

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.

Grocery Shopping Done Smart

Grocery stores are full of brightly-colored products all competing for your attention, and it's easy to get overwhelmed by so many choices. Spend a few minutes before leaving the house to form a plan and enjoy the benefits of saving money and time while sticking to a healthy diet.

Plan Ahead for Success

Start by making a menu for the coming week. Look at sales flyers and coupons and choose recipes based on seasonal foods. Try to choose recipes that share ingredients to avoid buying more than you need. Keep a running grocery list and note items to buy as you use them up. Use a note pad in your kitchen or an app on your phone to ensure the list is handy whenever you need it.

Once you've made a shopping list with ingredients for your recipes and any other items from your running list, bring it to the store and stick to it! Before you leave home, eat a small snack full of protein and fiber. This will provide energy for the trip and prevent impulse buys influenced by hunger.

At the store, avoid aisles that may tempt you. Shop the perimeter of the store for whole, unprocessed foods and skip the candy, soda and packaged snacks. An occasional small treat is okay, but was it on the list?

Maintain Healthy Habits at Home

Keep a well-stocked pantry and freezer with healthy staples, including dried fruits, frozen vegetables, whole grains, salt-free herbs and seasonings, and protein-rich foods like beans, nuts and fish. Having these foods on hand makes it easy to prepare a quick and healthy snack or last-minute meal. By having a plan before arriving at the grocery store, you can stay in control and feel good about your healthy habits.



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