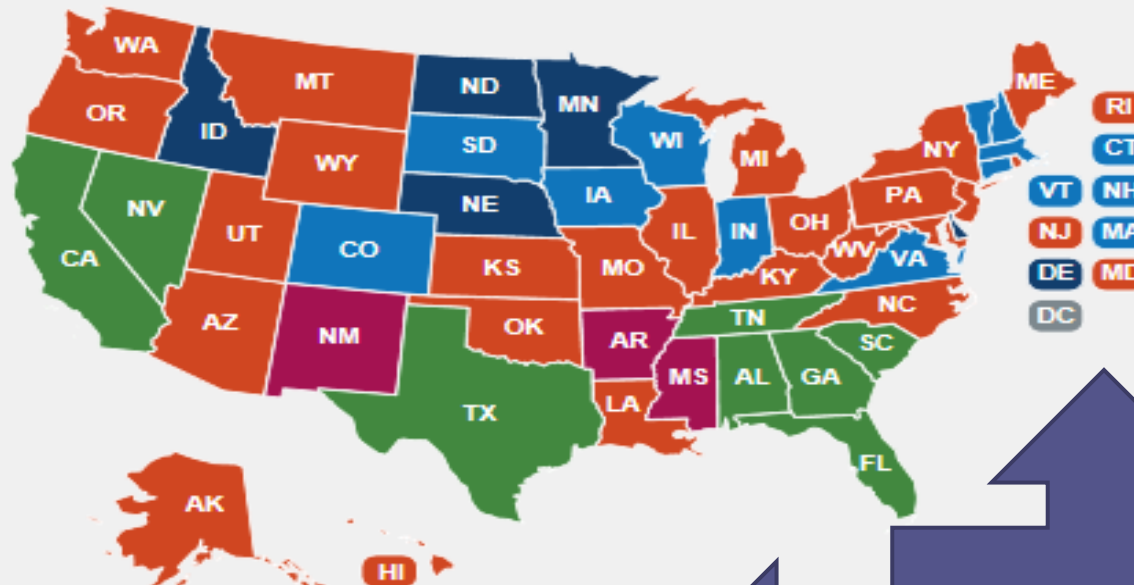
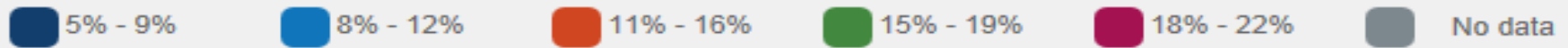
■ living with spouse ■ living alone □ Other

Men



■ living with spouse ■ living alone □ Other

## Food Insecurity - Seniors: Percentage of adults over age 60 who are marginally food insecure.



How does your  
state rank??

Overview

Graph

Rankings

Related Measures

Food Insecurity-Seniors is the percentage of adults aged 60 and older who are marginally food insecure. Respondents that answer yes to one or more questions on the Core Food Security Module (CFSM) are considered marginally food insecure. The CFSM contains 10 to 18 questions depending on whether or not the household contains children. Each question is designed to capture some aspect of food insecurity. The senior ranks are based on 2010 data from the Meals on Wheels Research Foundation's (now National Foundation to End Senior Hunger (NFESH)) *Senior Hunger in America 2010: An Annual Report*. Due to data availability, this measure also includes adults aged 60-64.

# Who Are You Feeding?

BORN	AGE IN 2010	LIKELY INFLUENCES	LIKELY EXPECTATIONS
Pre 1925	85+	Much of "Greatest Generation" bore brunt of Great Depression and WWII as young adults	Basic comforts, simple pleasures, old-fashioned values, frugal homestyle food choices
1925-1935	75-85	Were children during Great Depression/WWII; came of age as teens/young adults during great post-war boom; began working lives in prosperous late 40s, 50s	Success, prosperity during prime working life have fed expectations of having similar life in retirement; more culinarily adventurous than previous generation
1935-45	65-75	Came of age in 50s era of suburbia, traditional families; started working lives in late 50s, 60s during time of general prosperity	No adult experience of hard times and growing up in expanding consumer culture feeds need for individualized products, services
post-1945	under 65	Kids in 50s, teens/young adults in turbulent 60s; entered adulthood in hedonistic late 60s, 70s	Used to a culture that responds promptly to individual consumer demands

