

# October 2017

When Reheating a home delivered meal, reheat to 165 degrees in the oven or place the meal in a microwave safe container and reheat to 165 degree in the microwave, checking the temperature every 15 seconds.

## How to Join

You must have 60 years of life-time experience or be 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.

## Add Flavor To Your Food Without Using Salt

Add 1/4 teaspoon dried, finely powdered, or 3/4 to 1 teaspoon dried, loosely crumbled, or 1 1/2 teaspoons fresh, chopped herbs for every four servings of food, pint of sauce or pound of meat.

For foods that cook in less than an hour or for salads, wet the herbs with a little oil or lemon juice and let stand for 1/2 hour before using to let the full flavor develop.

For the best flavor, add seasoning during the last hour of cooking.

For a combination of herbs and spices, use about 1/2 teaspoon for every four servings.

**Beef** - bay leaf, basil, dry mustard, nutmeg, green pepper, sage, onion, marjoram, pepper, thyme, dill seed, oregano, caraway, curry, garlic, parsley, rosemary

**Pork** - basil, caraway, cloves, nutmeg, garlic, onion, parsley, rosemary, sage, pepper, apples, applesauce, pineapple, chili powder, spiced apples and peaches, allspice, oregano

**Fish** - bay leaf, basil, curry, cumin, dry mustard, green pepper, lemon juice, paprika, marjoram, allspice, onion, nutmeg, parsley

**Eggs** - basil, curry, dry mustard, green pepper, onion, jelly, paprika, parsley, nutmeg, pepper

**Rice** - turmeric, cumin, curry, allspice, nutmeg, sugar or sugar substitute, honey, cinnamon, onion, green pepper, pepper

**Vegetables** - lemon juice, pepper, vinegar, sugar or sugar substitute, basil, caraway seed, dry mustard, nutmeg, curry, oregano, garlic, onion, mint, sage, mint jelly, honey, rosemary, parsley, green pepper, poppy seed, dill seed, thyme, vinegar, allspice, mace

## Reminders

No reminders for October 2017