

TYLER COUNTY NUTRITION CENTER:  
ACTIVITY \_\_\_\_\_ DOMINOES

DATE: 8-1-24

	NAME	INITIAL
1	EVA FOXWORTH	EF
2	CATHY FREEMAN	CF
3	GEORGE ALVARADO	
4	BILL FAIRCLOTH	B.F.
5	MAX HILL	MH
6	DAVID MCALISTER	
7	GENE ROBINSON	GR
8	LARRY AL JORDAN	
9	KEN RAIMER	KR.
10	CHARLES DAVIS	CD
11	LEONARD CONNER SR.	LC
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Handwritten notes and numbers at the bottom right of the page, including a vertical list of numbers (1-10) and some illegible scribbles.

TYLER COUNTY NUTRITION CENTER:  
ACTIVITY \_\_\_\_\_ DOMINOES

DATE: 8-2-24

	NAME	INITIAL
1	EVA FOXWORTH	EF
2	CATHY FREEMAN	CF
3	GEORGE ALVARADO	
4	BILL FAIRCLOTH	
5	MAX HILL	
6	DAVID MCALISTER	D.M.
7	GENE ROBINSON	GR
8	LARRY AL JORDAN	
9	KEN RAIMER	
10	CHARLES DAVIS	C.D.
11	LEONARD CONNER SR.	LC
12	Meredith Youlverough	MY
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TYLER COUNTY NUTRITION CENTER:  
ACTIVITY \_\_\_\_\_ DOMINOES \_\_\_\_\_

DATE: 8-5-24

	NAME	INITIAL
1	EVA FOXWORTH	E.F.
2	CATHY FREEMAN	CF
3	GEORGE ALVARADO	
4	BILL FAIRCLOTH	
5	MAX HILL	
6	DAVID MCALISTER	D.M.
7	GENE ROBINSON	G.R.
8	LARRY AL JORDAN	
9	KEN RAIMER	K.R.
10	CHARLES DAVIS	
11	LEONARD CONNER SR.	L.C.
12	Meredith Spaltrough	M.S.
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TYLER COUNTY NUTRITION CENTER:  
ACTIVITY \_\_\_\_\_ DOMINOES

DATE: 8-6-24

	NAME	INITIAL
1	EVA FOXWORTH	
2	CATHY FREEMAN	EF
3	GEORGE ALVARADO	GA
4	BILL FAIRCLOTH	
5	MAX HILL	
6	DAVID MCALISTER	
7	GENE ROBINSON	
8	LARRY AL JORDAN	
9	KEN RAIMER	KR
10	CHARLES DAVIS	CD
11	LEONARD CONNER SR.	LC
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TYLER COUNTY NUTRITION CENTER:

DATE: 8-7-24

ACTIVITY \_\_\_\_\_ DOMINOES ✓

	NAME	INITIAL
1	EVA FOXWORTH	E F
2	CATHY FREEMAN	C F
3	GEORGE ALVARADO	G A
4	BILL FAIRCLOTH	B F
5	MAX HILL	
6	DAVID MCALISTER	
7	GENE ROBINSON	G R
8	LARRY AL JORDAN	
9	KEN RAIMER	K R
10	CHARLES DAVIS	C D
11	LEONARD CONNER SR.	L C
12	Margie Allen	M A
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TYLER COUNTY NUTRITION CENTER:  
ACTIVITY \_\_\_\_\_ DOMINOES \_\_\_\_\_

DATE:

8-7-24

	NAME	INITIAL
1	EVA FOXWORTH	E.F.
2	CATHY FREEMAN	C.F.
3	GEORGE ALVARADO	
4	BILL FAIRCLOTH	B.F.
5	MAX HILL	
6	DAVID MCALISTER	D.M.
7	GENE ROBINSON	G.R.
8	LARRY AL JORDAN	
9	KEN RAIMER	K.R.
10	CHARLES DAVIS	
11	LEONARD CONNER SR.	L.C.
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TYLER COUNTY NUTRITION CENTER:  
ACTIVITY \_\_\_\_\_ DOMINOES \_\_\_\_\_

