

DEEP EAST TEXAS COUNCIL OF GOVERNMENTS
AREA AGENCY ON AGING
CONTRACTOR INVOICE - FY2025

CONTRACTOR NAME: TYLER COUNTY

MONTH/YEAR: Feb. 2025

SUBMISSION #: _____

CONTRACT SERVICES AUTHORIZED:

Congregate Meals

Program Income Collected

Area Agency on Aging Funded Meals (747)

Other Eligible Meals

$$\underline{\$1634.40} / \$9.15 = \underline{179} \text{ meals}$$

$$\underline{747} \times \$9.15 = \underline{\$6835.05}$$

$$\underline{51} \times \$9.15 = \underline{\$466.65}$$

Senior Center Operations

Area Agency on Aging

$$1 \times \$1,300.00 = \$ \underline{1300.00}$$

Physical Fitness

Area Agency on Aging (311)

$$\underline{142} \times \$3.19 = \$ \underline{452.98}$$


Certified By: Board Member

3-4-25
Date

Certified By: Area Agency on Aging Staff

Date

Effective 10/1/2024

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

MONTH: Feb. 2025 DAYS/HOURS OF OPERATION: M-F 7a-3p.

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)

4

Contacts (People receiving information)

24

SENIOR CENTER ACTIVITIES:

Number of Health Screenings Provided

Number 0

Contacts 0

Number of Recreation Activities Provided

27

304

Number of Exercise Sessions Provided

11

142

Number of Art Therapy Sessions Provided

1

13

Number of Music Therapy Sessions Provided

0

0

Number of Adult Education Sessions Provided

4

24

SENIOR CENTER ATTENDANCE: (please record daily attendance)

<u>—</u> 1	<u>58</u> 5	<u>—</u> 9	<u>64</u> 13	<u>—</u> 17	<u>53</u> 21	<u>43</u> 25	<u>—</u> 29
<u>—</u> 2	<u>46</u> 6	<u>61</u> 10	<u>63</u> 14	<u>37</u> 18	<u>—</u> 22	<u>65</u> 26	<u>—</u> 30
<u>48</u> 3	<u>71</u> 7	<u>40</u> 11	<u>—</u> 15	<u>57</u> 19	<u>—</u> 23	<u>29</u> 27	<u>—</u> 31
<u>41</u> 4	<u>—</u> 8	<u>54</u> 12	<u>—</u> 16	<u>39</u> 20	<u>51</u> 24	<u>51</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:  Date: 3-4-25
Board Member

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

Feb-25

DATE	AMOUNT	#PEOPLE					SPECIALS
1 XXXX	XXXX	XXXX					
2 XXXX	XXXX	XXXX					
3	\$109.00	48					
4	\$37.00	41					
5	\$73.00	58	\$424.00			264	
6	\$50.00	46					
7	\$155.00	71					
8 XXXX	XXXX						1
9 XXXX	XXXX						
10	\$93.00	61					
11	\$71.00	40					1
**12	\$142.00	54	\$479.00			282	1
13	\$91.00	64					1
14	\$82.00	63					1
15 XXXX	XXXX						
16 XXXX	XXXX						
17 XXXX	XXXX						
18	\$61.00	37					1
19	\$103.75	57	\$347.90			186	1
20	\$76.00	39					
21	\$107.15	53					
22 XXXX	XXXX						
23 XXXX	XXXX						
24	\$90.00	51					
25	\$44.00	43					
26	\$106.00	65	\$383.50			245	1
27	\$35.00	29					
28	\$108.50	57					
TOTAL:	\$1,634.40	977					8

DO NOT WRITE SIGN-IN SHEET

Series: BWLW 348 - Tyler County Nutrition Center (201 Veteran's Way) - 2025-01-28

Date: 2/4/25 Location: TC Nutrition Center Session #: 2

Name: Cheryl Cauley ID: _____

Name: Wanna Sims ID: _____

Name: Sue H. Keyer ID: _____

Name: Pat Munders ID: _____

Name: Judy Mott ID: _____

Name: Ernie Bradstock ID: _____

Name: _____ ID: _____

Name: _____ ID: _____

Name: _____ ID: _____

Name: _____ ID: _____



BETTER LIVING FOR TEXANS

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP. To learn more about the Supplemental Nutrition Assistance Program (SNAP) or to apply for benefits, visit www.yourtexasbenefits.com. Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.

DO WELL, LIVE WELL SIGN-IN SHEET

Series: BWLW 348 - Tyler County Nutrition Center (201 Veteran's Way) - 2025-01-28

Date: 2/11/25 Location: TC Nutrition Center Session #: 3

Name: Cheryl Cauley ID: _____

Name: Larry D. Bell ID: _____

Name: Ornaie Braddock ID: _____

Name: Shirley Kaye ID: _____

Name: HAROLD E. WILLIAMS ID: _____

Name: Judy Mott ID: _____

Name: Patricia Murders ID: _____

Name: _____ ID: _____

Name: _____ ID: _____

Name: _____ ID: _____

SIGN-IN SHEET

Series: BWLW 348 - Tyler County Nutrition Center (201 Veteran's Way) - 2025-01-28

Date: 2/25/25 Location: Nutrition Center

Session #: 4

Name: Sue Ellen Raper

ID: _____

Name: Cheryl Canley

ID: _____

Name: HAROLD E WILLIAMS

ID: _____

Name: Patricia Murders

ID: _____

Name: Joan Mott

ID: _____

Name: Ann Braddock

ID: _____

Name: _____

ID: _____

Name: _____

ID: _____

Name: _____

ID: _____

Name: _____

ID: _____

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BETTER LIVING FOR TEXANS

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no material
left for this
session

19

TYLER COUNTY NUTRITION CENTER:

DATE:

13 SR

2-19-25

ACTIVITY: BINGO MON./WED.

Southeast Food

1	Smullen Boyer	14	27
2	Catherine Deason	15	28
3	Cheryl Canley	16	29
4	Lynette Faircloth	17	30
5	Donna Sims	18	31
6		19	32
7		20	33
8		21	34
9		22	35
10	no material	23	36
11	left for class	24	37
12		25	38
13		26	34

5

Agency: Deep East Texas Area Agency on Aging
 Site: Tyler County - C1
 Service: Congregate Meals
 Fund Identifier: Title III-C1
 Default Unit Rate: \$10.17

Provider: Tyler County Nutrition Center
 Fund Identifier: Program Income
 Default Unit Rate: \$10.17

2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
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LEGEND M/T: Monthly Total : Week day : Weekend day

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18	Barton, Johnny M	Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
19	Barton, Wilda M	Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
		Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
		Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
20	Beal, Dolores A	Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
		Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
		Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
21	Bean, James	Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
		Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
		Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
22	Bennett, Cathy	Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
		Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
		Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
23	Bitner, Lorie	Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
		Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
		Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
24	Blackstone, John A	Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
		Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
		Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
25	Blackstone, Marian S	Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
		Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
		Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
26	Bomer, Donna A	Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
		Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							
		Service: Congregate Meals	Fund Identifier: (None)	Program Income	Subservice: (None)																							