# The United States of Aging Survey 2013

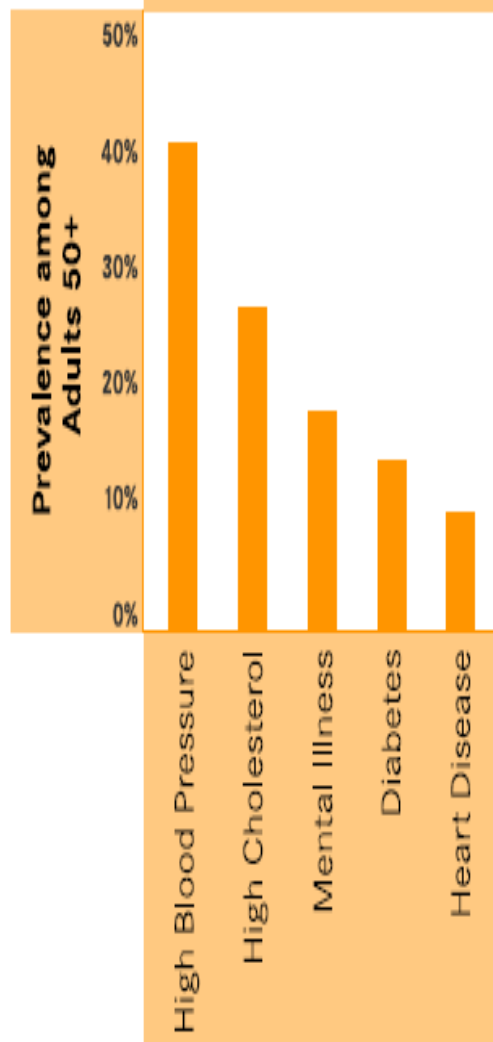
## ▣ Key Findings:

When asked what's most important to maintaining a high quality of life in their senior years:

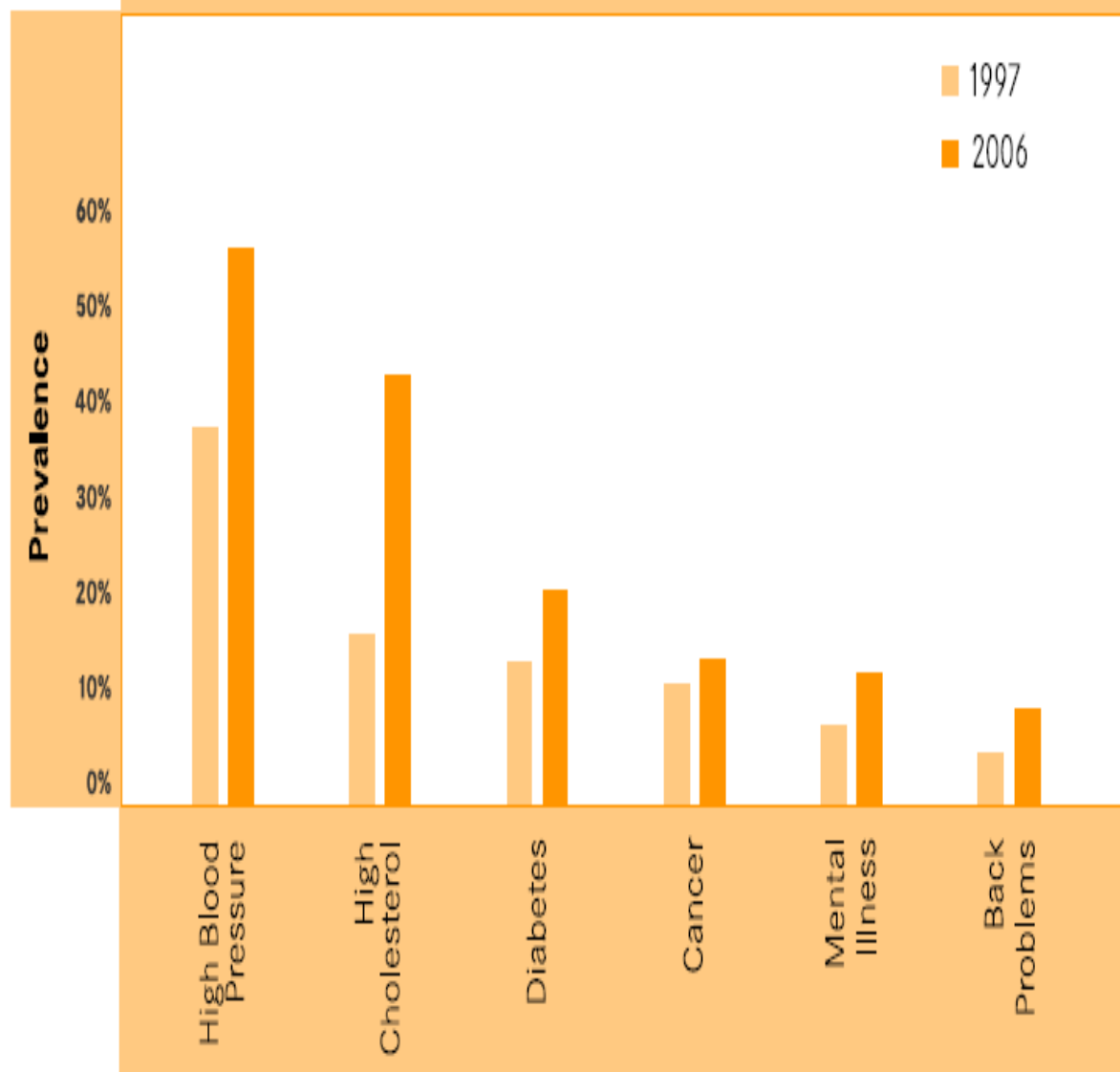
- **Staying connected to friends and family** was the top choice of 4 in 10 seniors, ahead of having financial means (30%).
- Seniors focused **on taking care of their health** are more optimistic about aging: nearly two-thirds (64%) of optimistic seniors have set one or more specific goals to manage their health in the past 12 months, compared with 47% of the overall senior population.
- Most seniors (71%) feel the **community they live in is responsive to their needs**, but less than half (49%) believe their community is doing enough to prepare for the future needs of the growing senior population.

