

February 2025, Kenosha County Meals on Wheels

KAC-MOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Beef Steak Brown Rice Carrots & Fruit Roll	Chicken Stroganoff Broccoli Baked Apples Fruit	Chicken Breast Stuffing & Gravy Corn & Fruit Roll	Salsa Chicken Black Beans & Corn Fruit Bread	Mostaccioli & Meatballs Broccoli Peas Fruit
10	11	12	13	14
Rib Sandwich Mac & Cheese Carrots Fruit	Chicken Tetrizzini Red Beans & Spinach Fruit Roll	Curry Raison Pork Brown Rice Peas & Fruit Bread	Chicken Allison Veg. Risotto Corn & Fruit Bread	Tomato Basil Chicken Roasted Potato Broccoli & Fruit Roll
17	18	19	20	21
Chicken Parmesan Garlic Pasta Cali. Veggies Fruit, Bread	Hot Dog Wedges Corn Fruit	Chicken Shawarma White Rice Black Beans & Corn Fruit & Pita	Turkey Burger Broccoli Zucchini Fruit	Chicken Steak Mashed Potatoes & Gravy Green Beans Fruit
24	25	26	27	28
Chicken Cordon Bleu Spinach Risotto Cali. Blend Fruit, Bread	Tropical Chicken White Rice Peas & Fruit Bread	Baked Ham Mashed Potato Tomatoes & Corn Fruit & Roll	Glazed Chicken Roasted Potato Broccoli Fruit & Bread	Chicken Fajita White Rice Carrots & Fruit Tortilla
		Menu Subject To Change without Notice		



THE GOOD, BAD & UGLY OF CHOLESTEROL

- **Cholesterol** is a waxy substance that is found throughout the body
- The body needs cholesterol to make cells, vitamins and hormones
- Liver makes all the cholesterol the body needs
- **Dietary cholesterol** is found in meat, poultry and dairy products
 - these foods also are higher in saturated and trans fats which in turn increase cholesterol
- Too much cholesterol circulating in the blood leads to problems
 - The greater the high cholesterol the greater the risk to ones health
- Increased cholesterol can lead to an increased risk of cardiovascular disease such as heart disease and stroke
- There are two types of cholesterol LDL and HDL
 - **LDL**
 - is the bad cholesterol
 - contributes to fat buildups in the arteries - also known as atherosclerosis
 - narrows arteries and increases cardiovascular disease
 - **HDL**
 - is the good cholesterol
 - may help protect against heart attack and stroke
 - carries some the bad cholesterol away from the heart and back to the liver
- **Triglycerides** are the most common type of fat in the body and stores excess calories (energy) from your diet
 - high triglycerides and high LDL or low HDL is often found with fatty buildup in the arteries and increased stroke or heart attack risk

Making Heart Healthy Dietary Choices

- **Foods to include**
 - Consume a variety of fruits and vegetables
 - Focus on eating whole grain bread, pasta, rice and half of the grains consumed should be whole grains
 - Consume fat free or low fat milk
 - Use canola, corn, olive or safflower oils
 - plant based protein- beans, peas, lentils, nuts, seeds, tofu
- **Foods to limit**
 - fried foods
 - sweets and sugary beverages
 - processed meats such as salami, pepperoni bologna
 - baked foods with saturated and trans fats
 - hydrogenated oils, palm and coconut oils
 - butter, shortening, margarine

Looking for more Nutrition Education?
Scan the QR Code with your phone's camera or go to the link below for this month's edition of Ask Emily! You can also find the previous months' videos too.



<https://tinyurl.com/yfn9txnw>

Eastern Kenosha County
Kenosha Senior Center (KSC)
In Person Dining,
Meals served 11:30 am, M-F,
2717 67th Street
Call Ashley at 262-351-6246

Parkside Redeemer Church (PSB)
In-Person Dining
Meals Served at 11:30 am, M-F
2620 14th Place
Call Sean at 262-552-7737

Lakeside Towers (LST)
In-Person Dining
Meals are served at 11:00, M-F
5800 3rd Avenue
Call Tonya at 262-455-7919

Western Kenosha County
Westosha Senior Community Center (WES)
In-Person Dining
Meals Served at 11:30, M-F
19200 93rd Street, Bristol, WI
Call Cindy at 262-358-5554

Regular Senior Dining Sites/Days
* Meals include dessert and beverage
* Meals are offered for a suggested donation of \$5.00
* Open to anyone age 60+ and a spouse regardless of age.
* Reservations must be made by 10:00 a.m. at least 24 hours, one business day in advance.

Village Pub of Silver Lake
307 N Cogswell Drive - Silver Lake
Call Diana at 262-358-5779
Served W, F 11:30 - 1:00

Reservations needed by 10:30 am of the prior day. Two meals provided for a suggested donation of \$10.