Page 4 of 42

2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28												
36	Brown, Judy M										Service: Congregate Meals										Fund Identifier: Program Income										Subservice: (None)									
											Service: Congregate Meals										Fund Identifier: Title III-C1										Subservice: (None)									
37	Brown, Rosemary P										Service: Congregate Meals										Fund Identifier: Program Income										Subservice: (None)									
											Service: Congregate Meals										Fund Identifier: Title III-C1										Subservice: (None)									
38	Browning, Sarah J										Service: Congregate Meals										Fund Identifier: Program Income										Subservice: (None)									
											Service: Congregate Meals										Fund Identifier: Title III-C1										Subservice: (None)									
39	Brunner, Ricky F										Service: Congregate Meals										Fund Identifier: Program Income										Subservice: (None)									
											Service: Congregate Meals										Fund Identifier: Title III-C1										Subservice: (None)									
40	Brunner, Sonya F										Service: Congregate Meals										Fund Identifier: Program Income										Subservice: (None)									
											Service: Congregate Meals										Fund Identifier: Title III-C1										Subservice: (None)									
41	Byrum, Shirley F										Service: Congregate Meals										Fund Identifier: Program Income										Subservice: (None)									
											Service: Congregate Meals										Fund Identifier: Title III-C1										Subservice: (None)									
42	Callihan, Jeraldene L										Service: Congregate Meals										Fund Identifier: Program Income										Subservice: (None)									
											Service: Congregate Meals										Fund Identifier: Title III-C1										Subservice: (None)									
43	Callihan, Stefani										Service: Congregate Meals										Fund Identifier: Program Income										Subservice: (None)									
											Service: Congregate Meals										Fund Identifier: Title III-C1										Subservice: (None)									
44	Cameron, Debora M										Service: Congregate Meals										Fund Identifier: Program Income										Subservice: (None)									
											Service: Congregate Meals										Fund Identifier: Title III-C1										Subservice: (None)									

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Page 7 of 42

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Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
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Page 11 of 42

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126	Hadnot, Charles																											
	Service: Congregate Meals																											
127	Hadnot, Mark																											
	Service: Congregate Meals																											
128	Hall, Bill																											
	Service: Congregate Meals																											
129	Hall, Mary H																											
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130	Hanks, Jimmy C																											
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131	Hanks, Lilie M																											
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132	Harmann, Becky L																											
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134	Harp-Alonso, Jessica																											
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162	Kenner, Robert E										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
163	Kethan, Darby B										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
164	Kindle, Margie A										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
165	King, Robert A										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
166	Kirkpatrick, Ramona L										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
167	Kirkwood, Daniel										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
168	Kirkwood, Ricky										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
169	Koehl, James E										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
170	Kornegay, Dennis D										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
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LEGEND

N/T: Monthly Total

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8Page 25 of 42

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LEGEND

M/T: Monthly Total

: Week day

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Page 29 of 42

2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
261.	Read, Mary L										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
262.	Reed, Jimmy										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
263.	Reyes, Teresa D										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
264.	Reyna, Anthony K										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
265.	Reynolds, Albert										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
266.	Reynolds, Barbara N										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
267.	Reynolds, Pat A										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
268.	Rice, Peggy D										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
269.	Richoux, Carol M										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						

2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
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Rev.20250127

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M/T: Monthly Total

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2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
270	Roach, William										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
											Service: Congregate Meals	Fund Identifier: Title III-C1										Subservice: (None)						
271	Roberts, Michael										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
											Service: Congregate Meals	Fund Identifier: Title III-C1										Subservice: (None)						
272	Roberts, Shirley A										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
											Service: Congregate Meals	Fund Identifier: Title III-C1										Subservice: (None)						
273	Roberts, Shirley K										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
											Service: Congregate Meals	Fund Identifier: Title III-C1										Subservice: (None)						
274	Robinson, Gene E										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
											Service: Congregate Meals	Fund Identifier: Title III-C1										Subservice: (None)						
275	Rose, Joan M										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
											Service: Congregate Meals	Fund Identifier: Title III-C1										Subservice: (None)						
276	Rose, Richard L										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
											Service: Congregate Meals	Fund Identifier: Title III-C1										Subservice: (None)						
277	Rosenthal, Lloyd W										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
											Service: Congregate Meals	Fund Identifier: Title III-C1										Subservice: (None)						
278	Rosier, Glynda (Dian) D										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
											Service: Congregate Meals	Fund Identifier: Title III-C1										Subservice: (None)						
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2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28										
279	Ross, Johnna										Service: Congregate Meals										Fund Identifier: Program Income										Subservice: (None)							
											Service: Congregate Meals										Fund Identifier: Title III-C1										Subservice: (None)							
280	Royer, Suellen										Service: Congregate Meals										Fund Identifier: Program Income										Subservice: (None)							
											Service: Congregate Meals										Fund Identifier: Title III-C1										Subservice: (None)							
281	Russell, Brenda K										Service: Congregate Meals										Fund Identifier: Program Income										Subservice: (None)							
											Service: Congregate Meals										Fund Identifier: Title III-C1										Subservice: (None)							
282	Russell, Kenny										Service: Congregate Meals										Fund Identifier: Program Income										Subservice: (None)							
											Service: Congregate Meals										Fund Identifier: Title III-C1										Subservice: (None)							
283	Russell, Susan Y										Service: Congregate Meals										Fund Identifier: Program Income										Subservice: (None)							
											Service: Congregate Meals										Fund Identifier: Title III-C1										Subservice: (None)							
284	Russell, Timmy K										Service: Congregate Meals										Fund Identifier: Program Income										Subservice: (None)							
											Service: Congregate Meals										Fund Identifier: Title III-C1										Subservice: (None)							
285	Ryan Ellis, Kimberly R										Service: Congregate Meals										Fund Identifier: Program Income										Subservice: (None)							
											Service: Congregate Meals										Fund Identifier: Title III-C1										Subservice: (None)							
286	Ryan, Brenda W										Service: Congregate Meals										Fund Identifier: Program Income										Subservice: (None)							
											Service: Congregate Meals										Fund Identifier: Title III-C1										Subservice: (None)							
287	Ryan, Michael R										Service: Congregate Meals										Fund Identifier: Program Income										Subservice: (None)							
											Service: Congregate Meals										Fund Identifier: Title III-C1										Subservice: (None)							
3 2 3 1 4 (13) 3 2 3 1 2 (11) 1 3 2 2 (8) 3 2 3 1 3 (12) (4)																																						

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2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
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2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
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Printed: 01/27/2025 11:08:48AM

Rev.20250127

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M/T: Monthly Total

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2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
297	Seymour, Annie (LaMerle)										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
											Service: Congregate Meals	Fund Identifier: Title III-C1										Subservice: (None)						
298	Shaw, Jerry R										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
											Service: Congregate Meals	Fund Identifier: Title III-C1										Subservice: (None)						
299	Shaw, Richard B										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
											Service: Congregate Meals	Fund Identifier: Title III-C1										Subservice: (None)						
300	Shaw, Sue (Beverly) S										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
											Service: Congregate Meals	Fund Identifier: Title III-C1										Subservice: (None)						
301	Shbreaaf, Helen (Suzie) S										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
											Service: Congregate Meals	Fund Identifier: Title III-C1										Subservice: (None)						
302	Sheffield, Kathryn A										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
											Service: Congregate Meals	Fund Identifier: Title III-C1										Subservice: (None)						
303	Siebe, Myron E										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
											Service: Congregate Meals	Fund Identifier: Title III-C1										Subservice: (None)						
304	Sims, Donna										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
											Service: Congregate Meals	Fund Identifier: Title III-C1										Subservice: (None)						
305	Smart, Mildred F										Service: Congregate Meals	Fund Identifier: Program Income										Subservice: (None)						
											Service: Congregate Meals	Fund Identifier: Title III-C1										Subservice: (None)						
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2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
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Printed: 01/27/2025 11:08:48AM

