

DEEP EAST TEXAS COUNCIL OF GOVERNMENTS
AREA AGENCY ON AGING
CONTRACTOR INVOICE - FY2024

CONTRACTOR NAME: TYLER COUNTY

MONTH/YEAR: May 2024

SUBMISSION #: _____

CONTRACT SERVICES AUTHORIZED:

Congregate Meals

Program Income Collected $\$ 1889.00 / \$ 11.28 = 167.46$ meals

Area Agency on Aging Funded Meals (606) $606 \times \$ 11.28 = \$ 6835.68$


Other Eligible Meals $333.54 \times \$ 11.28 = \$ 3762.33$

Senior Center Operations

Area Agency on Aging $1 \times \$1,300.00 = \$ 1300.00$

Physical Fitness

Area Agency on Aging (86) $11 \times \$ 11.55 = \$ 127.05$


Certified By: Board Member

6-3-24
Date

Certified By: Area Agency on Aging Staff

Date

**TYLER COUNTY
MONTHLY NUTRITION EDUCATION/
SENIOR CENTER ACTIVITY**

MONTH: May 2024 DAYS/HOURS OF OPERATION: M-F 7am - 3pm

NUTRITION EDUCATION: (please attach example of material presented and a list of the people that received it)

Congregate Meals

Number of Nutrition Education Programs Provided
(Attach copy of program) 1

Contacts (People receiving information) 4

SENIOR CENTER ACTIVITIES:

	Number	Contacts
Number of Health Screenings Provided	<u>1</u>	<u>11</u>
Number of Recreation Activities Provided	<u>56</u>	<u>447</u>
Number of Exercise Sessions Provided	<u>13</u>	<u>11</u>
Number of Art Therapy Sessions Provided	<u>2</u>	<u>11</u>
Number of Music Therapy Sessions Provided	<u>0</u>	<u>0</u>
Number of Adult Education Sessions Provided	<u>1</u>	<u>10</u>

SENIOR CENTER ATTENDANCE: (please record daily attendance)

<u>60</u> 1	<u>—</u> 5	<u>41</u> 9	<u>57</u> 13	<u>51</u> 17	<u>43</u> 21	<u>—</u> 25	<u>52</u> 29
<u>41</u> 2	<u>64</u> 6	<u>54</u> 10	<u>43</u> 14	<u>—</u> 18	<u>62</u> 22	<u>—</u> 26	<u>43</u> 30
<u>55</u> 3	<u>40</u> 7	<u>—</u> 11	<u>61</u> 15	<u>—</u> 19	<u>39</u> 23	<u>—</u> 27	<u>47</u> 31
<u>—</u> 4	<u>63</u> 8	<u>—</u> 12	<u>37</u> 16	<u>60</u> 20	<u>52</u> 24	<u>42</u> 28	

ITEM	DATE OF RECEIPT	BUDGETED AMOUNT	AMOUNT USED
Enter "Amount Used" and Initial			
Congregate Meals In-Kind		\$9,909.00 ÷ 12 =	825.75

Certified by: Emicka Rainey Date: 6-3-24
Board Member

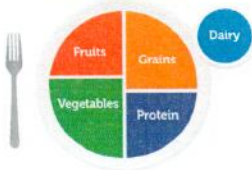
Reviewed by: _____ Date: _____
Area Agency on Aging Staff

MAY 2024 DAILY DONATION LOG

<u>DATE:</u>	<u>AMOUNT:</u>	<u>#PEOPLE</u>			<u>SPECIALS</u>
1	\$95.50	60			
2	\$51.00	41			
3	\$94.00	55	\$240.50	156	
4	--	--			
5	--	--			
6	\$121.00	64			
7	\$74.00	40			
8	\$111.00	63	\$501.00	262	
9	\$71.00	41			
10	\$124.00	54			
11	--	--			
12	--	--			
13	\$78.00	57			
14	\$64.00	43			
15	\$82.00	61	\$396.00	249	
*16	\$73.00	37			
*17	\$99.00	51			
18	--	--			
19	--	--			
20	\$109.00	60			
21	\$68.50	43			
22	\$110.00	62	\$451.50	256	2
23	\$60.00	39			
24	\$104.00	52			
25	--	--			
26	--	--			
27	-----	-----			
28	\$76.00	42			1
29	\$78.00	52	\$300.00	184	
30	\$71.00	43			
* 31	\$75.00	47			1
TOTALS:	\$1,889.00	1107			4