DATE: 8-9-24

	NAME	INITIAL
1	EVA FOXWORTH	E.F.
2	CATHY FREEMAN	CF
3	GEORGE ALVARADO	GA
4	BILL FAIRCLOTH	
5	MAX HILL	
6	DAVID MCALISTER	D.M.
7	GENE ROBINSON	G.R.
8	LARRY AL JORDAN	
9	KEN RAIMER	K.R.
10	CHARLES DAVIS	C.D.
11	LEONARD CONNER SR.	L.C.
12	Shirley Hillhouse	SH
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TYLER COUNTY NUTRITION CENTER:  
ACTIVITY DOMINOES

DATE: 8-12-24

	NAME	INITIAL
1	EVA FOXWORTH	EF
2	CATHY FREEMAN	CF
3	GEORGE ALVARADO	AK
4	BILL FAIRCLOTH	B-F
5	MAX HILL	
6	DAVID McALISTER	D.M.
7	GENE ROBINSON	GR
8	LARRY AL JORDAN	
9	KEN RAIMER	KR
10	CHARLES DAVIS	
11	LEONARD CONNER SR.	L.C.
12	<i>Jackie Williams</i>	J.W.
13	<i>Henry Ellis</i>	H.E.
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TYLER COUNTY NUTRITION CENTER:  
ACTIVITY \_\_\_\_\_ DOMINOES

DATE: 8-14-24

	NAME	INITIAL
1	EVA FOXWORTH	E F
2	CATHY FREEMAN	CF
3	GEORGE ALVARADO	
4	BILL FAIRCLOTH	B. F.
5	MAX HILL	MH
6	DAVID MCALISTER	D.M.
7	GENE ROBINSON	GR
8	LARRY AL JORDAN	
9	KEN RAIMER	KR
10	CHARLES DAVIS	CD
11	LEONARD CONNER SR.	LC
12		G-E
13	<i>George Alvarado</i>	
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TYLER COUNTY NUTRITION CENTER:  
ACTIVITY \_\_\_\_\_

DATE: 8-15-24

	NAME	INITIAL
1	EVA FOXWORTH	EF
2	CATHY FREEMAN	CF
3	GEORGE ALVARADO	GA
4	BILL FAIRCLOTH	
5	MAX HILL	
6	DAVID MCALISTER	
7	GENE ROBINSON	GR
8	LARRY AL JORDAN	
9	KEN RAIMER	KR
10	CHARLES DAVIS	
11	LEONARD CONNER SR.	LC
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6

TYLER COUNTY NUTRITION CENTER:

DATE:

8-16-24

ACTIVITY

	NAME	INITIAL
1	EVA FOXWORTH	EF
2	CATHY FREEMAN	CF
3	GEORGE ALVARADO	GA
4	BILL FAIRCLOTH	B.F.
5	MAX HILL	MH
6	DAVID MCALISTER	DM
7	GENE ROBINSON	GR
8	LARRY AL JORDAN	L.A.J.
9	KEN RAIMER	KR
10	CHARLES DAVIS	CD
11	LEONARD CONNER SR.	LC
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TYLER COUNTY NUTRITION CENTER:

DATE: 8-13-24

ACTIVITY \_\_\_\_\_ DOMINOES

	NAME	INITIAL
1	EVA FOXWORTH	EF
2	CATHY FREEMAN	CF
3	GEORGE ALVARADO	GA
4	BILL FAIRCLOTH	
5	MAX HILL	
6	DAVID MCALISTER	D.M.
7	GENE ROBINSON	GR
8	LARRY AL JORDAN	
9	KEN RAIMER	Ken R.
10	CHARLES DAVIS	C.D.
11	LEONARD CONNER SR.	LC
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TYLER COUNTY NUTRITION CENTER:      DATE: 8-19-24  
ACTIVITY \_\_\_\_\_