Rev.20250127

LEGEND

M/T: Monthly Total

: Week day

: Weekend day

2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
315	Spittler, Shirley L								Service: Congregate Meals								Fund Identifier: Program Income								Subservice: (None)			
316	Stanford, James								Service: Congregate Meals								Fund Identifier: Program Income								Subservice: (None)			
317	Stevens, Billy								Service: Congregate Meals								Fund Identifier: Program Income								Subservice: (None)			
318	Stewart, Carla R								Service: Congregate Meals								Fund Identifier: Program Income								Subservice: (None)			
319	Stewart, Ruth K								Service: Congregate Meals								Fund Identifier: Program Income								Subservice: (None)			
320	Stewart, Sheila K								Service: Congregate Meals								Fund Identifier: Program Income								Subservice: (None)			
321	Strohm, Irene								Service: Congregate Meals								Fund Identifier: Program Income								Subservice: (None)			
322	Sutton, Shirley								Service: Congregate Meals								Fund Identifier: Program Income								Subservice: (None)			
323	Swinney, Carl W								Service: Congregate Meals								Fund Identifier: Program Income								Subservice: (None)			

2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
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Printed: 01/27/2025 11:08:48AM

Rev.20250127

LEGEND

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2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
324	Swinney-Grimes, Patsy J										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
325	Taylor, Richard										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
326	Tharp, Joan										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
327	Tidwell, Deanna L										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
328	Tidwell, Eldridge R										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
329	Timme, Kay										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
330	Tolar, Bill										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
331	Tooke, Rose M										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
332	Trainer, Duane E										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
3 2 3 1 3 (12) 4 3 2 2 3 (14) 3 3 3 3 (12) 3 2 2 1 2																												

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2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
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2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
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Printed: 01/27/2025 11:08:48AM

Rev.20250127

LEGEND

M/T: Monthly Total

: Week day

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2/2025		Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
342		White, Sandra J																											
		Service: Congregate Meals																											
		Fund Identifier: Program Income																											
		Subservice: (None)																											
		Title III-C1																											
		Subservice: (None)																											
343		Whitehead, Judy E																											
		Service: Congregate Meals																											
		Fund Identifier: Program Income																											
		Subservice: (None)																											
		Title III-C1																											
		Subservice: (None)																											
344		Whitfield, Ray C																											
		Service: Congregate Meals																											
		Fund Identifier: Program Income																											
		Subservice: (None)																											
		Title III-C1																											
		Subservice: (None)																											
345		Wierzbinski, Lawrence																											
		Service: Congregate Meals																											
		Fund Identifier: Program Income																											
		Subservice: (None)																											
		Title III-C1																											
		Subservice: (None)																											
346		Wilk, Kimmie																											
		Service: Congregate Meals																											
		Fund Identifier: Program Income																											
		Subservice: (None)																											
		Title III-C1																											
		Subservice: (None)																											
347		Williams, Harold E																											
		Service: Congregate Meals																											
		Fund Identifier: Program Income																											
		Subservice: (None)																											
		Title III-C1																											
		Subservice: (None)																											
348		Williams, Jackie B																											
		Service: Congregate Meals																											
		Fund Identifier: Program Income																											
		Subservice: (None)																											
		Title III-C1																											
		Subservice: (None)																											
349		Willis, Charles																											
		Service: Congregate Meals																											
		Fund Identifier: Program Income																											
		Subservice: (None)																											
		Title III-C1																											
		Subservice: (None)																											
350		Willman, Peggy L																											
		Service: Congregate Meals																											
		Fund Identifier: Program Income																											
		Subservice: (None)																											
		Title III-C1																											
		Subservice: (None)																											
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2/2025

Sat 1 Sun 2 Mon 3 Tue 4 Wed 5 Thu 6 Fri 7 Sat 8 Sun 9 Mon 10 Tue 11 Wed 12 Thu 13 Fri 14 Sat 15 Sun 16 Mon 17 Tue 18 Wed 19 Thu 20 Fri 21 Sat 22 Sun 23 Mon 24 Tue 25 Wed 26 Thu 27 Fri 28

Printed: 01/27/2025 11:08:48AM

LEGEND

N/T: Monthly Total

Weekend day

Rev. 20250127

Page 30 of 42

2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
351	Wilson, Renay W										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
352	Wininger, Debby J										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
353	Wyatt, Gwendolyn J										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
354	Wyatt, Jerald T										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
355	Yarbrough, Meredith A										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
356	Yarbrough, Tommy W										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
357	Young, William C										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
358	Zimmerman, Merle C										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															
359	Zimmerman, Minnie B										Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)															
											Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)															

2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
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Printed: 01/27/2025 11:08:48AM

Rev.20250127

LEGEND

M/T: Monthly Total

: Week day

: Weekend day

Agency: Deep East Texas Area Agency on Aging
Site: Tyler County - C1
Service: Physical Fitness
Fund Identifier: Local Cash
Default Unit Rate: \$11.55

Provider: Tyler County Nutrition Center

Fund Identifier: Title III-B
Default Unit Rate: \$11.55

2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
1	Allen, Margie F										Service: Physical Fitness	Fund Identifier: Local Cash	Subservice: (None)															
											Service: Physical Fitness	Fund Identifier: Title III-B	Subservice: (None)															
2	Beal, Dolores A										Service: Physical Fitness	Fund Identifier: Local Cash	Subservice: (None)															
											Service: Physical Fitness	Fund Identifier: Title III-B	Subservice: (None)															
3	Cauley, Cheryl P										Service: Physical Fitness	Fund Identifier: Local Cash	Subservice: (None)															
											Service: Physical Fitness	Fund Identifier: Title III-B	Subservice: (None)															
4	Cravy, Julie B										Service: Physical Fitness	Fund Identifier: Local Cash	Subservice: (None)															
											Service: Physical Fitness	Fund Identifier: Title III-B	Subservice: (None)															
5	Creed, Diane										Service: Physical Fitness	Fund Identifier: Local Cash	Subservice: (None)															
											Service: Physical Fitness	Fund Identifier: Title III-B	Subservice: (None)															
6	Davidson, Irma										Service: Physical Fitness	Fund Identifier: Local Cash	Subservice: (None)															
											Service: Physical Fitness	Fund Identifier: Title III-B	Subservice: (None)															
7	Deason, Catherine										Service: Physical Fitness	Fund Identifier: Local Cash	Subservice: (None)															
											Service: Physical Fitness	Fund Identifier: Title III-B	Subservice: (None)															
8	Ellis, Gerry L										Service: Physical Fitness	Fund Identifier: Local Cash	Subservice: (None)															
											Service: Physical Fitness	Fund Identifier: Title III-B	Subservice: (None)															
2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28

Printed: 01/27/2025 11:07:43AM

Rev. 20250127

LEGEND: M/T: Monthly Total : Week day : Weekend day

2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
9	Evans, Judith M										Service: Physical Fitness					Fund Identifier: Local Cash					Subservice: (None)							
											Service: Physical Fitness					Fund Identifier: Title III-B					Subservice: (None)							
10	Faircloth, Lynette A										Service: Physical Fitness					Fund Identifier: Local Cash					Subservice: (None)							
											Service: Physical Fitness					Fund Identifier: Title III-B					Subservice: (None)							
11	Francis, Carolyn										Service: Physical Fitness					Fund Identifier: Local Cash					Subservice: (None)							
											Service: Physical Fitness					Fund Identifier: Title III-B					Subservice: (None)							
12	Freeman, Cathy A										Service: Physical Fitness					Fund Identifier: Local Cash					Subservice: (None)							
											Service: Physical Fitness					Fund Identifier: Title III-B					Subservice: (None)							
13	Germany, Wava J										Service: Physical Fitness					Fund Identifier: Local Cash					Subservice: (None)							
											Service: Physical Fitness					Fund Identifier: Title III-B					Subservice: (None)							
14	Haddad, Teri J										Service: Physical Fitness					Fund Identifier: Local Cash					Subservice: (None)							
											Service: Physical Fitness					Fund Identifier: Title III-B					Subservice: (None)							
15	Harman, Becky L										Service: Physical Fitness					Fund Identifier: Local Cash					Subservice: (None)							
											Service: Physical Fitness					Fund Identifier: Title III-B					Subservice: (None)							
16	Harman, Jimmy E										Service: Physical Fitness					Fund Identifier: Local Cash					Subservice: (None)							
											Service: Physical Fitness					Fund Identifier: Title III-B					Subservice: (None)							
17	Hext, Ruby										Service: Physical Fitness					Fund Identifier: Local Cash					Subservice: (None)							
											Service: Physical Fitness					Fund Identifier: Title III-B					Subservice: (None)							