# Health/Chronic Disease

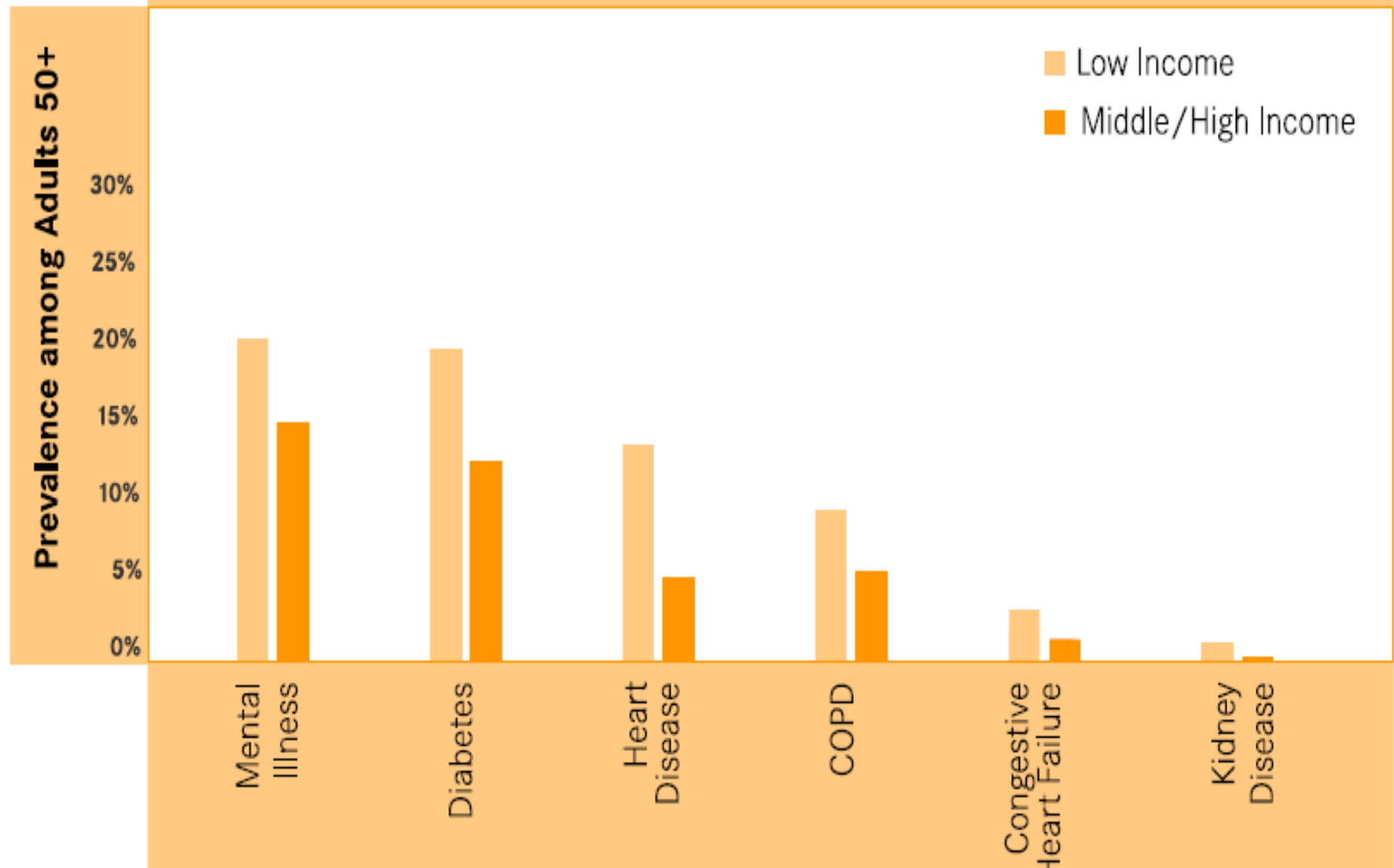
Some Conditions Are Very Common among Older Americans



