

May 2018

How to Join: You must have 60 years of lifetime experience or the spouse of someone attending. Completing a participant information packet makes you an official member.

Criteria for Home Delivered Meals

Medically homebound & unable to leave your home without the assistance of another person. An Assessment has to be done by an outreach worker in your home to determine eligibility.

This program is funded by: Older Americans Act Grant from the INCOG Area Agency on Aging, and Participant Donations

Sugar and Your Health

e i s h d j l o t n i a m h c g s n r i v
 e a e e s m a l t o s e e e a r k h e d r
 t e e e a k i m f e o t s a l p c k v s u
 e c i u j e n a c d e t a r o p a v e s h
 s r s e o s s i t u i e h t r s n y r a e
 o c u e e s u r r t n e d d i h s n y m e
 r e n s f h l s a d r w e i e a d p w t a
 c r e k s a i o r g t s e s s c i e h t n
 u s a n w e n g t a u f s e d k a o e e e
 s s r i e e r c h i g s o a o w b y r e r
 e k e r e o e p y c b u n s o s e r e i s
 s e a d t z s s d c h r s e f b t i m i l
 i s a y t e i c o o o o o d d v e r g f n
 t l t g o e s s o r o f l s e d s s a h c
 r a s r o f t o n r t l f e s d i e i s t
 f h y e t f a s t o n x b e s e d h e t s
 b c d n h o n u y c i s e f e t c a n d y
 y l l e j c c c e u u t y d c s e n a t e
 a g a v e n e c t e r r r u o r e r c o s
 o r r c e r e h b r t p f o r o t r o k b
 p j a e t s r h s f o e u m p p l e s l e

sorbitol
evaporatedcanejuice
limit
fructose
syurp
diabetes
obesity
coffee
insulinresistance

softdrinks
highcholesterol
calories
everywhere
jelly
maltose
addedsugars
cornsyurp
bloodpressure

candy
sweettea
hiddensugars
jam
sucrose
heartdisease
energydrinks
snacks
agavenecter

hidden
toothdecay
maintol
processedfoods
portionsize
weight
fancycoffees
sweettooth
dextrose

Reminders

Sites Closed May 8th 2018