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3 16

2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
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2/2025

Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
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2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
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2/2025	Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7	Sat 8	Sun 9	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
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TYLER COUNTY NUTRITION CENTER:

DATE: 2-3-2025

ACTIVITY: SUSAN'S SENIOR IN MOTION EXERCISE

1 Cheryl Cawley	14	27
2 Jackie Williams	15	28
3 Laurie Armstrong	16	29
4 Catherine Doss	17	30
5 Teresa Reyer	18	31
6 Michelle Jones	19	32
7 Sherry Roberts	20	33
8 Lynette Faircloth	21	34
9 Barbara Hight	22	35
10 D. H. Hight	23	36
11 Mary Reed	24	37
12 Bill Lathen	25	38
13 Sybil Hutto	26	34

14

142

11 days

TYLER COUNTY NUTRITION CENTER:

DATE:

Feb 5, 2025

ACTIVITY: SUSAN'S SENIOR IN MOTION EXERCISE

1	Laurie Armstrong	14	Lynette Faircloth	27
2	HAROLD E Williams	15	Sylvia Little	28
3	Teresa Reyes	16	Dorothy Wain	29
4	Bill Leatham	17	Cathy Freeman	30
5	Shirley Roberts	18	Edith Taylor	31
6	Alma Davidson	19	Dorothy Tidwell	32
7	Irish Ryan	20		33
8	Barbara Hight	21		34
9	Michelle Jones	22		35
10	Donna Linn	23		36
11	Mary Neal	24		37
12	Catharine O'Leary	25		38
13	Ruby Hight	26		34

19

TYLER COUNTY NUTRITION CENTER:

DATE:

Feb 7 2025

ACTIVITY: SUSAN'S SENIOR IN MOTION EXERCISE

1	HAROLD Williams	14	27
2	Cheryl Canley	15	28
3	Irish Ryan	16	29
4	Catherine Dooce	17	30
5	Laurie Armstrong	18	31
6	Shirley Robert	19	32
7	Julie Clancy	20	33
8	Duby Waring	21	34
9	Lynette Faircloth	22	35
10	Cap Frauma	23	36
11	Leresa Rayer	24	37
12	Suella Rayer	25	38
13	Donna Sims	26	34

13

TYLER COUNTY NUTRITION CENTER: DATE: 2-10-2025
 ACTIVITY: SUSAN'S SENIOR IN MOTION EXERCISE

1	✓	14	✓	27
2	✓	15	✓	28
3	✓	16	✓	29
4	✓	17	✓	30
5	✓	18	✓	31
6	✓	19	✓	32
7	✓	20	✓	33
8	✓	21	✓	34
9	✓	22	✓	35
10	✓	23	✓	36
11	✓	24	✓	37
12	✓	25	✓	38
13	✓	26	✓	34

17

TYLER COUNTY NUTRITION CENTER: DATE: Feb 12, 2025
ACTIVITY: SUSAN'S SENIOR IN MOTION EXERCISE

1	Cheryl Caudery ✓	14	27	
2	Alma Smith ✓	15	28	
3	Bert Heathen ✓	16	29	
4	David Armstrong ✓	17	30	
5	Harold Williams ✓	18	31	
6	Terena Meyer ✓	19	32	
7	Michelle Jones ✓	20	33	
8	Shirley Roberts ✓	21	34	
9	Doris Kauts ✓	22	35	
10	Lucie Williams ✓	23	36	
11	Doris Smith ✓	24	37	
12	Stella Smith ✓	25	38	
13		26	34	

(12)

TYLER COUNTY NUTRITION CENTER:

DATE: 2-14-2025

ACTIVITY: SUSAN'S SENIOR IN MOTION EXERCISE

1	Catherine Deaso ✓	14	27
2	Cheryl Carley ✓	15	28
3	Laurie Armstrong ✓	16	29
4	Lynette Faircloth ✓	17	30
5	Wesley Sims ✓	18	31
6	HAROLD E Williams ✓	19	32
7	Shellen Rye ✓	20	33
8	Deanna Tidwell ✓	21	34
9		22	35
10		23	36
11		24	37
12		25	38
13		26	34

8

TYLER COUNTY NUTRITION CENTER:

DATE:

2-19-2025

EXERCISE

ACTIVITY:

Seniors In Motion

1	HAROLD E Williams	14	27
2	Cheryl Cawley	15	28
3	Jamesa Reed	16	29
4	Jaune Armstrong	17	30
5	Catherine Davis	18	31
6	Shirley Faircloth	19	32
7	Shirley Faircloth	20	33
8	Shirley Faircloth	21	34
9	Shirley Faircloth	22	35
10	Shirley Faircloth	23	36
11		24	37
12		25	38
13		26	34

9

TYLER COUNTY NUTRITION CENTER:

DATE:

2-21-25

EXERCISE
Susan Russell

ACTIVITY: ~~GAMES: CARD/DOMINOES~~

1	Lynette Faircloth	14	27
2	HAROLD EW Williams	15	28
3	Jeresa Reyes	16	29
4	Bill Lathen	17	30
5	Cathy Deason	18	31
6	Michelle Jones	19	32
7	Shirley Roberts	20	33
8	Barbara Hight	21	34
9	Catherine Deason	22	35
10	Dick Winger	23	36
11	Sneller Reyes	24	37
12		25	38
13		26	34

10

TYLER COUNTY NUTRITION CENTER:

DATE:

2-24-2025

ACTIVITY:

EXERCISE

1	Ruby Hunt ✓	14	May Reed ✓	27
2	Cheryl Carley ✓	15		28
3	HAROLD E Williams ✓	16		29
4	Sybil Hunt ✓	17		30
5	Bill Latham ✓	18		31
6	Leresa Regan ✓	19		32
7	Shirley Rose ✓	20		33
8	Michelle Jones ✓	21		34
9	Catherine Deane ✓	22		35
10	Lynette Faircloth ✓	23		36
11	Duby Waring ✓	24		37
12	Swellen Long ✓	25		38
13	Deanna Adwell ✓	26		34

14

TYLER COUNTY NUTRITION CENTER:

DATE:

2-26-2025

ACTIVITY:

EXERCISE

1	HAROLBEL Williams	14	Stallard Janya	27
2	Lois Thomas	15	Deanna Deane	28
3	Agathe Faircloth	16	Mary Reed	29
4	Jackey Ryan	17	Ruby Hart	30
5	Cheryl Carley	18		31
6	Catherine Davis	19		32
7	Branda Ryan	20		33
8	Jessica Myers	21		34
9	Michelle Jones	22		35
10	Shirley Roberts	23		36
11	Lyndy Hitt	24		37
12	Jacqueline Williams	25		38
13	Ruby Waringer	26		34

11

TYLER COUNTY NUTRITION CENTER:

DATE:

2-28-2025

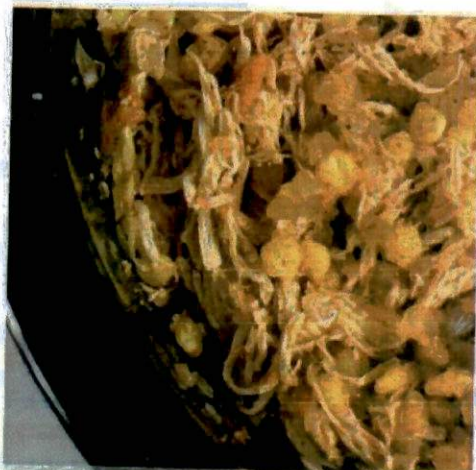
Exercise

ACTIVITY: Seniors In Motion by Susan

1	HAROLD E Williams ✓	14	27
2	Cheryl Cauley ✓	15	28
3	Teresa Rye ✓	16	29
4	TRISH RYAN ✓	17	30
5	Brenda Ryan ✓	18	31
6	Laurie Armstrong ✓	19	32
7	Excellent Rye ✓	20	33
8	Deanna Tidwell ✓	21	34
9	Duby Waring ✓	22	35
10		23	36
11		24	37
12		25	38
13		26	34

a

Recipe: Mexican Pozole Soup



Pozole

Nutrition Facts

10 Servings Per Container

Serving size 1 cup

Amount Per Serving

Calories 200

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 550mg	24%
Total Carbohydrate 19g	7%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 2mg	10%
Potassium 509mg	10%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

- 2 pounds skinless boneless chicken thighs
- 1 can (15-ounces) stewed tomatoes, no salt added
- 1/4 cup tomato paste
- 1 can (30 ounces) hominy, drained
- 1 large onion
- 1 can (4 ounces) diced green chilies
- 4-6 garlic cloves, finely chopped
- 2 teaspoons dried oregano flakes (may be sold as leaves)
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1 teaspoon pepper
- 1/2 cup water
- 1/4 cup cilantro, chopped (or more to taste)

Directions

Makes: 10 1-cup servings

Prep: _____ minutes

- 1) Wash your hands and clean your cooking area.
- 2) Place the meat in a 4-quart slow cooker. Add the stewed tomatoes, tomato paste, hominy, onion, chilies, garlic, oregano, cumin, salt, and pepper.
- 3) Pour in 1/2 cup water and stir to combine all ingredients.
- 4) Cover, and cook on low for 6-7 hours or on high for 3-4 hours.
- 5) Make sure the meat reaches an internal temperature of 145° F for pork or 165° F for chicken. Shred the meat before serving.
- 6) Top with chopped cilantro and enjoy!

Note: If you have pork loin on hand, you can use this in place of chicken thighs.



Egg and Chicken Terms



“100% or All-Natural”

- Only means nothing was added to the egg (coloring, flavoring)
- Does NOT indicate how the chicken was raised.

“USDA Organic”

- Certified organic eggs are from uncaged hens that have free range of their houses and access to outdoor spaces. They are also fed an organic diet.

“Vitamin Enhanced”

- Hens are given a special diet that helps them produce eggs with a higher vitamin content (e.g. Vitamin E).

“Omega - 3 Enriched”

- Hens are fed a diet that includes flaxseed, algae or fish oils to increase the Omega-3 fatty acid content of the eggs



“No rBST (or rBGH)”

- rBST and rBGH are growth hormones that are given to cows to increase milk production

“Ultrapasteurized (UHT)” Milk

- Milk has been heated to at least 280 degrees F for 2 seconds. This increases shelf life, but may cause a “cooked” flavor

USDA Organic

- Cows have year-round access to outdoors/pasture. No hormones are used. Cows are fed an organic diet (grains, forage)

“Grass-fed Beef”

- 100% Grass Fed means an animal is fed forage 100% (no grain crops) after being weaned from their mother's milk

“No Antibiotics”

- Hens are raised without antibiotics of any type

“No added Hormones”

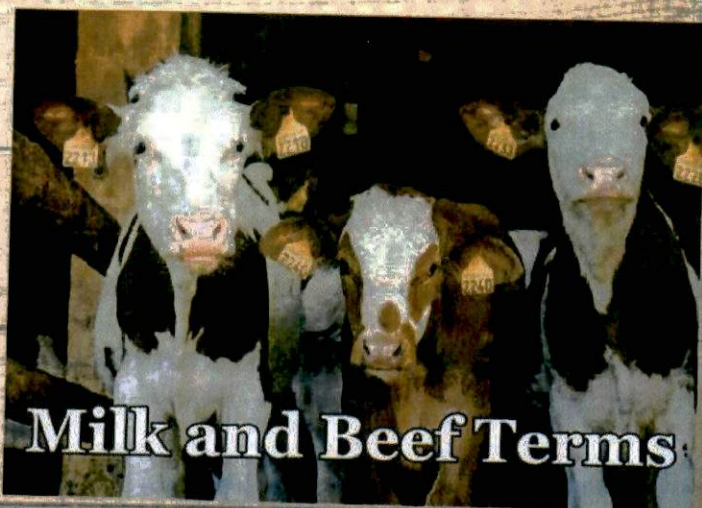
- NO eggs have added hormones (regardless of what the package says) because the use of hormones is NOT allowed in hog or poultry production
- If you see “No added hormones” on a package, it must be followed by the statement: “Federal regulations prohibit the use of hormones”.

“Free-range”

- Hens are cage free with continuous access to the outdoors during their laying cycle.

“Cage-free”

- Hens are raised in an enclosed structure with unlimited access to food and water. They are NOT required to have access to the outdoors.



Milk and Beef Terms

Goal Setting

- Ask yourself -
 - Which 'Eat Well' area do I want to work on?
 - What am I going to do?
 - How often am I going to do it?
- Examples
 - I will choose one canned food item that is labeled no-salt added.
 - I will replace using butter with canola oil when cooking.

Staying Connected

- Texas A&M AgriLife Extension Service programs
 - Dinner Tonight
 - <https://dinnertonight.tamu.edu/>
- What's on your plate? – National Institute of Aging
 - <https://order.nia.nih.gov/publication/whats-on-your-plate>
- We have an App for that
 - Fooducate

Tips for Improving Your Nutrition

Instead of...	Choose...
Canned, packaged, or ready-to-eat foods	Foods labeled as reduced sodium, low sodium, or no salt added
Condiments, sauces, and flavor packages	Use herbs or no-salt spices mixes, opt for low sodium or no salt added foods
Salted nuts and seeds	Unsalted almonds, walnuts, or other unsalted nuts

Added Sugars

- Contribute additional calories without essential nutrients
- Naturally occurring sugars are not added sugars
 - Fruit and milk are not added sugars
- Primary food sources:
 - Sweetened beverages, grain based desserts, and candy
- Shift towards foods without added sugars
 - 10% or less of your daily value

Review



So far we reviewed how the nutrition facts label may help in determining which food product can be part of a healthy eating pattern and improve quality of life.