	NAME	INITIAL
1	EVA FOXWORTH	EF
2	CATHY FREEMAN	CF
3	GEORGE ALVARADO	GA
4	BILL FAIRCLOTH	B.F.
5	MAX HILL	
6	DAVID MCALISTER	D.M.
7	GENE ROBINSON	GR
8	LARRY AL JORDAN	
9	KEN RAIMER	KR
10	CHARLES DAVIS	
11	LEONARD CONNER SR.	LC
12	<i>Dezuy Elia</i>	GE
13	<i>Margie Allen</i>	
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TYLER COUNTY NUTRITION CENTER:      DATE: 8-20-24  
 ACTIVITY \_\_\_\_\_

	NAME	INITIAL
1	EVA FOXWORTH	E.F.
2	CATHY FREEMAN	CF
3	GEORGE ALVARADO	GA
4	BILL FAIRCLOTH	
5	MAX HILL	MH
6	DAVID MCALISTER	D.M.
7	GENE ROBINSON	GR
8	LARRY AL JORDAN	
9	KEN RAIMER	KR
10	CHARLES DAVIS	CD
11	LEONARD CONNER SR.	LC
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TYLER COUNTY NUTRITION CENTER:  
ACTIVITY \_\_\_\_\_

DATE: 8-21-24

	NAME	INITIAL
1	EVA FOXWORTH	E.F.
2	CATHY FREEMAN	CF
3	GEORGE ALVARADO	G.A.
4	BILL FAIRCLOTH	B.F.
5	MAX HILL	M.H.
6	DAVID MCALISTER	D.M.
7	GENE ROBINSON	G.R.
8	LARRY AL JORDAN	L.A.J.
9	KEN RAIMER	K.R.
10	CHARLES DAVIS	C.D.
11	LEONARD CONNER SR.	L.C.
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TYLER COUNTY NUTRITION CENTER:      DATE: 8-22-24  
ACTIVITY \_\_\_\_\_

	NAME	INITIAL
1	EVA FOXWORTH	EF
2	CATHY FREEMAN	CF
3	GEORGE ALVARADO	GA
4	BILL FAIRCLOTH	
5	MAX HILL	MH
6	DAVID MCALISTER	DM
7	GENE ROBINSON	GR
8	LARRY AL JORDAN	
9	KEN RAIMER	KR
10	CHARLES DAVIS	CD
11	LEONARD CONNER SR.	LC
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TYLER COUNTY NUTRITION CENTER:      DATE: 8-23-24  
ACTIVITY \_\_\_\_\_

	NAME	INITIAL
1	EVA FOXWORTH	E.F.
2	CATHY FREEMAN	C.F.
3	GEORGE ALVARADO	GA
4	BILL FAIRCLOTH	B.F.
5	MAX HILL	
6	DAVID MCALISTER	D.M.
7	GENE ROBINSON	G.R.
8	LARRY AL JORDAN	
9	KEN RAIMER	K.R.
10	CHARLES DAVIS	C.D.
11	LEONARD CONNER SR.	L.C.
12	711 Argie Allen	A.A.
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TYLER COUNTY NUTRITION CENTER:

DATE:

ACTIVITY

8-27-24

	NAME	INITIAL
1	EVA FOXWORTH	EF
2	CATHY FREEMAN	CF
3	GEORGE ALVARADO	GA
4	BILL FAIRCLOTH	BF
5	MAX HILL	MH
6	DAVID MCALISTER	DM
7	GENE ROBINSON	GR
8	LARRY AL JORDAN	LJ
9	KEN RAIMER	
10	CHARLES DAVIS	CD
11	LEONARD CONNER SR.	LC
12	Tommy Yarbrough	TY
13	Meredith Yarbrough	MY
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TYLER COUNTY NUTRITION CENTER:

DATE:

