



MILWAUKEE COUNTY
Department on Aging

MILWAUKEE COUNTY SENIOR DINING

LGBT COMMUNITY CENTER

315 W. COURT STREET

FOR CURBSIDE PICK-UP

AUGUST



MKE **LGBT**
COMMUNITY CENTER
Be yourself

DINNER PLANS?

WEDNESDAY, AUGUST 25th

MENU

Turkey BLT Salad

*Chopped Turkey, Bacon
Romaine, Tomato, Cheese
Ranch Dressing*

Blueberry Muffin

Juice

Fresh Fruit

WHO Anyone 60, or Older

WHAT Dinner Carry-Out 3:00 PM

WHEN Every 4th Wednesday

WHERE MKE LGBT Community Center

ADDRESS 315 W. Court Street

COST \$3.00 Suggested Contribution

RSVP CALL 271-2656 BY NOON
TUESDAY, AUGUST 24th

JOIN US!



MILWAUKEE COUNTY
Department on Aging

Milwaukee County DHHS - Division on Aging
1220 W. Vliet Street, Suite 302 Milwaukee, WI 53205
county.milwaukee.gov/aging

View Menus Online! Milwaukee County DHHS - Division on Aging: county.milwaukee.gov/aging • Senior Dining Office: 414•289•6995

6 Ways to Eat Well as You Get Older



1

Know what a healthy plate looks like

See how to build a healthy plate at ChooseMyPlate.gov



2

Look for important nutrients

Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.



3

Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.



4

Use recommended servings

Learn the recommended daily servings for adults aged 60+ at heart.org



5

Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.



6

Stretch your food budget

Get help paying for healthy food at BenefitsCheckUp.org/getSNAP