



MILWAUKEE COUNTY  
Department on Aging

# MILWAUKEE COUNTY SENIOR DINING

LGBT COMMUNITY CENTER  
315 W. COURT STREET  
FOR CURBSIDE PICK-UP

# JULY



MKE **LGBT**  
COMMUNITY CENTER  
Be yourself

# DINNER PLANS?

**WEDNESDAY, JULY 28<sup>th</sup>**

**MENU**

BBQ Chicken  
Fresh Sweet Potato  
Seasoned Cauliflower  
Cornbread  
Mixed Berries

**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, JULY 27TH

# 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](http://county.milwaukee.gov/aging)

# FRUITS & VEGETABLES

Try for 4-5 servings of each per day.\*  
What counts as a serving?



## FRUITS

### ONE MEDIUM FRUIT



### FRESH, FROZEN OR CANNED FRUIT



### DRIED FRUIT



### FRUIT JUICE\*\*



## VEGETABLES

### RAW LEAFY VEGETABLE



### FRESH, FROZEN OR CANNED VEGETABLE



### VEGETABLE JUICE\*\*



\*Recommended daily goal based on 2,000 calorie/day eating pattern.

\*\*Fruit and vegetable juices can be part of a healthy diet. One serving of 100 percent juice can fulfill one of your recommended daily servings of fruits and vegetables, but watch for calories and added sugars or sodium. Choose 100 percent juice (or 100 percent juice and water) instead of sweetened juice or juice drinks.

[heart.org/gettinghealthy](http://heart.org/gettinghealthy)