Saturated Fat

- Reduces cognition
- Increases LDL cholesterol
- Primary Consumed Sources:
 - Mixed dishes containing cheese, meat, or both
 - Burgers, sandwiches, tacos, pizza, grain dishes, and meat, poultry, and seafood dishes.
- Shift food choices to be low in saturated fat
 - 5% or less of the percent daily value

Sizing Up Servings

- Based on the typical amount of food most Americans eat
- Serving size may be larger or smaller than a recommended amount you should eat
 - Check and compare serving size to actual amount portioned
 - Use the calories and other food components when selecting the best option



Percent Daily Value

Nutrition Facts	
8 Servings Per Container	
Serving size	2/3 cup (55g)
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 3g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 4mcg	40%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Shows the percentage a nutrient/food component contributes to your total daily value
 - 5% or less is low in a nutrient
 - Aim more often for saturated fat, sodium, and added sugar
 - 10% is moderate in a nutrient
 - 20% or more is high in a nutrient
 - Aim more often for vitamin D, calcium, potassium, and iron

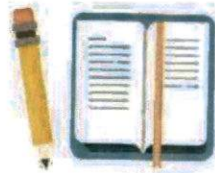
Goals for Today

1. Choosing foods with less sodium, saturated fat, and added sugars as part of a healthy eating pattern.
2. Using the nutrition facts label as a tool to help make informed food choices.
3. Discussing why limiting certain nutrients are part of living an independent life.
4. Showing how making small changes in food choices may help shift into a healthy eating pattern.

Nutrition and Quality of Life

- Good nutrition reduces the risk for diet related chronic disease
 - Heart disease
 - Obesity
 - Type 2 diabetes
 - Hypertension
 - Some forms of cancer
- Good nutrition is an eating pattern with:
 - Less: **saturated fat, sodium and added sugars**
 - More: water, lean and plant proteins, vegetables, whole grains, and fat free dairy

Goal Setting



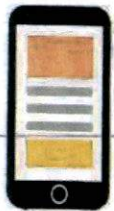
Ask Yourself:

- 1) Which "Eat Well" area do I want to work on?
- 2) What am I going to do?
- 3) How often am I going to do it?

Examples:

I will choose one canned food item that is labeled no-salt added!
I will replace using butter with canola oil when cooking!

My 'Be Well, Live Well: Be Able' goal for this month is to:



Staying Connected



Free online resources

Texas A&M AgriLife Extension Service programs

Dinner Tonight: <https://dinnertonight.tamu.edu/>



What's on your plate?- National Institute of Aging

<https://order.nia.nih.gov/publication/whats-on-your-plate>



We have an App for that!

Fooducate

Recipe: Sloppy Joes



Sloppy Joe

Nutrition Facts

4 Servings Per Container
Serving size 1 bun with
1/2 cup filling

Amount Per Serving

Calories 370

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 640mg	28%
Total Carbohydrate 41g	15%
Dietary Fiber 1g	4%
Total Sugars 17g	
Includes 8g Added Sugars	16%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 134mg	10%
Iron 5mg	30%
Potassium 685mg	15%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Added sugars are estimated and will vary based on type of BBQ sauce used

Ingredients

- 1/2 small onion, chopped
- 1/2 green bell pepper, chopped
- 1-pound lean ground beef (96% lean, 4% fat)
- 1/2 teaspoon garlic powder
- 1 teaspoon mustard
- 1 can (8 ounces) tomato sauce, no salt added
- 1/2 cup BBQ sauce
- 4 whole-wheat hamburger buns, toasted if desired









Directions

Makes: 4 servings

- 1) Wash hands and clean your cooking area.
- 2) Add onions and peppers in a large nonstick skillet. Saute over medium heat. After cooked, remove from skillet and set aside.
- 3) In the same skillet, add ground beef. Cook over medium heat until meat is browned. Stir occasionally to break up the meat. Drain fat if needed.
- 4) Stir in garlic powder, mustard, tomato sauce and barbeque sauce. Let simmer for 15-20 minutes.
- 5) Serve on a whole wheat hamburger bun.
- 6) To store pre-portioned leftovers, scoop remaining sloppy joe mixture into muffin tins and freeze overnight. Remove and store in freezer bags.
- 7) Thaw in the refrigerator or in the microwave next time you are ready to eat!

Designed by: Marissa Albers, Technician II, Food & Nutrition Unit
This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
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Updated October 2022

TEXAS A&M
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EXTENSION

Product	Refrigerate (40 °F)	Freezer (0 °F)
 Seafood	1-2 days	<i>Lean fish (flounder, haddock, halibut, etc.) 6 to 8 months</i> <i>Fatty fish (salmon, tuna, etc.) 2 to 3 months</i>
 Leftovers	3-4 days	Cooked meat and poultry- 2-6 months Casseroles, soups, stews- 1-2 months
 Milk	1 week	3 months
 Yogurt	1-2 weeks	1-2 months
 Beans raw	3-4 days	8 months
 Carrots raw	2 weeks	10-12 months
 Lettuce	<i>Leaf: 3-7 days</i> <i>Head: 1-2 weeks</i>	Does not freeze well
 Tomatoes raw	2-3 days	2 months

Source: USDA. Food Safety for Older Adults. USDA-FDA Cold Storage Chart.

Thank you



Review

Food safety supports your health, therefore, Quality of Life.
A pattern of food safety keeps us safe from foodborne illness.

A good food safety pattern includes:

- safe food shopping
- understanding dates on packages
- cooking and refrigeration temperatures
- clean hands and food surfaces

Goal setting

- Ask yourself –
 - Which 'Eat Safe' area do I want to work on?
 - What am I going to do?
 - How often am I going to do it?
- Examples
 - I will check the temperature of my fridge weekly.
 - I will wash my hands before preparing meals.

Cold Storage

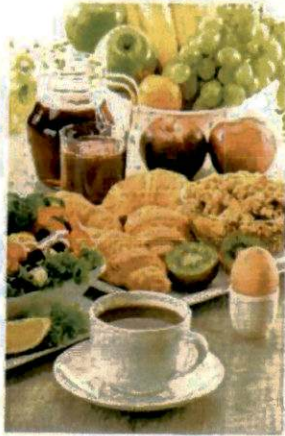
Product	Refrigerate (40°F)	More information
Seafood	1-2 days	
Leftovers	3-4 days	Cooked meat, poultry, fish, meat dishes, egg dishes, soups, stews
Milk	1 week	
Yogurt	1-2 weeks	
Beans raw	3-4 days	
Carrots raw	2 weeks	
Lettuce	3-7 days - leaf 1-2 weeks - head	
Tomatoes raw	2-3 days	

Cooking

- Safe minimum internal cooking temperatures
- Food thermometer
- Separate



Review



So far we reviewed:

- Why we are more susceptible
- Foods to avoid
- Shopping safely
- Keeping food safe

Dates on Food Packages

Open dates

- Sell by
- Best if used by (or before)
- Use by
- Expiration



Foods to Avoid

- Raw or undercooked meats, poultry, fish, or shellfish
- Refrigerated smoked fish or seafood or unpasteurized, refrigerated pâtés or meat spreads
- Cold hot dogs and lunch meats
- Unpasteurized (raw) dairy products, juices or some soft cheeses

More Foods to Avoid

- Raw or partially cooked unpasteurized eggs and foods made with raw, unpasteurized eggs
- Unwashed fresh vegetables
- Raw sprouts
- Ready to eat meat or seafood salads

Today...

1. Food safety and your health.
2. Keep food safe when shopping.
3. Understand dates on food packages, know when to throw out food.
4. Cooking and refrigeration food temperatures are important to food safety.
5. Clean hands and food surfaces are important in food safety.

Food Safety & Quality of Life

- Good food safety reduces the risk for foodborne illness:
 - Campylobacter
 - Salmonella
 - Cryptosporidium
 - Shigella
 - Listeria
- Good food safety is a pattern of:
 - Keeping food separated, refrigerated, cooked to the proper temperatures, and thrown out when passed its date
 - Washing hands and keeping food contact surfaces clean



Goal Setting



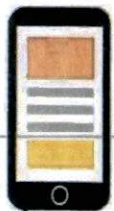
Ask Yourself:

- 1) Which "Be Safe" area do I want to work on?
- 2) What am I going to do?
- 3) How often am I going to do it?

