

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

Preserve Summer's Berries

Preserving summer's bounty is a great way to enjoy seasonal produce throughout the winter months. From jellies and jams, marmalades and chutneys, there are a wide variety of types and flavors of these spreadable preserves — but what's the difference? The Food and Drug Administration provides official definitions of preserved products. Here's a quick breakdown of the differences:



Jelly: A clear mixture of fruit juice and sugar or sweetener. Juice is the only fruit ingredient and high-fructose corn syrup is often the sweetener used.

Jam/Preserves/Compote: A thick mixture of fruit ingredients, including flesh, and sweetener. Pieces of fruit are cooked together with sugar until they are very soft. Jam has the texture of a thick purée, while preserves tend to have larger chunks of fruit.

Marmalade: Like preserves except they often contain fruit rinds, generally citrus. (Ex: Orange Marmalade).

Chutney: Chutneys are considered jams, yet they contain more spices and often some dried fruits. They are popular in Indian cuisine.

Fruit Butter: A mixture of fruit ingredients and sweetener, with a higher ratio of fruit than jam or jelly. Fruit is cooked with sweetener and spices until it is smooth for a rich and deeply-flavored product.



Which Should You Choose? Although high in sugar, when used in small amounts (1 Tbs or less per serving), jams to fruit butters are a low-calorie way to add flavor and sweetness to oatmeal, pancakes, and ice cream when the best option of fresh berries aren't readily available. Check the labels to find options with the lowest amount of sugar possible, staying clear of added high-fructose corn syrup (in most jellies).

Dining Centers & Days of Service Call for Lunch Reservations

LINN COUNTY

Albany Senior Center

Monday - Friday (541) 967-7647

Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

Lebanon Senior Center

Monday - Friday (541) 451-1139

Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

Corvallis Senior Center

Monday - Friday (541) 753-1022

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

Siletz, Tribal Community Center

Mon. & Wed. (541) 270-6853

Toledo, Trinity United Methodist

Friday (541) 270-7416

Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796