8-26-24

ACTIVITY

Dominoes

	NAME	INITIAL
1	EVA FOXWORTH	
2	CATHY FREEMAN	
3	GEORGE ALVARADO	GA
4	BILL FAIRCLOTH	
5	MAX HILL	MA
6	DAVID MCALISTER	DM
7	GENE ROBINSON	GR
8	LARRY AL JORDAN	
9	KEN RAIMER	KR
10	CHARLES DAVIS	
11	LEONARD CONNER SR.	LC
12	Margie Allen	MA
13	Henry Ellis	HE
14		
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16		
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TYLER COUNTY NUTRITION CENTER:      DATE: 8-29-24

ACTIVITY Dominos

	NAME	INITIAL
1	EVA FOXWORTH	
2	CATHY FREEMAN	
3	GEORGE ALVARADO	<i>GA</i>
4	BILL FAIRCLOTH	
5	MAX HILL	<i>MH</i>
6	DAVID MCALISTER	<i>DM</i>
7	GENE ROBINSON	<i>GR</i>
8	LARRY AL JORDAN	
9	KEN RAIMER	
10	CHARLES DAVIS	<i>CD</i>
11	LEONARD CONNER SR.	<i>LC</i>
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TYLER COUNTY NUTRITION CENTER:

DATE:

8-28-24

ACTIVITY

Donor Invoices

	NAME	INITIAL
1	EVA FOXWORTH	
2	CATHY FREEMAN	
3	GEORGE ALVARADO	GA CE
4	BILL FAIRCLOTH	B.F.
5	MAX HILL	MAH
6	DAVID MCALISTER	DM
7	GENE ROBINSON	GR
8	LARRY AL JORDAN	LAJ
9	KEN RAIMER	
10	CHARLES DAVIS	CD
11	LEONARD CONNER SR.	LC
12	Bonny Allen	B.A.
13	Margie Allen	MA
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TYLER COUNTY NUTRITION CENTER:

DATE:

ACTIVITY

~~10/20/24~~ ~~10/21/24~~ ~~10/22/24~~ 8/27/24  
~~10/23/24~~ / Pumpkin tanger

1	Smallenberg	14	27
2	Deanna Spawell	15	28
3	Andy Erma	16	29
4	Judy Mott	17	30
5	Pat Munkler	18	31
6	Ruby West	19	32
7	Mary Good	20	33
8	Catherine Deason	21	34
9	Janet Borel	22	35
10	Mary Bell	23	36
11	Kary	24	37
12	<del>Calissa</del>	25	38
13		26	34

145

3 days

117

Coming up →

8.20.24

Tuesday

TYLER COUNTY NUTRITION CENTER:  
ACTIVITY

**Craft** by **Michelle Jones**

DATE:

1	Catherine Brown	14	27
2	Michelle Jones	15	28
3	Shirley Roberts	16	29
4	Leanna Judwell	17	30
5	Margie Allen	18	31
6	Lushya Allen	19	32
7	Fernal Emma	20	33
8	Sophi Hight	21	34
9	Barbara Hight	22	35
10	Harold E. Williams	23	36
11	<del>Erin</del> Mitchell	24	37
12	Suzellen Sayer	25	38
13	Burton Schmidt	26	34

TYLER COUNTY NUTRITION CENTER:  
 ACTIVITY Grants

DATE:

8-7-24

1	Shelly Roberts	14	27
2	Michelle Jones	15	28
3	Marye Knudde	16	29
4	Ruby West	17	30
5	Dorcas Lewis	18	31
6	Catherine Pearson	19	32
7		20	33
8		21	34
9		22	35
10		23	36
11		24	37
12		25	38
13		26	34

6





TYLER COUNTY NUTRITION CENTER:

DATE:

8/5/24

ACTIVITY Button Making

craft

Maternal Smile Book

1	Catherine Deaver	14	27
2	Juice Cray	15	28
3	Michelle Jones	16	29
4	Shirley Roberts	17	30
5	Judith Evans	18	31
6	Suzanne Cooper	19	32
7	Donna Sims	20	33
8	Erika Ramirez	21	34
9	Christi Conner	22	35
10	Susan Russell	23	36
11		24	37
12		25	38
13		26	34

