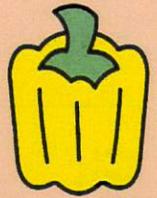
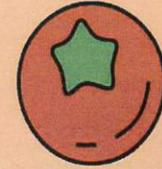


Northeast Louisiana

April 2026



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 Nourishment through compassionate care.				1 Meatballs w/Mushroom Gravy or Smothered Chicken Whipped Potatoes Green Peas w/Onions Wheat Bread Banana Pudding w/Wafers Milk Margarine		2 ~Easter Meal~ Glazed Ham Cut Yams Collard Greens Cornbread Carrot Raisin Cake Milk Margarine		3 Closed for Holiday	
6 Bowtie Lasagna Sliced Carrots Broccoli Florets Wheat Roll Fudge Creme Cookie Milk Margarine		7 Chicken & Sausage Jambalaya Green Peas Tossed Salad Wheat Bread Bread Pudding w/Raisin Sauce Milk Margarine Ranch Dressing		8 Sloppy Joe Potato Wedges Whole Kernel Corn Hamburger Bun Seasonal Fruit Milk		9 Glazed Ham or Glazed Turkey Breast Whipped Sweet Potatoes Cabbage Cornbread Banana Pudding Milk Margarine		10 Orange Chicken (Bone-In) Brussels Sprouts Capri Vegetables Dinner Roll Lime Gelatin Milk Margarine	
13 Swedish Meatballs Egg Noodles Herbed Green Beans Cranberry Juice Wheat Bread Diced Pears Milk Margarine		14 Picante Chicken Pinto Beans Corn O'Brien Flour Tortilla Seasonal Fruit Milk Sour Cream		15 Chicken & Sausage Gumbo Steamed Rice Potato Salad Apple Juice Saltine Crackers Pineapple Crisp Milk Margarine		16 Sliced Turkey Breast or Sliced Ham Sliced Cheese Spinach Salad Coleslaw Wheat Bread Oatmeal Creme Cookie Milk Mayonnaise Salad Dressing		17 Pork Roast Brown Gravy Whipped Potatoes Collard Greens Cornbread Marble Pudding Milk Margarine	
20 Chicken Tenders Country Gravy Whipped Potatoes Creole Green Beans Dinner Roll Seasonal Fruit Milk Margarine		21 Teriyaki Meatballs or Teriyaki Chicken Steamed Rice Japanese Vegetables Cranberry Juice Wheat Bread Banana Moon Pie Milk Margarine		22 Beef Patty Lettuce Tomato Pickle Baked Beans Hamburger Bun Mixed Fruit Crisp Milk Mayonnaise Ketchup		23 Sliced Ham Northern Beans Turnip Greens Cornbread Orange Gelatin Milk Margarine		24 Chicken Chef Salad Cucumber Tomato Salad Mandarin Oranges Saltine Crackers Birthday Cake Milk Ranch Salad Dressing	
27 Meatballs w/Spaghetti Sauce Spaghetti Noodles Zucchini Cranberry Juice Garlic Bread Seasonal Fruit Milk Margarine		28 BBQ Riblet or BBQ Chicken Baked Beans Coleslaw Hamburger Bun Mixed Fruit Crisp Milk		29 Glazed Ham Macaroni & Cheese Mixed Greens Fruit Juice Blend Dinner Roll Pineapple Tidbits Milk Margarine		30 Chicken and Dumplings Whole Kernel Corn Cabbage Cornbread Strawberry Gelatin Milk Margarine			

Kim Dommert RD, LD

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WELLNESS FROM THE GROUND UP

EAT WELL, LIVE SUSTAINABLY

Human health and the planet's health are closely linked. The foods we choose affect the environment that grows and supplies them. When we understand this connection and make small, realistic shifts, we can improve our own well-being while also supporting a healthier world.

Actions You Can Take to Make a Positive Difference

- **Choose local and seasonal foods.**
Fresher, more nutritious, and supports nearby farms.
- **Eat more plant-forward meals.**
Beans, lentils, vegetables, and grains often require fewer resources to produce.
- **Minimize food waste.**
Plan ahead, store food properly, and use leftovers creatively. Compost or donate food you cannot use.
- **Reduce packaging.** Buy in bulk, use reusable bags when shopping to reduce plastic usage, package food in reusable containers, or choose sustainable packaging.
- **Support sustainable foods and brands.**
Make mindful choices within your budget.
- **Grow something.** Start with herbs, a small garden, or community garden involvement.

Creating Well-Being Through Sustainable Choices

Better nutrition means stronger immune systems, more energy, improved brain function, and reduced risk of chronic diseases. A healthy environment ensures clean air, clean water, and resilient ecosystems. Both are essential for sustainable wellness—feeling good today while creating a livable world for tomorrow.

Food Choices & Their Benefits	Food Choices	Benefit For You	Benefit For Planet
	Beans, Lentils, Chickpeas	High in plant protein and fiber	Lower land & water use; smaller carbon footprint
	Seasonal Fruits & Vegetables	Nutrient-dense, fresher flavor	Supports local farms; fewer transportation emissions
	"Ugly" Produce	May come off as imperfect, but same nutrients, often lower cost	Reduces food waste
	Farmers Markets	Fresher food; supports local economy	Less packaging; shorter supply chain

Sources: Academy of Nutrition & Dietetics

ELIOR NORTH AMERICA

