

March 2025, Kenosha County Meals on Wheels

KAC-MOW

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| 3 | 4 | 5 | 6 | 7 |
| Swiss Burger Tater Tots Green Beans Fresh Fruit | Chicken & Rice Broccoli Fruit, Roll Fruit | Fish Filet Sandwich Wedges Corn Fruit | Turkey Mashed Potatoes Northern Beans Bread, Fruit | Cheesy Potato Soup Carrots, Broccoli Fruit, Roll |
| 10 | 11 | 12 | 13 | 14 |
| Chicken, Noodles Carrots, Peas Fruit Bread | Chicken Black Beans, Corn Fruit Bread | Goulash Carrots, Broccoli Fruit Roll | Turkey & Pasta Peas Fruit Roll | Tortellini Spinach Fruit Roll |
| 17 | 18 | 19 | 20 | 21 |
| Shepard's Pie Tomatoes, Broccoli Fruit Roll | Hot Dog Wedges Corn | Chili Mac Benas, Green Beans Fruit Roll | Turkey Burger Wedges Carrots Fruit | Enchiladas Corn, Black Beans Fruit Roll |
| 24 | 25 | 26 | 27 | 28 |
| Chicken Corn, Red Beans Fruit | Polish Sausage Potato Carrots Fruit, Roll | Turkey Pot Pie Cali Blend Beets Fruit, Bread | Chicken & Rice Broccoli Fruit Bread | Lasagna Carrots, Green Beans Cali Blend, Fruit Roll |
| 31 | | | | |
| Ham Mashed Potatoes Green Beans Fruit, Bread | | Menu Subject To Change without Notice | |  <p>KAFASI Kenosha Area Family and Aging Services, Inc.</p> |



EAT THE RAINBOW

It's March! I think that whether or not you're Irish we all know about the pot of gold at the end of the rainbow. Though we haven't found it yet, we are certainly going to try!

This month we are going to talk all about eating the rainbow (not "taste the rainbow"- those are Skittles). Eating the rainbow of fruits and vegetables will help you achieve your own personal health pot of gold. Here are the benefits of the different colored fruits and vegetables.

- **Red** fruits and vegetables contain carotinoids that are antioxidants. These antioxidants pair up with dangerous free radicals that can cause damage. The antioxidants in red fruits and vegetables help protect against heart health, cancer, diabetes and stroke.
- **Orange** fruits and vegetables contain nutrients that convert to Vitamin A in the body. Vitamin A is an important part of our eye health and vision.
- **Yellow** fruits and vegetables contain nutrients that are important for eye health. They act as a sort of sunscreen for your eyes to protect from sun damage as well as reducing the risk of age related macular degeneration.
- **Green** fruits and vegetables contain antioxidants and have similar benefits to the red fruits and vegetables. They also help keep your blood vessels elastic and flexible. This improves blood circulation, blood pressure, reduces heart disease and complications.
- **Blue and Purple** fruits and vegetables contain anthocyanins which have benefits to reduce cancer, stroke and heart disease. They may also help improve memory.

- **White and Brown** fruits and vegetables contain flavones and allicin. Allicin which is found in garlic may have anti-bacterial and anti-viral properties. More research is needed on these benefits.

Examples of Different Colored Fruits & Vegetables

| | |
|--------------------------|---|
| Red | tomatoes, apples, cherries, watermelon, red grapes, strawberries |
| Orange | carrots, pumpkins, apricots, mandarins, oranges & turmeric |
| Yellow | apples, pears, bananas, lemons & pineapple |
| Green | avocados, brussels sprouts, apples, pears, green tea & leafy vegetables |
| Blue & Purple | blackberries, blueberries, figs, prunes & purple grapes |
| Brown & White | garlic, potatoes & bananas |

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.