TYLER COUNTY NUTRITION CENTER: DATE:

ACTIVITY

9-30-24 Games

1	Catherine Dennis	14	27
2	Barbara Hight	15	28
3	Dennis Davis	16	29
4	May Reed	17	30
5	Juli Cray	18	31
6	Paula West	19	32
7	Bonnie Bomer	20	33
8	Shirley Roberts	21	34
9	Judy West	22	35
10	Pat Muehlen	23	36
11	Annie Braddock	24	37
12		25	38
13		26	34

100

13 days

11

TYLER COUNTY NUTRITION CENTER:  
ACTIVITY Bingo

DATE: 8-28-24

Bingo

1	Mirabella Jones	14	Bobby Harmon	27
2	Shirley Roberts	15	Jimmy Harmon	28
3	Carolyn Johnson	16	Arlene Boney	29
4	Bridget Reese	17	Carol Casey	30
5	Nancy Larson	18	Joseph Williams	31
6	Therette Fausch	19	Mable Sutherland	32
7	Janis Flynn	20	John Blachman	33
8	Denise Sims	21	Henry Kennedy	34
9	Barbara Hight	22	Carol Reibow	35
10	Shelley Taylor	23		36
11	Mary Reed	24		37
12	Dorothy Warringer	25		38
13	Richard Mitchell	26		34

TYLER COUNTY NUTRITION CENTER:  
ACTIVITY

DATE: 8-26-24

# BINGO

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

TYLER COUNTY NUTRITION CENTER:

DATE:

8-21-24

Bingo

ACTIVITY

1	Candyn Johnson	14	Helen Kirkwood	27
2	Barbara Hight	15	J. Blackman	28
3	Catherine Davis	16	Gary Stiller	29
4	Therese Fawcett	17	Pat M.	30
5	Nichelle Jones	18	Arnie B.	31
6	Suzanne Jones	19	Shirley Hutt	32
7	W. Hamman	20	<del>Shirley Hutt</del>	33
8	J. Hamman	21	Tony & DARREN	34
9	Richard Mitchell	22	Clayce Caskey	35
10	HAROLDE WILLIAMS	23	Roy Schriever	36
11	Alamnest Speed	24	Mary Pepperhoff	37
12	Judgment	25	Carol Kuehler	38
13	Peninah Kirkwood	26		34

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TYLER COUNTY NUTRITION CENTER:

DATE:

8-19-24

ACTIVITY BINGO

BINGO

1	<i>Carol Johnson</i>	14	<i>Evelyn Allen</i>	27
2	<i>Ethelene Brown</i>	15	<i>Lydia Smith</i>	28
3	<i>Brenda Capps</i>	16		29
4	<i>Marshall Jones</i>	17		30
5	<i>Shirley Roberts</i>	18		31
6	<i>D. Williams</i>	19		32
7	<i>Shirley Robert</i>	20		33
8	<i>Barbara Hight</i>	21		34
9	<i>Jennine Kirkwood</i>	22		35
10	<i>Arlena Kirkwood</i>	23		36
11	<i>Bertie Elia</i>	24		37
12	<i>Margie Allen</i>	25		38
13	<i>Synette Fausciot</i>	26		34

ACTIVITY BINGO

BINGO

1	Catherine Deaver	14	Lorae Ann	27
2	Barbara Hight	15	Nelda Leathers	28
3	Julie Hight	16	Sam Blackmon	29
4	Dby Ann	17	Genial Kirkwood	30
5	Jared Ryan	18	Helen Kirkwood	31
6	Sybil Futs	19	Susan Neugard	32
7	Symette Fawcett	20	Rexayhison	33
8	Stella Faye	21	Tom McCallister	34
9	Carla Jankov	22	Judithanna	35
10	Michelle Jones	23	Judy matt	36
11	Richard Mitchell	24	Pat Mardis	37
12	Deanna DeWitt	25	Gene DeWitt	38
13	Darlene McCallister	26	Carol Roberg	34