*bad weather

Start simple
with MyPlate



Rethink Fats

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Check the label first

Read the [Nutrition Facts label](#) on packaged foods. Choose products that are lower in saturated fat since these types of fat are less healthy.



Eat foods with healthy fats

Eat nuts, seeds, and fatty fish like tuna, salmon, and sardines. These foods, as well as vegetable oils like olive and canola, are good sources of unsaturated fat—a healthier fat option.



Limit saturated fat

Build meals around protein foods that are naturally low in saturated fat such as beans, peas, and lentils, as well as soy foods, skinless chicken, seafood, and lean meats.



Skimp on "solid fats"

"Solid fats" such as butter, shortening, and fat from meats are high in saturated fats. Switch to olive or canola oil for cooking and trim the fat when possible.



Swap the spread

Switch from butter and cream cheese on your toast to a nut butter or a spread of avocado and a squeeze of lemon. These spread options contain healthier fats.



Customize your order

Order baked or steamed options instead of fried foods, especially deep-fried foods. A dash of hot sauce or a spoonful of salsa adds flavor without adding fat.

Start simple
with MyPlate



Cut Back on Added Sugars

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Think about your drinks

Balance your meal by drinking water instead of sugary drinks like soda, lemonade, or sports drinks. Try some sparkling water with a lemon wedge or a small piece of fresh fruit.



Enjoy a sprinkle or two

Skip the sugar and top your coffee with a dash of cinnamon, nutmeg, or cocoa powder instead. This adds a little variety to the flavor of your coffee.



Satisfy your sweet tooth

Indulge in a naturally sweet dessert—fruit! Enjoy a fresh fruit salad, baked apples with cinnamon, or a piece of fruit right out of the fridge.



Split the sweets

Share dessert with a friend. Half a pastry or slice of cake means only half the added sugars (and calories) for each of you.



Pick lower sugar options

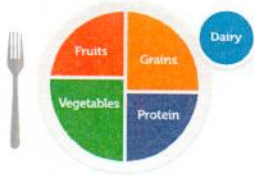
Choose packaged foods that have less or no added sugars such as plain low-fat or fat-free yogurt, unsweetened applesauce, or canned fruit packed in its own juice or water.



Check the label

Added sugars are now prominently displayed on the [Nutrition Facts label](#) of packaged foods. Use this information to compare added sugars on similar products. Keep in mind that there are many names for added sugars, such as fructose, dextrose, maple syrup, and cane juice.

Start *simple*
with MyPlate



Be Salt Smart

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Read the label

The **Nutrition Facts** label shows you how much sodium is in packaged foods. Choose lower sodium foods—especially if you have high blood pressure, diabetes, or kidney disease.



Eat fruits and veggies

Enjoy a variety of fresh and frozen fruits and vegetables—almost all of them are naturally low in sodium. Look for canned vegetables labeled “no added salt.”



Look for cue words

Items that are “pickled,” “brined,” or “cured” tend to be high in sodium. Include these foods in your meals sparingly.



Put together meals at home

Making your own meals gives you more control over the salt you eat. Taste your food before adding salt from the shaker.



Go easy on the sauce

Be mindful of how much sauce, gravy, salsa, ketchup, soy sauce, marinade, or dressing you're using. The sodium from these can add up quickly.



Spice it up

Flavor your foods with fresh or dried herbs and spices instead of salt. Pick spice blends that do not list salt or sodium on the ingredients list.



