

Northeast Louisiana

August 2026



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY							
3	Grandma's Chicken & Rice Broccoli Florets Sliced Carrots Wheat Bread Fig Bar Cookie Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	4	BBQ Riblet Sweet Potato Wedges Brussels Sprouts Hamburger Bun Seasonal Fruit Milk	1 each 1/2 cup 1/2 cup 1 each 1 each 1 each	5	Country Fried Steak Country Gravy or Smothered Meatballs Cheese Potatoes Okra & Tomatoes Texas Bread Fruit Whip Milk Margarine	1 each 1 oz 6 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	6	Sliced Ham Black-eyed Peas Collard Greens Cornbread Mississippi Mud Pudding Milk Margarine	3.5 Oz 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	7	<i>~Summer Grill~</i> Shredded BBQ Chicken Baked Beans Coleslaw Hamburger Bun Peach Crisp Milk	1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each	
10	Swiss Steak Ranch Potatoes Succotash Texas Bread Seasonal Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	11	Orange Turkey Steamed Rice Japanese Vegetables Cranberry Juice Whole Wheat Roll Rice Krispie Treat Milk Margarine	3.5 oz 1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	12	Chicken Tenders or Zesty Meatballs Oven Roasted Potato Medley Green Peas Whole Wheat Roll Orange Gelatin Milk Margarine BBQ Sauce	2 each 6 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each	13	Chicken Chef Salad Green Pea Salad Cucumber Salad Saltine Crackers Seasonal Fruit Milk Ranch Salad Dressing	1.5 cup 1/2 cup 1/2 cup 2 pkt 1/2 cup 1 each 1 each	14	Taco Meat Shredded Cheese Lettuce Tomato Ranch Beans Flour Tortilla Tropical Fruit Crisp Milk Taco Sauce	4 ounce 1 ounce 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	
17	Scalloped Chicken Casserole Brussels Sprouts Glazed Carrots Wheat Bread Seasonal Fruit Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	18	Glazed Ham Scalloped Potatoes Cabbage Whole Wheat Roll Shortbread Cookies Milk Margarine	3.5 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	19	Sliced Turkey Breast Swiss Cheese Lettuce Tomato Onion Pickle Broccoli Raisin Salad Wheat Bread Banana Pudding w /Wafers Milk Mayonnaise	2.25 oz 1 oz 1/2 cup 1/2 cup 2 slices 1/2 cup 1 each 1 each	20	Smothered Chicken (Bone-In) Candied Spiced Yams Collard Greens Cornbread Seasonal Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	21	Sloppy Joe or Shredded BBQ Chicken Whole Kernel Corn Green Beans Hamburger Bun Birthday Cake Milk	1/2 cup 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each	
24	Meatballs w/Spaghetti Sauce Spaghetti Noodles Broccoli Florets Cauliflower Garlic Texas Bread Seasonal Fruit Milk	6 each 1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each	25	Chicken & Sausage Jambalaya Black-eyed Peas Stewed Tomatoes Cornbread Butterscotch Pudding Milk Margarine	1 cup 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	26	Pork Roast Brown Gravy Steamed Rice Spinach Cranberry Juice Dinner Roll Banana Moon Pie Milk Margarine	3 oz 1 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each 1 each	27	Fajita Chicken or Taco Meat Pinto Beans Corn O'Brien Flour Tortilla Lime Gelatin Milk Sour Cream Taco Sauce	1/2 cup 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	28	Beef Patty Lettuce Tomato Pickle Hashbrown Casserole Hamburger Bun Tropical Fruit Crisp Milk Ketchup Mayonnaise	1 each 1/2 cup 1/2 cup 1 each 1 piece 1 each 1 each	
31	Beef Pot Pie Lima Beans Glazed Carrots Texas Bread Seasonal Fruit Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each													



TRIO
Community Meals

Nourishment through
compassionate care.

Kim Dommert RD, LD

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ON-THE-GO NUTRITION

BALANCED EATING FOR A HECTIC SCHEDULE

Eat well on the go to keep your energy and focus steady. Skipping meals or choosing less nutritious options can leave you feeling tired. A little planning helps you stay energized and support your health.

Build Balanced Meals – Include protein, fiber-rich carbs, and healthy fats to stay full, energized, and satisfied.

Prioritize Whole Foods – Choose fruits, vegetables, whole grains, lean proteins, nuts, and seeds.

Watch Portions & Extras – Restaurant portions can be large and extras add calories. Choose smaller portions, save half, and ask for sauces on the side.