TYLER COUNTY NUTRITION CENTER:

DATE:

8-12-24

BINGO

ACTIVITY BINGO

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



TYLER COUNTY NUTRITION CENTER:

DATE:

8-7-24

BINGO

ACTIVITY BINGO

1	Victoria Baker	14	Gloria VanDyke	27
2	Cathy Johnson	15	Dorcas Johnson	28
3	Barbara Hight	16	Helena Kirkwood	29
4	Betsy Hight	17	Sam Blackmon	30
5	Margie Tonder	18	Richard Mitchell	31
6	TRISH FRYM	19	Margie Allen	32
7	Michelle Jones	20	Evelyn Allen	33
8	Shirley Robert	21	Carol Riskey	34
9	Lorrie Linn	22		35
10	Daly King	23		36
11	Sylvia Smith	24		37
12	B. Harman	25		38
13	A. Harman	26		34

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TYLER COUNTY NUTRITION CENTER:

DATE: 8-5-24

ACTIVITY

Bingo

Bingo

1	Ruby Idart	14	Tom Blackner	27
2	Mary Reed	15	Tommy Ellis	28
3	Henry Cook	16	Margie Allen	29
4	Bob Gray	17	Steven Allen	30
5	William Deaver	18	Juliet Stone	31
6	Barbara Hight	19	Jacobi Williams	32
7	Suellen Rogers	20	Shelby Morris	33
8	Sybil Harts	21	Richard Mitchell	34
9	Debra Lewis	22	Leona Cook	35
10	Michelle Jones	23	Marygo Kendall	36
11	Condy Schmidt	24		37
12	BH Carter	25		38
13	Harman	26		34

TYLER COUNTY NUTRITION CENTER:

DATE: 8-23-24

Games

ACTIVITY Games

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

7

TYLER COUNTY NUTRITION CENTER:

DATE:

ACTIVITY

Cards / Games

8-10-24

~~8-10-24~~

1	Dy Mungis	14	27
2	HAROLD EWING	15	28
3	Stella Page	16	29
4	Deanna Johnson	17	30
5	Therese Davis	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

5

TYLER COUNTY NUTRITION CENTER:

DATE:

8-2-24

ACTIVITY SNAMES

1	Suellen Royler	14	27
2	Catherine Pearson	15	28
3	Donna Sims	16	29
4	Shirley Roberts	17	30
5	Juelie Cravy	18	31
6	Deanne Tidwell	19	32
7	Barbara Hight	20	33
8		21	34
9		22	35
10		23	36
11		24	37
12		25	38
13		26	34

7

TYLER COUNTY NUTRITION CENTER:

DATE:

ginner

8-9-24

ACTIVITY

1	Costume Design	14	27
2	Stella Langston	15	28
3	Herman Jones	16	29
4	Barbara Hight	17	30
5	Billy Wynn	18	31
6	Herman Sedwell	19	32
7	Sally West	20	33
8	Pat Menden	21	34
9	Ernie Bracke et	22	35
10		23	36
11		24	37
12		25	38
13		26	34

TYLER COUNTY NUTRITION CENTER:      DATE: 8-15-24      Blood Pressure  
 ACTIVITY \_\_\_\_\_

1	Catherine Deane	14	Phil Holt	27
2	Carlyn J. Schuster	15	Samy Qell	28
3	Judy Mott	16	Richard Manus	29
4	Cathy Freeman	17		30
5	Cheyle Cadey	18		31
6	Dale Long	19		32
7	HAROLD E. WILLIAMS	20		33
8	Carol Pishoy	21		34
9	Jenny Kennedy	22		35
10	Ken Farmer	23		36
11	Richard Mitchell	24		37
12	Herbert Moore	25		38
13	Darlene Brey	26		34

21

Sharp

TYLER COUNTY NUTRITION CENTER:

DATE:

ACTIVITY

Nutritionist

W/

Food Bank

8-8-24

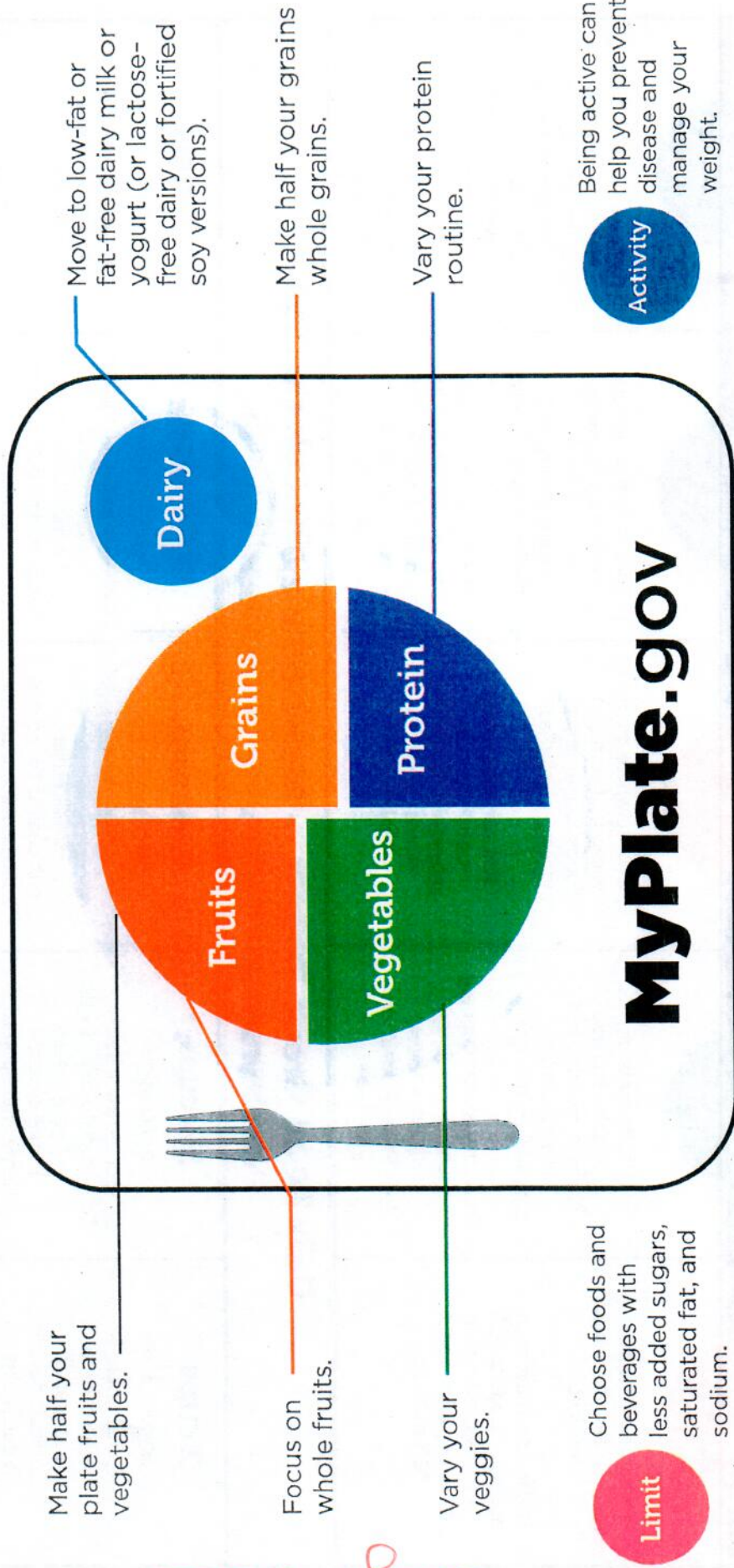
1	HAROLD E Williams	14	27
2	Allyette Faircloth	15	28
3	Carla Stewart	16	29
4	Ruby Dell	17	30
5	Conroy Roberts	18	31
6		19	32
7		20	33
8		21	34
9		22	35
10		23	36
11		24	37
12		25	38
13		26	34

5



# Start simple with MyPlate

Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.