Examples:

I will check the temperature in my fridge weekly!
I will wash my hands before preparing meals!

My 'Be Well, Live Well: Be Safe' goal for this month is to:



Staying Connected



Texas A&M AgriLife Extension Service programs

<https://foodsafety.tamu.edu/>



What's on your plate?- National Institute of Aging

- <https://order.nia.nih.gov/publication/whats-on-your-plate>



We have an App for that!

FoodKeeper

Be Well, Live Well

Be Safe: Eat Safe

Session 3

TEXAS A&M
AGRILIFE
EXTENSION

Be Safe: How am I Doing?

Question

Circle one answer choice
for each question:

1	How do you describe your food safety skills?	Excellent	Very good	Good	Fair	Poor
2	In an average week, how often do you use a food thermometer when cooking?	Usually/often	Sometimes	Rarely/never		
3	In an average week, how often do you check the temperature of your fridge?	Usually/often	Sometimes	Rarely/never		
4	In an average week, how often do you thaw frozen meat on the counter?	Usually/often	Sometimes	Rarely/never		
5	In an average week, how often do you wash hands and counters prior to food preparation?	Usually/often	Sometimes	Rarely/never		
6	In an average week, how often do you eat undercooked meat?	Usually/often	Sometimes	Rarely/never		
7	In an average week, how often do you get 30 minutes or more of physical activity a day?	Usually/often	Sometimes	Rarely/never		
8	How willing are you to make changes in your food safety behaviors?	Very willing	Willing	Not at all willing		

TEXAS A&M
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EXTENSION



Be Well, Live Well

Be Safe: Eat Safe

Let's Share

- What does food safety mean to you?



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Symptoms of Foodborne Illness

- Diarrhea
- Vomiting
- Abdominal cramps/upset stomach
- Flu like symptoms



Why Are You At Risk?

- People over 65 are at a higher risk from foodborne illness
 - Weakened immune systems
 - Decrease in stomach acid
 - Digestion slows
 - Chronic illnesses
 - Liver and kidney
 - Sense of taste and smell affected

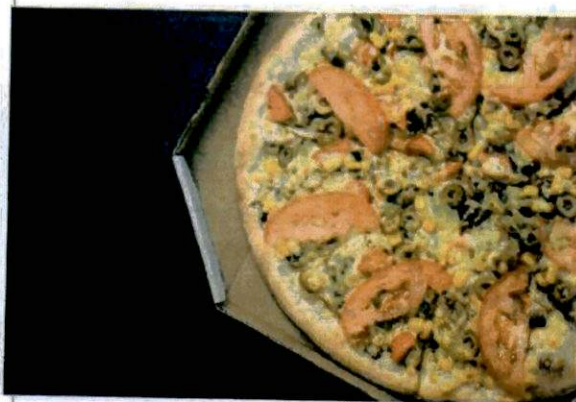
Food Safety & Shopping

- Read labels
 - Check dates
- Buy pasteurized products
 - Milk or dairy, juices, or eggs
- Check packaging
- Separate foods
- Pick up perishable foods last



Food Safety & Non-home Meals

- Meals to go or take out
- Home Delivered



Refrigeration

- Refrigerator
 - 40°F
 - Cleanliness
- Thawing
 - Refrigerator
 - Microwave
- Food
 - Refrigerate within 2 hours or within 1 hour on warmer days

Cold Storage

Product	Refrigerate (40°F)	More information
Eggs	3-5 weeks in shell 1 week – hard cooked	Liquid pasteurized or egg substitutes 3 days opened and 10 days closed
Deli and vacuum-packed	3-5 days 3-4 days (entrees– cold or hot)	Egg, chicken, ham, tuna, and macaroni and salad
Luncheon meat	3-5 days open package 2 weeks unopened	
Bacon and sausage	7 days – bacon; 1-2 days – sausage, raw	
Hamburger and other ground meats	1-2 days	Ground beef, turkey, veal, pork, lamb or mixtures of all
Fresh beef, pork, veal, or lamb	3-5 days	Steaks, chops, roasts
Fresh poultry	1-2 days	Chicken or turkey, whole or pieces

Cooking Temperatures

Product	Temperature	More information
Beef, veal, lamb (chops, steaks, and roast)	145 °F	3 minute rest time after removing from heat
Fish or seafood	145 °F	
Pork	145 °F	
Ground beef, pork, veal, lamb	160 °F	
Egg dishes	160 °F	Eggs – until yolks and white are firm
Turkey, chicken, duck (whole, pieces, or ground)	165 °F	
Reheating leftovers or take out	165 °F	Sauces, soups, gravy bring to a boil to reheat
Hot dogs, fiambres y mortadela recalentados	165 °F	Or steaming hot
Microwave cooking	To foods safe minimum internal temperature	Cover, stir, rotate, and allow to stand

Cleanliness

- Hands
- Surfaces
- Produce



Staying Connected

- What's on your plate? Food Safety – National Institute of Aging
 - <https://order.nia.nih.gov/publication/whats-on-your-plate>
- We have an App for that
 - FoodKeeper App
 - <https://www.foodsafety.gov/keep/foodkeeperapp/>

Getting a taste for food safety

- *Sloppy Joes*













Cold Storage



These time limit guidelines will help keep refrigerated food safe to eat. Because freezing keeps food safe indefinitely, recommended storage times for frozen foods are for quality only.

Product	Refrigerate (40 °F)	Freezer (0 °F) <i>*For best quality</i>
 Eggs	In shell: 3 to 5 weeks Hard cooked: 1 week Liquid pasteurized Eggs, egg substitutes- 3 days opened and 10 days closed	Unopened, liquid pasteurized eggs or egg substitutes: 1 year All other types of eggs do not freeze well
 Deli and vacuum-packed	Egg, chicken, ham, tuna, and macaroni salad: 3 to 5 days	Does not freeze well
 Luncheon meat	Open package: 3-5 days Unopened- 2 weeks	1-2 months
 Bacon and sausage	Bacon: 7 days Sausage (raw): 1-2 days	Bacon: 1 month sausage (raw): 1 to 2 months
 Hamburger and other ground meats	1-2 days	3-4 months
 Fresh beef, pork, veal, or lamb	3-5 days	Steaks: 6 to 12 months Chops: 4 to 6 months Roasts: 4 to 12 months
 Fresh poultry	1-2 days	Chicken or turkey, whole: 1 year Chicken or turkey, pieces: 9 months

Be Well, Live Well: Be Safe

Product:	 °F	Cooking Temperature:	More Information:
Beef, veal, lamb, pork (chops, steaks, and roast)	145 °F		3 minute rest time after removing from heat
Fish or seafood	145 °F		-----
Ground beef, pork, veal, lamb	160 °F		-----
Egg dishes	160 °F		Eggs - until yolks and whites are firm
Turkey, chicken, duck (whole, pieces, or ground)	165 °F		-----
Reheating leftovers or takeout	165 °F		Sauces, soups, gravy bring to a boil to reheat
Reheat hot dogs, luncheon meats, bologna, and deli meats	165 °F		Or steaming hot
Microwave cooking	Heat to food's safe minimum internal temperature		Cover, stir, rotate, and allow to stand

Remember:



- Food safety supports your health and therefore, your Quality of Life
- A pattern of good food safety keeps us safe from foodborne illness
- A good food safety pattern includes:
 - Understanding the meaning behind the dates on packages
 - Shopping safely for your food
 - Washing hands and food contact surfaces before and after food preparation
 - Knowing the proper refrigerator and minimum internal cooking temperatures for foods

Sell by

Last day a food should be on display in the store

Best if used by

Date the food should be eaten before for best quality or flavor

Use by

Last date the food should be eaten for highest quality

Expiration

The last date the food is safe to eat

Be Well, Live Well

Be Able: Read the Label

Session 2

TEXAS A&M
AGRILIFE
EXTENSION

Be Able: How am I Doing?