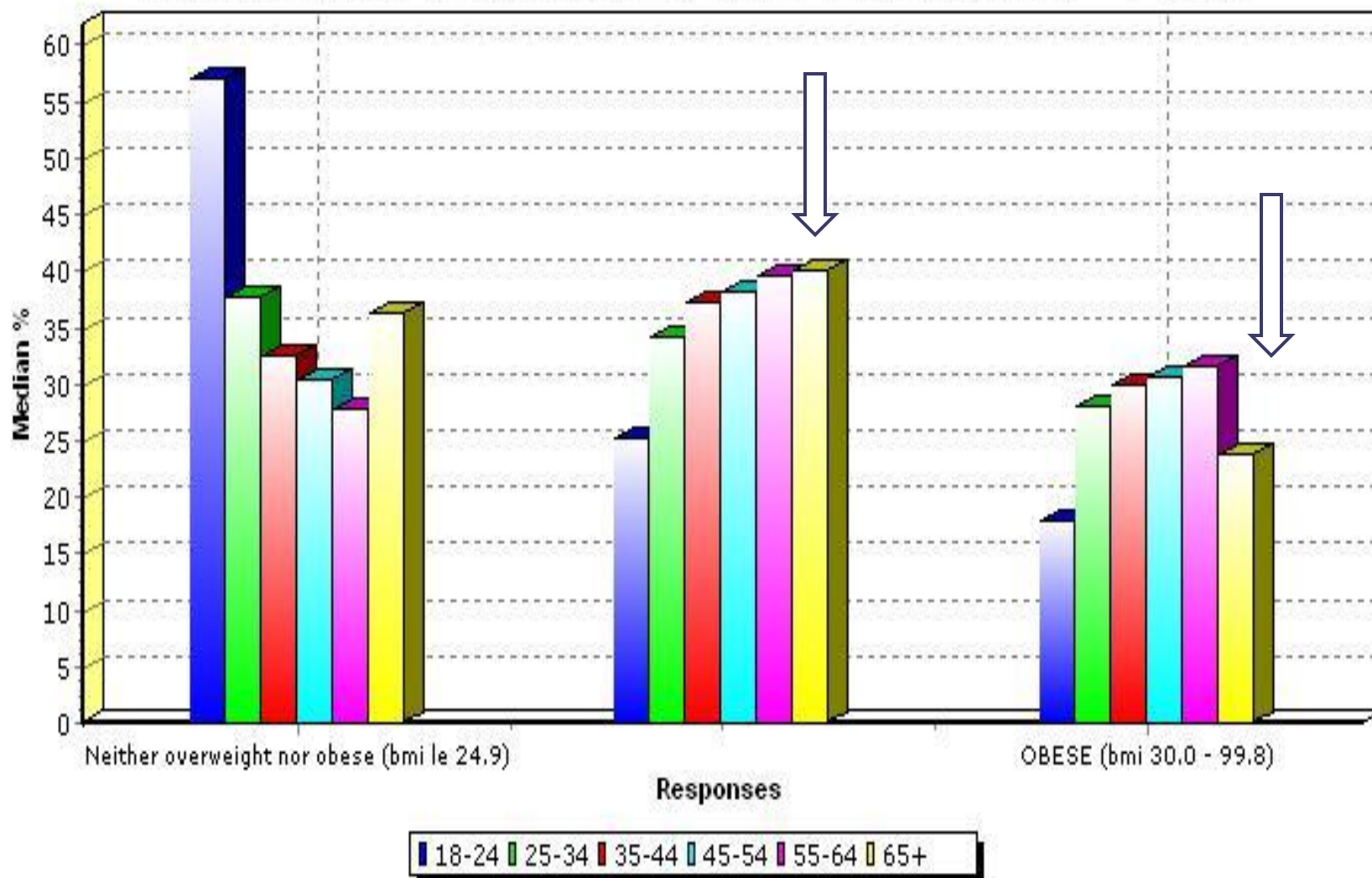
Many Chronic Conditions Are on the Rise among Medicare Beneficiaries 65+