*Aug. 8. 2024*

**Protein Food Group**

1. Most Americans get enough protein in their diets.  
A. True  
B. False
2. All adults need the same amount of food from the Protein Foods Group.  
A. True  
B. False

3. Protein Foods can contribute to sodium intake.  
A. True  
B. False

4. What food group are beans, peas, and lentils counted in?

- A. Vegetable Group  
B. Protein Foods Group  
C. Both  
D. Neither

5. Which food is a vegetarian choice in the Protein Foods Group?

- A. Hummus (made with chick peas)  
B. Sesame Seeds  
C. Peanut Butter  
D. Black Bean Veggie Burger  
E. All Of The Above

6. Nuts and seeds are good sources of what?

- A. Protein  
B. Dietary Fiber  
C. Minerals  
D. Vitamin E  
E. All Of The Above

7. What are these?

- A. Pistachios  
B. Almonds





## Vary Your Protein Routine

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 protein foods to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

**Include protein in your snack**  
Try peanut or nut butter as a dip for apple or celery slices, or as a spread on whole-grain crackers. A hard-cooked (hard-boiled) egg with a dash of pepper also makes a good protein snack.

**Keep seafood on hand**  
Canned seafood, such as salmon, tuna, or crab, is quick to prepare and enjoy. Canned items also store well.

**Add protein to your salad**  
Grilled chicken or shrimp adds tasty protein to a salad of mixed greens. Chickpeas or black beans are delicious, budget-friendly options, too.

**Take protein on the go**  
Pack a mixture of unsalted nuts and sunflower seeds for a crunchy snack. Add some dried fruit like raisins, cranberries, or chopped dates for a touch of sweetness.

**Get creative with beans, peas, and lentils**  
Make chili or stews with kidney or pinto beans, have a bowl of split pea soup for lunch or dinner, or enjoy lentils as a side dish. Check online for recipe ideas.

**Serve up lean beef**  
Broil lean beef cuts like sirloin, top round, or flank steak. Sliced into strips, they're great over greens, in a sandwich, or as is.

**The benefits of healthy eating add up over time, bite by bite.**

# Spaghetti with Quick Meat Sauce

Makes: 8 Servings

Total Cost: \$\$\$\$



Instead of opening a jar of sauce, try this easy spaghetti with meat sauce on a weeknight. Serve with steamed broccoli, garlic bread, and roasted pears for dessert. The recipe makes enough for 8 servings. If you're serving only four for dinner, cook 8 ounces of spaghetti and freeze the leftover sauce.

## Ingredients

- 1 pound whole wheat spaghetti
- 2 teaspoons extra virgin olive oil
- 1 large onion, finely chopped
- 1 large carrot, finely chopped
- 1 celery stalk, finely chopped
- 4 cloves garlic, minced
- 1 tablespoon Italian seasoning
- 1 pound lean ground beef (90% or leaner)
- 1 14-ounce can crushed tomatoes
- 1/4 cup chopped flat-leaf parsley
- 1/2 cup grated Parmesan cheese

# Nutrition Information

Serving Size: 1 serving

Nutrients	Amount
Total Calories	389
Total Fat	9 g
Saturated Fat	3 g
Cholesterol	48 mg
Sodium	416 mg
Carbohydrates	53 g
Dietary Fiber	9 g
Total Sugars	6 g
Added Sugars included	0 g
Protein	28 g
Vitamin D	0 mcg
Calcium	134 mg
Iron	5 mg
Potassium	709 mg

N/A will display when nutrient data is unavailable

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

# MyPlate Food Groups



- Vegetables
- Grains
- Protein Foods
- Dairy

- 3/4 cups
- 2 1/2 ounces
- 1 1/2 ounces
- 1/4 cups