Let's all EAT HEALTHY. BE HEALTHY. SAVE.

The Dietary Guidelines for Americans can help.

We're in the red.

117 MILLION U.S. adults have 1+ chronic diseases.¹



BILLIONS Spent in medical cost of diet-related chronic diseases.²

\$147B
Obesity

\$245B
Type 2 Diabetes

\$316B
Heart Disease

8 in 10 Americans think advice about what to eat is conflicting.³



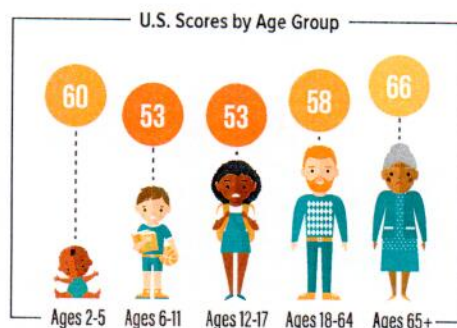
Healthy eating can help... but first, we need to do it.



59

The Healthy Eating Index Score

shows that Americans do not align their eating choices with the Dietary Guidelines. (on a scale from 0-100)



What's the return on our investment?

Each step closer to eating a diet that aligns with the **DIETARY GUIDELINES** reduces risk of:⁴



Heart Disease



Type 2 Diabetes



Cancer



If we invest **\$10/person** each year toward improving nutrition, increasing physical activity, and preventing tobacco use —

THAT COULD **SAVE** THE UNITED STATES **\$16,000,000,000** annually within five years!⁵

That's a **5.6x return** for every **\$1 invested!**

3 reasons why the Dietary Guidelines matter.

PRACTICAL TOOL

[USDA and HHS] took the science and brought it into the real world of how we eat... the Academy encourages everyone to follow the Dietary Guidelines recommendations because as dietitians we stand by science-based recommendations and realize that healthy eating is one of the most powerful tools we have to reduce the onset of disease.

ACADEMY of NUTRITION & DIETETICS

DATA-DRIVEN

With confusing and often-conflicting information in the media, it is more important than ever that Americans have a clear source of science-based information about diet. We would like to see the 2020 Dietary Guidelines continue to provide Americans with science-based guidelines...

AMERICAN COLLEGE of CARDIOLOGY

FOR ALL AGES

Pediatricians routinely look to the Dietary Guidelines to provide advice to our patients... We look forward to the inclusion of science-based Dietary Guidelines for children birth to 24 months in the 2020 Dietary Guidelines for Americans... Early nutrition sets the course for preventing many diseases, even those that would occur in adulthood...

AMERICAN ACADEMY of PEDIATRICS

Released jointly by USDA and HHS every 5 years, the *Dietary Guidelines for Americans* is the cornerstone for Federal nutrition programs and a go-to resource for health professionals nationwide. For more information, go to www.DietaryGuidelines.gov.

Chocolate Chip Yogurt Cookies



Makes: 36 servings

Total Cost: \$\$\$\$

Add extra calcium to your cookies with yogurt. These cookies also use whole wheat flour which adds fiber and other nutrients.

Ingredients

- 1/2 cup sugar
- 1/2 cup brown sugar (firmly packed)
- 1/2 cup margarine
- 1/2 cup yogurt (non-fat, plain)
- 1 1/2 teaspoons vanilla
- 3/4 cup flour (all-purpose)
- 1 cup flour (whole wheat)
- 1/2 teaspoon baking soda
- 1/2 cup chocolate chips (miniature, or carob chips)

Directions

[Feedback](#)

Nutrition Information

Serving Size: 1 cookie

MyPlate Food Groups



Grains

1/2 ounces

Nutrients	Amount
Total Calories	80
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	42 mg
Carbohydrates	12 g
Dietary Fiber	1 g
Total Sugars	7 g
Added Sugars included	7 g
Protein	1 g
Vitamin D	0 mcg
Calcium	12 mg
Iron	0 mg
Potassium	37 mg

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated

Feedback