## Many Chronic Diseases Are More Common among Low-Income Seniors



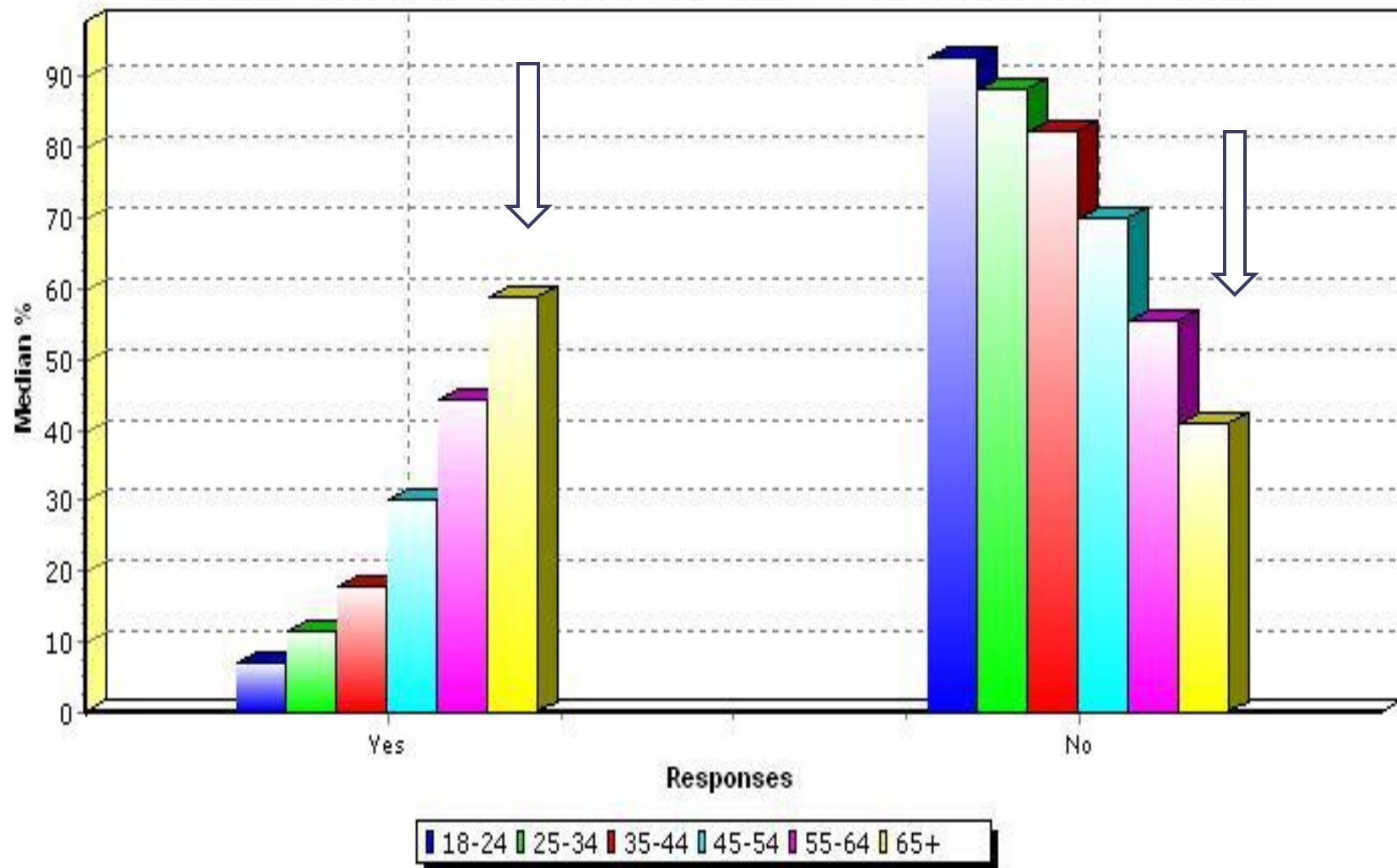
# Overweight and Obesity (BMI) Nationwide (States, DC, and Territories) - 2009



