

Wednesday Community Lunch

March 5

WG Spaghetti & **VT Beef** Meat
Sauce, Capri Blend Vegetables,
Seasoned Broccoli, Garlic Bread,
Pumpkin Cake

March 12

Roasted Turkey
w/ Mashed Potatoes & Gravy,
Seasoned Peas & Carrots,
Savory Stuffing, Cranberry Jell-O,
Happy Birthday Chocolate Cake

March 19

Shepherd's Pie with **VT Beef**,
Broccoli, WG Dinner Roll,
Warm Peach Crisp

March 26

Pot Roast with
Potatoes & Carrots,
Green Beans,
WG Dinner Roll,
Warm Apple Crisp

Serving 11:00 AM to Noon
\$5.00 age 60 and older \$8.00 under age 60

To Reserve your Meal or Order take-out
Call 802-888-5011

Pancake Breakfast

Saturday March 29

Pancakes with **VT** Maple Syrup, Sausage, Fruit,
Coffee, Juice, & Water

Serving 9 am to 11 am

\$5.00 age 60 and older \$8.00 under age 60

To Reserve your Meal or Order Take-out

Call 802-888-5011

Healthy Aging
a division of the
Academy of Nutrition
and Dietetics

EATING TO MANAGE GOUT

Gout has been called the "disease of kings and the king of diseases." This is because it is associated with rich foods, such as meats and alcohol. Animal products (like meat) are high in purines, which are molecules that contribute to gout attacks when you digest them.

Genetics, age, sex, and overall health are also factors. The food you eat is not a cure but can play an important part in helping to control your gout.

MORE WATER AND LESS ALCOHOL
Alcohol, especially beer, produces uric acid which causes gout attacks. Instead of alcohol, try to drink 8 to 16 cups of fluid/day, at least half of which should be water.

A BALANCED DIET LOW IN MEAT
A generally healthy diet is a good gout diet. Choose more fruits, vegetables, and whole grains. Avoid added sugar. Keep red meat and fish between 4 and 6 oz per day. Get most of your protein from lean poultry, dairy, eggs, nuts, beans, and tofu.

OVERALL HEALTH
A number of common health conditions have been linked to gout, including high blood pressure, diabetes, and cardiovascular disease. Many of these are related to lifestyle, so eating well, getting adequate sleep and exercising regularly will also help manage your gout.

This information is educational. Please consult with your physician, RD or a medical team for specific guidance.
Source: https://www.nutritioncaremanual.org/topic.cfm?in_cat=category_id=1147&id=272&id=29229&in_cat_id=292929&in_cat_heading=Nutrition%20Care

St. Patrick's Day Crossword



Down:

- 1: The official language of Ireland (along with English)
- 2: What St. Patrick banished from Ireland
- 3: Symbol of good luck
- 4: 3 leaved green supposedly eaten to freshen breath in the 1600's
- 5: The _____ Isle
- 6: A custom or belief passed down through generations
- 7: Country where St. Patrick's Day started
- 8: Color associated most with St. Patrick's Day
- 9: Color of coins
- 10: Language group that includes Irish and Scottish
- 11: Humorous verse consisting of 3 long lines and 2 short lines

Across:

- 12: What happens if you don't wear green; you get _____
- 13: Small, mischievous spirit
- 14: Major US city that dyes river green for St. Patrick's Day
- 15: What you follow to get to the pot of gold
- 16: Capital of Ireland
- 17: Day of the month that St. Patrick's Day falls on
- 18: Month that St. Patrick's Day is in
- 19: Having good luck
- 20: What you find at the end of the rainbow; ____ of gold