

# February

FEBRUARY

Lunch: under age 60 - price \$7.00 / age 60 & over - suggested donation - \$6.00

Lunch Served: Wednesday & Thursday 11:30 A.M. - 1:00 P.M.

Friday Entertainment @ 11:30 A.M.; Lunch NOON until 1:00 P.M.

## Hours of Operation:

9:00 A.M. - 3:00 P.M.  
Wednesday thru Friday

Take Out: Call 208-847-3141

to Schedule Pick-up Time

*Menu Subject to Change Due to  
Availability of Food*

BEAR LAKE  
SENIOR CENTER

Changing Lives One Meal at a Time

LOCATED JUST NORTH AND EAST OF THE HELICOPTER PAD

• 300 HOSPITAL PLAZA • 114 S. 4<sup>TH</sup> STREET •

• MONTPELIER, ID 83254 • 208.847.3141 •

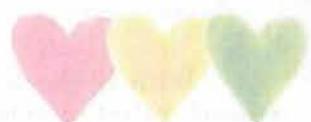
	Wednesday	Thursday	Friday
9:00 A.M.			
10:00 A.M.	Bingo	4 Art	5
11:30 A.M.	Ham and Scalloped Potatoes	Shepherd's Pie	Dustin James
NOON	:30 Fit and Fallproof		Fried Chicken
1:00 P.M.			
6:00 P.M.	Art Night		
9:00 A.M.			
10:00 A.M.	Bingo	11 Egg Roll / Fried Rice	13 Ruthy Burns
11:30 A.M.	Chicken Cordon Bleu		BBQ Ribs / Baked Beans
NOON	:30 Fit and Fallproof		
1:00 P.M.			
6:00 P.M.			
9:00 A.M.			
10:00 A.M.	Bingo	18 Art	19
11:30 A.M.	Sweet and Sour Chicken	Nacho Tacos	11:00—Book Club
NOON	:30 Fit and Fallproof		Steve Reed
1:00 P.M.			Pork Sirloin / Pilaf
6:00 P.M.	Art Night	Quilt Guild	
9:00 A.M.			
10:00 A.M.	Bingo	25 Art	27
11:30 A.M.	Beef Alfredo over Potato	11:30—Stitchers	Cordell Green
NOON	:30 Fit and Fallproof	Lasagna / Green Salad	Chicken Enchilada
1:00 P.M.			
6:00 P.M.			



AMERICAN  
Heart  
MONTH



&



BLACK HISTORY  
MONTH

# February

## National Heart Month

### February 2026 Nutrition Article

February is well known as "American Heart Month." Heart disease is the #1 leading cause of deaths in the U.S. Below are some tips and items to keep in mind while promoting one's heart health.

- Choose more fats and less saturated fats
  - † Saturated fats include: those that stay solid at room temperature
    - ‡ Butter
    - ‡ Animal Fat (lard, steaks, sausage, etc.)
  - † Unsaturated fats include: those that are liquid at room temperature
    - ‡ Olive oil, vegetable oil, avocados, etc.
- Consuming less salt
  - † Rinse any frozen and canned foods, salt is often used as a preservative. Thoroughly rinse under running water a couple of times will help to reduce sodium content
  - † Keep the salt shaker off the table! We often salt our food before tasting it.
  - † Look for sodium substitute, i.e., seasoning, citrus, herbs (fresh or dry)
- Encourage foods rich in omega-3 fatty acids, as they promote positive heart health by reducing triglycerides in one's blood serum
  - † Fish (especially salmon), avocados, olive oil, walnuts, flaxseeds, etc.

With all the dietary tips listed above, it's important to remember that exercise also plays such an important role in heart health. Understandably so, with colder temperatures we tend to stay indoors during this time. Get creative and use any

resources available to you: walk a few laps at your indoor mall if able or grab a friend and walk/stretch/lift light weights (i.e., cans of food).

#### Seasonal foods in February?

- Citrus fruits - oranges, limes, grapefruit, etc.
- Fennel, cabbage, broccoli
- Pomegranate

Dark chocolate has many heart health properties compared to milk or semi-sweet. Dark chocolate is very high in flavonoids, a specific type of antioxidants (also found in wine, apples, etc.) that has been shown to decrease risk of heart disease, cholesterol, hypertension, diabetes, and blood clots.

#### Dark Chocolate Covered Treats

- 2 regular size dark chocolate candy bars (or 6 oz. of bagged dark chocolate chips)
- 2 cups of fruit and nuts, any kind –
  - Strawberries, blueberries, pitted cherries, bananas, etc.
  - dried cranberries, raisins
  - Pistachios and pecans (shell taken off)
- Line a baking pan with wax paper.

In a microwave safe bowl add in dark chocolate and melt for 30-second intervals, mixing in between. Once dark chocolate has melted, submerge half way all fruits and nuts, one at a time.

Lay out on a wax paper lined pan. Once complete, set in the refrigerator for at least 5 min. until solid.

Enjoy this simple, rich and heart healthy treat!

#### FREE NUTRITION COUNSELING

† Free MNT (Medical Nutrition Therapy) services available in person, or via telephone with our registered dietitian Vanessa (habla español), services also available in Spanish. Ask your center staff for details today!

† Please reach out to our site for help with the following:

- † New medical diagnoses, i.e., cancer, diabetes, difficulty swallowing, weight loss, altered taste, fatigue, etc.
- † Food resources — Food banks, pantries, programs, etc.
- † Menu planning, budgeting, and recipe ideas

[thedietitian.vanessa@gmail.com](mailto:thedietitian.vanessa@gmail.com)