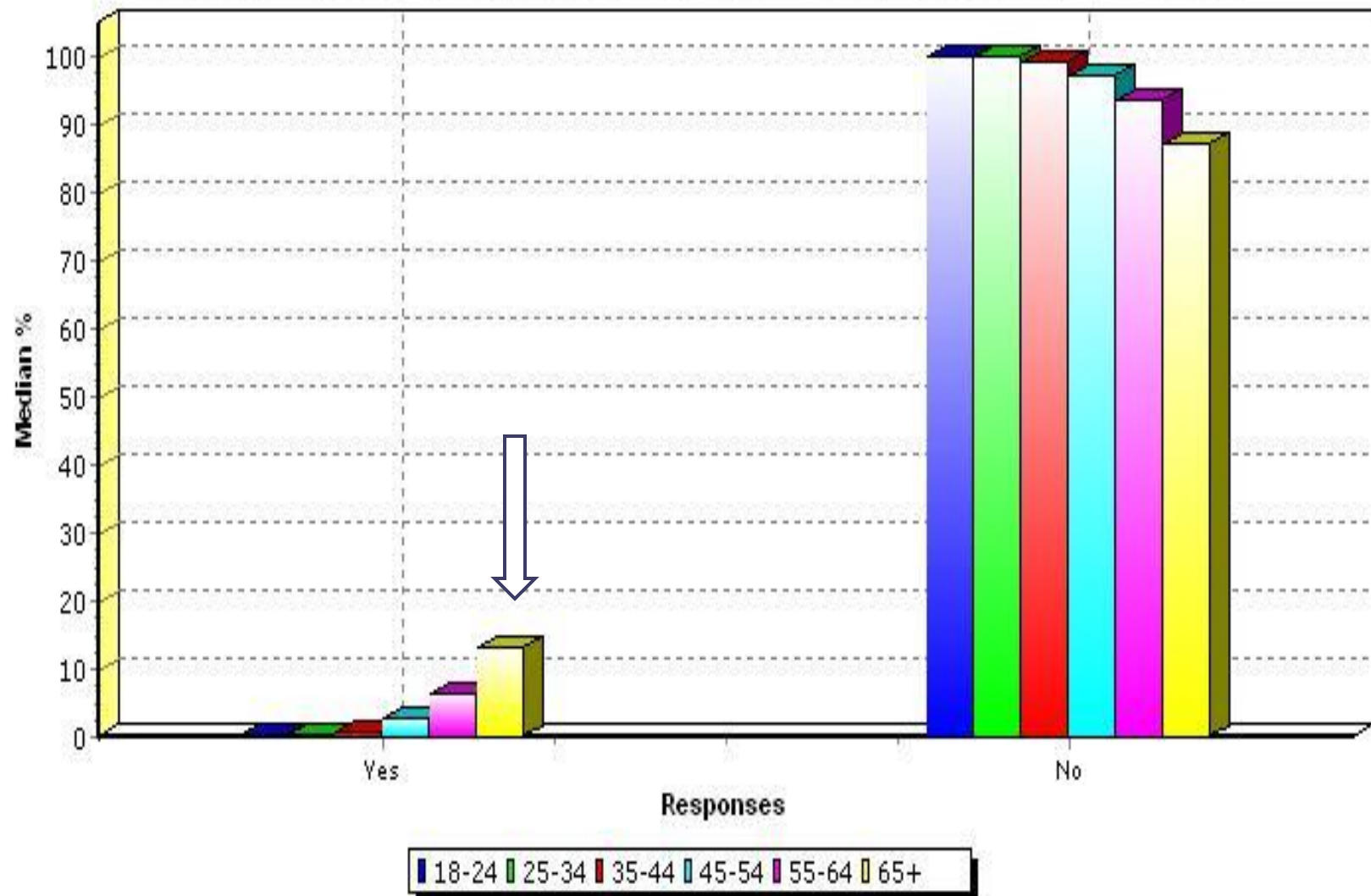
Source: Centers for Disease Control



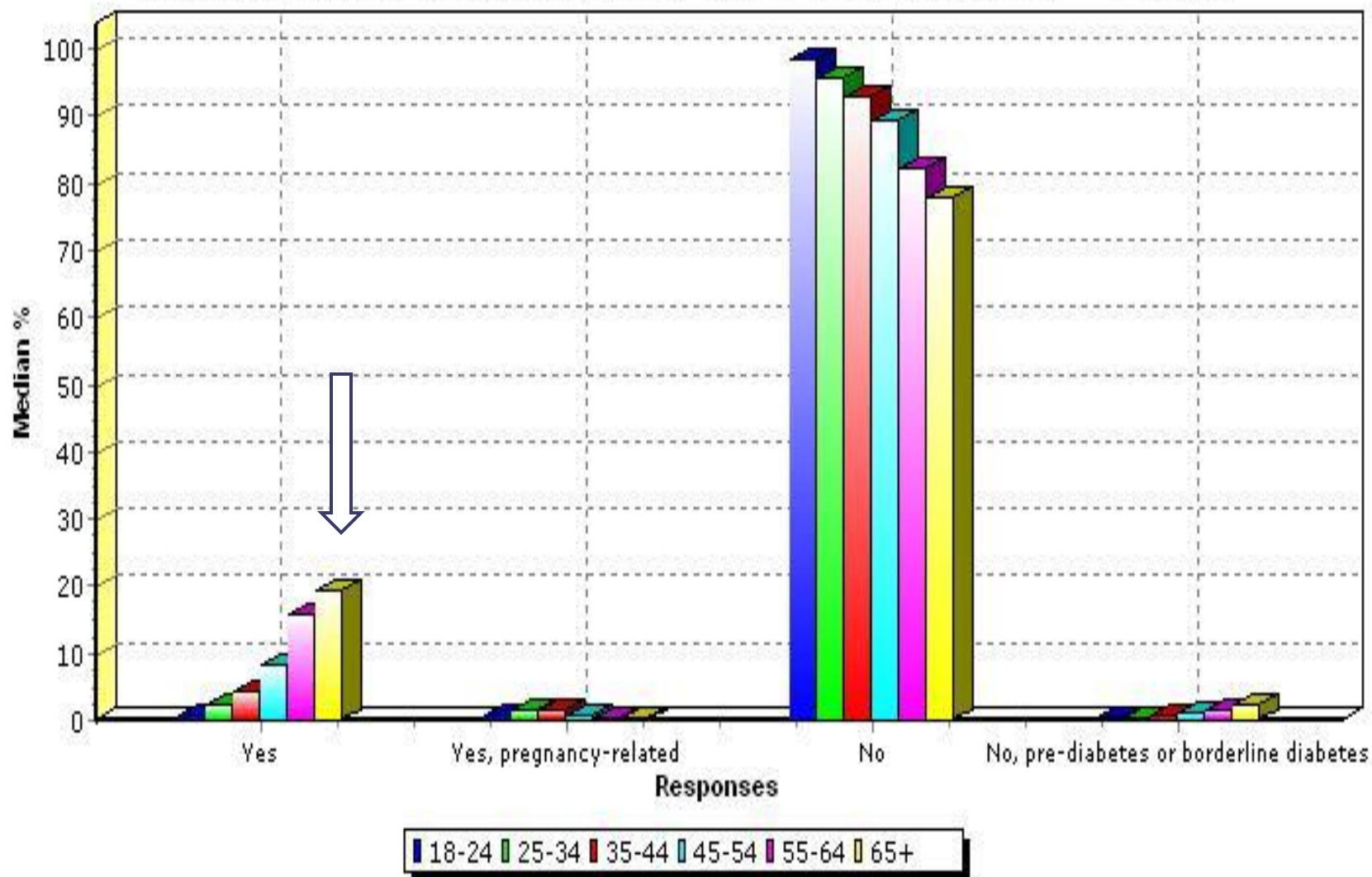
# High blood pressure Nationwide (States, DC, and Territories) - 2009