Plan Ahead – Keep snacks ready, carry a water bottle, and pack simple options like:

- Salads or grain bowls with protein
- Wraps or sandwiches with lean protein and veggies
- Hard-boiled eggs with whole grain crackers
- Fruit and veggies with hummus or nut butter
- Snack boxes with cheese, nuts, fruit, and crackers
- Overnight oats
- Trail mix



Smart Grab-and-Go Options

Convenience Stores/Gas Stations

- Protein boxes
- Greek yogurt cups
- String cheese
- Fruit, nuts, whole grain bars
- Trail mix
- Tuna packets
- Fresh fruit cups
- Water or flavored seltzer

Coffee Shops

- Oatmeal
- Egg bites or breakfast sandwiches on whole grain bread
- Spinach & egg wrap
- Avoid sugary specialty drinks—choose unsweetened or lightly sweetened instead
- Ask for unsweetened milk
- Try adding cinnamon instead of sugar

Vending Machines

- Nuts & seed packets
- Low-sugar protein bars
- Popcorn
- Whole grain crackers or pretzels
- Baked chips
- Turkey jerky
- Dried fruit
- Low-fat milk
- 100% Fruit juice

Hydration and older adults: Why water matters more as you age

May 1, 2025

<https://www.uclahealth.org/news/article/hydration-and-older-adults-why-water-matters-more-you-age>

Good hydration is a healthy habit. Our bodies are made up of 65% water, so we need fluids to support important functions, including digestion and temperature regulation. Dehydration happens when we don't drink enough fluids to replace what the body loses throughout the day.



As we age, it becomes harder for the body to hold onto water, making it easier to become dehydrated. In fact, up to 40% of adults older than 65 experience chronic dehydration, which can lead to fatigue, confusion and serious health problems such as life-threatening infections. Why does staying hydrated become more challenging as we age? There are several reasons:

Older people feel less thirsty

When you start to feel parched, your brain tells you to drink. But the sense of thirst naturally weakens with age.

One study found that when healthy older participants went without water for 24 hours, they didn't feel as much thirst or dryness in their mouths compared to younger participants. Losing the impulse to drink puts older people at greater risk of dehydration and associated health problems.

Kidney function declines with age

The kidneys are key players in the body's ability to stay hydrated. They help by filtering and conserving water. But as you get older, kidney function can decline. You'll urinate more often, leading to greater fluid loss and a higher chance of dehydration.

Health conditions disrupt the body's fluid balance

Chronic conditions such as heart disease and diabetes can impact the body's ability to stay hydrated. These conditions can either increase fluid loss or make it harder for the

body to regulate fluids properly. For example, heart failure can cause fluid buildup, and high blood sugar levels from diabetes cause the body to flush out excess glucose through urine.

Older adults have lower muscle mass and less water stored in the body

As you age, your muscle mass naturally decreases. Because your muscles hold water, less muscle mass means less water storage. Research shows that older adults have a lower percentage of total body water content compared to younger people. If your body can't store as much water, you'll get dehydrated more easily.

Mobility challenges

It's a lot easier to get up and get a drink when your body lets you. For some older adults, physical limitations such as arthritis, joint pain or general mobility issues can make it challenging to get a glass of water.

Medications can increase fluid loss

Many common medications prescribed to older adults — including diuretics for high blood pressure and some diabetes medicines — can create more fluid loss. Most of these types of medications increase urine output, meaning you'll lose fluids quickly and need to drink more water to stay hydrated.

Temperature regulation

Research shows that men ages 56-66 have a harder time maintaining a healthy body temperature (98.6 degrees Fahrenheit). So it's easy for them to end up dehydrated after sweating through a workout or sitting in the sun.

How to drink more water as you age

The amount of water adults ages 65+ need varies from person to person, but current recommended amounts of daily fluid intake are 13 cups of water per day for men and 9 cups for women. And while you can't stop your body from chronologically aging, you can take a proactive approach to staying hydrated.

Here are some easy ways to boost your hydration as you age:

-  Eat water-rich foods: Aim to eat fruits and vegetables with higher water content, including watermelon, cucumbers and strawberries, at every meal. Choosing broths and soups is another great idea, especially in colder months, as long as they don't conflict with dietary restrictions such as sodium.
-  Keep water within reach: When drinking water is convenient, you're more likely to.
-  Make water more exciting: If you're bored with plain water, spice it up by freezing fruit, herbs or coconut water into ice cubes. Add the cubes to your water for a slow-release flavor boost.
-  Sip through a straw: Many people end up drinking more fluids (without realizing it) when they use a straw. Invest in stainless steel or silicone straws you can wash and reuse.
-  Create healthy drinking habits: Create a routine that promotes hydration. For example, you could drink a glass of water after each time you use the restroom throughout the day. You'll replace lost fluids and stay hydrated.