Question

Circle one answer choice
for each question:

		Excellent	Very Good	Good	Fair	Poor
1	How do you describe your food shopping skills?					
2	In an average week, how often do you read a nutrition food label?	Usually/often		Sometimes		Rarely/never
3	In an average week, how often do you have a hard time selecting lower sodium foods?	Usually/often		Sometimes		Rarely/never
4	In an average week, how often do you have a hard time selecting foods with less saturated fat?	Usually/often		Sometimes		Rarely/never
5	In an average week, how often do you have a hard time selecting foods with less added sugar?	Usually/often		Sometimes		Rarely/never
6	In an average week, how often do you eat canned vegetables or soups?	Usually/often		Sometimes		Rarely/never
8	In an average week, how often do you drink sweetened beverages such as soda or sweet tea?	Usually/often		Sometimes		Rarely/never
9	In an average week, how often do you drink whole milk?	Usually/often		Sometimes		Rarely/never
10	In an average week, how often do you get 30 minutes or more of physical activity a day?	Usually/often		Sometimes		Rarely/never
11	How willing are you to make changes in your food selections by using the nutrition label?	Very willing		Willing		Not at all Willing



Be Well, Live Well

Be Able: Read the Label

Let's Share

1. What things do you consider or think about when shopping for foods?
2. What are some ways you might have used the label to make a food choice?



Nutrition Facts Label

- Informs decisions when making food choices
 - Aids in selecting foods as part of a healthy eating pattern
- Provides a visual in comparing food choices
- Provides nutrition facts for one serving of the serving size

Nutrition Facts	
5 Servings Per Container	
Serving size	2/3 cup (55g)
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,500 calories a day is used for general nutrition advice.

Front of the Label Claims

- Not regulated by FDA
 - Not required
- Used for marketing a product
- Does not show a foods nutritional value



Nutrients and the Label

- Nutrients to Limit:
- Saturated Fat
 - Less than 10% of calories per day
- Sodium
 - Less than 2,300 milligrams per day
- Added Sugars
 - Less than 10% of calories per day



Which would you choose?

Nutrition Facts	
4 Servings Per Container	
Serving size	1/2 cup (55g)
Amount Per Serving	
Calories	100
	% Daily Value*
Total Fat 5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 18g	7%
Dietary Fiber 6g	21%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 2mg	10%
Potassium 331mg	8%

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Nutrition Facts	
4 Servings Per Container	
Serving size	1/2 cup (55g)
Amount Per Serving	
Calories	100
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 18g	7%
Dietary Fiber 6g	21%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 350mg	8%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tips for Improving Your Nutrition

Instead Of:	Choose:
Butter, lard, shortening, coconut oil, palm oil	Canola, olive, sunflower, corn and safflower oils
Poultry skin, visible meat fat, red meat, ground beef, sausage, bacon, organ meats (such as liver, kidney)	Skinless and trimmed meats such as white meat chicken, turkey, pork chop, ground beef sirloin, or fish
Fried or pan fried food products	Cooking methods such as grilling, baking, broiling, roasting, or steaming
Whole milk, 2 % milk, half and half, cream, or full fat dairy products	Skim, 1%, fat free dairy products

Sodium

- Primarily consumed as salt (sodium chloride)
- Eating foods containing high amounts of sodium may raise blood pressure
- Primarily found:
 - Mixed dishes: Pizza, casseroles, soups, meat and poultry dishes
- Shift food choices to be low in sodium
 - 5% or less of the percent daily value

Tips for Improving Your Nutrition

Instead of...	Choose...
Soda or fruit flavored drinks	Water, fat-free or low-fat milk, unsweet tea, or 100% fruit juice
Ice cream or frozen yogurt	Frozen fruits (without added sugars) or frozen 100% fruit bars
Sugar sweetened cereals, cookies, jams or jellies	Oatmeal with fruit, graham crackers, plain animal crackers, or 100% fruit spreads
Flavored milk, sweetened yogurt	Unflavored low-fat milk or low-fat plain yogurt with a fresh fruit topping

Review

1. A healthy eating pattern has less: saturated fat, sodium and added sugars
2. Choose a variety of foods such as lean and plant proteins, vegetables, whole grains, and fat free dairy
3. Nutrition facts labels help to make informed decisions
4. Lower or substitute certain foods high in saturated fat, sodium, and added sugars for more nutrient dense foods

Understanding Food Packaging and Marketing Claims Do You Know What You're Eating?

"Non-GMO" or "GMO-Free"

- Used by the food industry to advertise that a food is free from genetically modified organisms. This is a **VOLUNTARY** label

"Local"

- Produced and processed within a particular area (e.g. within an undefined # of miles, commonly considered to be less than 400 miles from its origin, or within the State in which it is produced)



*Terms in **RED** do NOT have a formal definition right now...

Stay tuned!

"Natural"

- Generally means that a product has nothing artificial or synthetic added to it

"Fresh"

- Food is unprocessed and has not been frozen or subjected to any form of thermal processing or any other form of preservation
- NOTE: This definition still allows for wax coatings, post harvest use of approved pesticides, application of mild chlorine wash, and treatment with ionizing radiation.

"Made with Organic"

- Used when a product contains at least 70% organic ingredients (excluding salt and water)

"Organic"

- Any product that contains a minimum of 95% organic ingredients (excluding salt and water)

"100 % Organic"

- Any product that contains 100% organic ingredients (excluding salt and water)

"USDA Certified Organic"

- Grown and processed using strict guidelines
- NO genetically modified organisms
- Produce: no synthetic fertilizers/pesticides
- Meat: animals raised in living conditions that reflect their natural behavior, fed 100% organic feed and forage, and not given antibiotics or hormones
- Packaged foods: no artificial preservatives, colors, or flavors; ingredients are organic with a few exceptions (ex: baking soda, pectin, etc.)



**Organic
Terms:**

"Whole Grains"

- Whole grains contain the bran, germ, and endosperm (examples of whole grains: brown rice, oatmeal, corn)

**Grain
Terms**

Be Well, Live Well: Be Able

Read the Label!



Limit **saturated fat**
to less than 10% of
calories per day



Lower **sodium** to less
than 2,300 milligrams
(mg) per day



Limit **added sugars**
to less than 10%
calories per day

Nutrition Facts

5 Servings Per Container

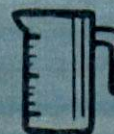
Serving size 2/3 cup (55g)

Amount Per Serving

Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
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Use the **serving size**
and **calories** to
determine if the food
meets your food goals

%

Daily Value

5% or less is **low**,
10% is **moderate**, and
20% is **high** in a nutrient



Get more of these
nutrients:
**Vitamin D, Calcium,
Iron and Potassium**

Nutrients to Limit:

Instead of:

Choose:



Saturated Fat

Butter, lard, shortening,
coconut oil, or palm oil



Canola, olive, sunflower,
corn and safflower oils



Sodium

Canned, packaged, or
ready-to-eat foods



Foods labeled as reduced
sodium, low sodium, or
no salt added



Added Sugars

Sugar sweetened cereals,
cookies, jams, or jellies



Oatmeal with fruit, graham
crackers, plain animal
crackers, or 100% fruit