## Told had coronary heart disease Nationwide (States, DC, and Territories) - 2010



# Diagnosed With Diabetes Nationwide (States, DC, and Territories) - 2010



Source: Centers for Disease Control

# NSI Checklist

*The warning signs of poor nutritional health are often overlooked. Use this checklist to find out if you or someone you know is at nutritional risk.*

## Determine Your Nutritional

**Do you screen seniors using the NSI Checklist to assess food security, nutrition status and chronic disease?**

I have tooth or mouth problems that make it hard for me to eat.	2
I don't always have enough money to buy the food I need.	4
I eat alone most of the time.	1
I take three or more different prescribed or over-the-counter drugs a day.	1
Without wanting to, I have lost or gained 10 pounds in the last six months.	2
I am not always physically able to shop, cook and/or feed myself.	2
<b>TOTAL</b>	

**Total your nutritional score. If it's --**

**0-2**      **Good!** Recheck your nutritional score in 6 months.

**3-5**      **You are at moderate nutritional risk.**  
See what can be done to improve your eating habits and lifestyle. Your office on aging, senior nutrition program, senior citizens center or health department can help. Recheck your nutritional score in 3 months.

**6 or more**      **You are at high nutritional risk.** Bring this checklist the next time you see your doctor, dietitian or other qualified health or social service professional. Talk with them about any problems you may have. Ask for help to improve your nutritional health.

**Remember that warning signs suggest risk, but do not represent diagnosis of any condition. Turn the page to learn more about the Warning Signs of poor nutritional health.**

# Budget/ Operations

# Meal Cost Analysis

A decorative graphic consisting of several horizontal lines of varying lengths and colors (teal, light blue, and white) extending from the left edge of the slide towards the right, positioned below the title.

# Determining Base Cost

- Bid submits a range of meals per day - 100 meals below / above current rate
- ***Number of daily meals*** = meals project anticipates over the duration of the contract
  - Take into account possible fluctuations in funding levels from state and other sources

## To determine the base cost:

- ▣ **Raw Food Cost** - All menu specifications as listed, including condiments
- ▣ **Labor Cost** - Production, Preparation, Service, Packaging, Food Service Management, Transportation Labor (drivers), and Nutritionist
- ▣ **Administration** - Administrative Salaries, Travel, Fees, Insurance, Office Supplies, Postage, Printing, Misc., Rent, Utilities, Telephone, Maintenance, Equipment Repairs, Small Equipment, Garbage Collection, Extermination, Trainings
- ▣ **Transportation** - Gas, Oil, Van Maintenance, Depreciation, Insurance (van)
- ▣ **Disposable Cost** - Disposables, Napkins, Wrap, Site Supplies, Misc. Includes storage and handling of disposables unless project picks-up and stores own disposables

Total Number of Meals	0-2000	2001-2300	2301-2500	2501-2700	2701+
Raw Food					
Commissary Labor					
Administration					
Transportation					
Profit					
Sub-Total	\$0.000	\$0.000	\$0.000	\$0.000	\$0.000
HDM Packing Labor					
Total	\$0.000	\$0.000	\$0.000	\$0.000	\$0.000

Sub-Total is cost of prepack meals assembled and picked up in Kitchen by Projects Drivers/Volunteers

Paper Supplies not included

Includes Cold Pack

Price Range is the average daily TOTAL OF ALL MEAL TYPES served that week

Yearly Maximum Price Increase % not to exceed CPI



Menu Cost Analysis

**Do you use a standardized process to choose your caterer and create your menu?**

**What components are included in your meal cost?**

**Do your menu costs meet your budget constraints and consumer preferences?**

**How often do you go through this process?**

Hard Boiled Egg	1 each
Tomato	2 slices each
Roast Turkey	1 ounce
Grated Cheddar Cheese	1 ounce
<i>German Potato Salad*</i>	1/2 cup
Whole Wheat Bread	1 piece
Mandarin Oranges	1/2 cup

# Consumer Preference/Input

# Consumer Input

- Nutrition Councils/Menu Committees
- Senior Champions
  - Ambassadors and liaisons at meal sites
- Plate Waste Studies
- Consumer Satisfaction
  - Annual Survey
  - Item specific survey – telephone or written
  - Suggestion Boxes
  - Short site surveys
  - Interest Surveys
    - For those not attending

# Consumer Input

- Menu Item Survey
  - Scripted telephone call to 25 HDM consumers to spot check customer satisfaction for a given meal or menu item
  - Calls conducted morning after meal is served, use script, do not call back if no answer



Please Help Us Improve our Meals and Service

Did you enjoy today's meal? Have suggestions for improvements?

Write down your comments below and return the completed card to  
your dining room manager.

Dining Site:

Comments:

Thank You!

If you would like to speak to someone in person, please call the  
SeniorCare Nutrition Department at 1-866-927-1050

# Needed: MOC Senior Champions

- Recruiting 5 Senior Champions to inform other seniors about Healthy Aging programs in their community
- Successful candidates should:
  - Have transportation
  - Be sociable/outgoing
  - Have connections with programs and committees within the North Central MA Aging Network
- Stipended Position: \$50 per month for up to two years



## SENIOR DINING SURVEY

*To continue to ensure we are meeting the preferences of our clients we would appreciate it if you would take a minute and complete the following information.*

**What town do you live in?** \_\_\_\_\_

**Where do you presently eat your lunch on most days?**

\_\_\_\_\_

**Why do you eat at this location?**

\_\_\_\_\_

**If you could choose any food, what is your favorite lunch to eat?**

\_\_\_\_\_

**What do you think makes a good healthy lunch?**

\_\_\_\_\_

**Do you know where the closest senior meal site is to your home?**      **YES**      **NO**

**How often do you eat lunch at a senior meal site?**

**DAILY**      **FEW TIMES A MONTH**      **FEW TIMES A YEAR**      **NEVER**

**Please rate the meals with 5 being the excellent and 1 being needs improvement:**

5      4      3      2      1

**If you rated the meal less than 4, do you have any suggestions how we could improve lunch?**

\_\_\_\_\_

**What is your favorite part about the lunch:**\_\_\_\_\_

**If you do not attend a meal site what would make you want to go there for lunch?**

\_\_\_\_\_

# Consumer Input

- Recipe Contest
  - Create a healthy recipe out of set list (chicken,

**Do you engage existing clients in your menu and meal selection process?**

**Do you scan the environment and assess interest from those not attending your meal program?**

- Create a recipe book = **\$\$**

Or

- Post online





# Other Best Practices

- Traveling Chef Specials
- Local Produce
- Alternative Cooking Methods

# Other Best Practices

- Flavor Profiling
  - Teach site managers/volunteers at meal centers
  - List of recommendations (NAS)
- Herb and Vegetable Container/Community Gardens
  - Grown by seniors to enhance the meal is 'nutritionally sound'
- Fresh Herbs/Anti-oxidant foods
  - Prepared by the caterer and highlighted on the menu (red pepper pesto, tomato basil sauce, white chicken chili with fresh cilantro)
  - Fruits and vegetables high in A and C





# Other Best Practices

- Collaborate and Try New Things
  - Caterer/menu meetings
    - Monthly face to face meetings with you caterer
  - Alternate “Chilled” Meal\*\*
    - A soup/salad/sandwich option that doubles as a supper meal for HDM
  - Mega Meals
  - Breakfast\*\*
  - Hearty Soups and Stews\*\*
  - Salad Bar\*\*
  - Soup Bar\*\*
  - Potato Bar\*\*

*\*\*Meet 1/3 DRI*

**CHOICE CAFÉ**  
**WEDNESDAYS**

**Looking for a healthy lighter fare lunch option?**

*Come and enjoy our choice café every Wednesday.  
Reservations must be made with the meal site manager by the  
Monday before the meal you would like.  
Requested voluntary confidential contribution of \$2.25 per meal.  
All meals include 1% milk and a dessert*

**February 6th**

Turkey Salad – Pasta Salad – Beet and Onion Salad

**February 13th**

Tomato Rice Soup – Pasta and Tuna Salad – Three Bean Salad

**February 20th**

Tossed Salad with Cheese, Olives and Chicken Strips – Rice, Corn and Red Pepper Salad

**February 27th**

Vegetable Gumbo Soup – Tomato Chick Pea Salad with Feta Cheese – Cole Slaw

# Questions for Ayn

Ayn can be reached by email at:

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## **Upcoming Webinar**

June 24 – The Volunteer Fast Pass - Free

Info at: <https://www.mowaa.org/webinars>