



SEPTEMBER 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chili (Pulled Pork) Cornbread Brussel Sprouts Ice Cream	2 Chicken Alfredo (Spaghetti w/ Meat Sauce) Carrots Broccoli Spinach Salad Vanilla Pudding	3 Macaroni & Cheese (Crispy Baked Chicken) Stewed Tomatoes Herbed Green Beans Cole Slaw Chocolate Cake HAPPY BIRTHDAY!	4 Cheese Lasagna (Lemon Baked Fish) Peas and Mushrooms Baby Carrots Green Salad Rosy Apple Gelatin
7 No Delivery today! 	8 Chicken Melt w/ Tomato (Sloppy Joe) Baked Beans Herb Roasted Potatoes Peanut Butter Cookie	9 Sara's Black Bean (BBQ Riblet) Brussels Sprouts Corn Apple Cake	10 Meat Lasagna (Fish Dijon) Blended Veg. Cauliflower Spinach Salad Double Orange Delight	11 Roast Pork (Cranberry Chicken) Garlic Smashed Potatoes Spinach Cabbage Slaw Cherry Berry Bar
14 Beef Hash (French Toast Casserole) Peaches w/ Cinnamon Muffin Fresh Fruit GRANDPARENTS DAY!	15 Chicken Scampi (Ham w/ Pineapple) Zucchini Linguini Greek Chick Pea Salad Fruit Cocktail	16 Goulash (Breaded Fish) Green Beans Winter Squash Spinach Orange Salad Oatmeal Raisin Cookie	17 Chicken Stew (Beef Stew) Cheese Biscuit Beets Pudding	18 Tuna Casserole (Swedish Beef) Cauliflower Italian Beans Creamy Cucumbers Banana
21 Honey Glazed Chop (Apricot Chicken) Broccoli Summer Squash Peach Cake	22 Turkey w/ Gravy (Pepper Steak) Cheddar Potatoes Blended Veg Orange Cranberry Sauce Apple Crisp	23 Shepherds Pie (Hot Dog) Sauerkraut Baby Carrots Diced Pears	24 Chicken a la King (Vegetable Frittata) Tomato & Zucchini Brussel Sprouts Biscuit Cinnamon Applesauce	25 Sicilian Cod (Sesame Chicken) Rice Pilaf 4 Way Veg Carrot Cake
28 Meatloaf (Chicken & Gravy) Mashed Potatoes Corn Chocolate Chip Cookie	29 Braised Beef (Kielbasa & Sauerkraut) Red Beans Brown Rice Grapes	30 Chicken Parmesan (Lemon Baked Fish) Potatoes Obrien Spinach Juice Peach Cobbler	EACH MEAL INCLUDES 1 HALF PINT OF 2%, SKIM, OR LACTAID MILK	CIRCUMSTANCES BEYOND OUR CONTROL MAY REQUIRE US TO CHANGE THE MENU WITHOUT NOTICE.

Foodnet is a not-for-profit corporation funded by the New York State and Tompkins County Offices for the Aging, U.S. Administration on Aging, voluntary contributions from participants and charitable donations from individuals, businesses and foundations. Contributions for meals are completely voluntary. Any contribution you wish to make will be used to expand the program and will be greatly appreciated.

Dear Foodnet Participants,

It continues to be an honor to provide your meals and nutrition services, and we thank you for trusting us during this time of uncertainty. We are writing to remind you of our COVID-19 precautions that we have in place to ensure the safety of our staff, volunteers, and participants.

While New York State and Tompkins County have come a long way in managing COVID-19, the pandemic continues to be a reality in our nation, and the local community. According to the Tompkins County Health Department, individuals traveling are still bringing the disease into our community, increasing our potential of spread. In alignment with the New York State Incoming Travel Advisory, Tompkins County is discouraging all non-essential travel to affected states, masks are required in public spaces, especially indoors, where 6-foot distance cannot be maintained. Given that the pandemic is still active in our community, we ask that you help us maintain our safety precautions that we have in place:

- Foodnet continues to provide all deliveries without direct contact.
- We ask that you please stay inside during the delivery of your meal. If you do need to come outside during delivery, please maintain a 6-foot distance from our driver and wear your safety mask/cloth covering over your nose and mouth.
- Delivery staff will knock/ring the doorbell, step back, and make sure you receive the meal. If you do not answer the door, we will do our best to reach you by phone.
- Congregate Meals Clients continue to receive their meals in their apartments/homes using the same non-contact approach.
- Home Delivery schedules continue to be provided on an every other day schedule. On each delivery, you receive a hot meal (sandwich meal, if needed), and a frozen meal for the following day.
- Nutrition counseling, assessment, and case management will continue to be provided by telephone.
- County Office for the Aging is working with us to provide reassurance phone calls.
- If you are experiencing symptoms related to any viruses, please let us know.
- If you are experiencing any symptoms of Coronavirus in the past 14-days, have come into contact with someone with the illness, or have traveled to a state impacted by the New York State Incoming Travel Advisory, please let us know immediately, and contact your health provider.
- If you have been notified that you have a positive COVID-19 test, and/or have been asked to quarantine or self-isolate, please let us know immediately so we can make safe delivery arrangements.

We know that this has been a very difficult time. Please know that we are here for you. Feel free to call us with your questions or any concerns (607)266-9553.

With appreciation,

Jessica Gosa
Executive Director

SEPTEMBER 2020 Sandwich

Mon	Tue	Wed	Thu	Fri
	1 Ham Salad Multigrain Bread Orange	2 Egg Salad Wheat Bread Banana	3 Chicken Salad Oat Bread Yogurt	4 Tuna Salad Wheat Bread Pear
7 Have a happy Labor Day! No Delivery	8 Ham Salad Multigrain Bread Orange	9 Egg Salad Wheat Bread Banana	10 Chicken Salad Oat Bread Yogurt	11 Tuna Salad Wheat Bread Pear
14 Sliced Turkey Wheat Bread Apple	15 Ham Salad Multigrain Bread Orange	16 Egg Salad Wheat Bread Banana	17 Chicken Salad Oat Bread Yogurt	18 Tuna Salad Wheat Bread Pear
21 Sliced Turkey Wheat Bread Apple	22 Ham Salad Multigrain Bread Orange	23 Egg Salad Wheat Bread Banana	24 Chicken Salad Oat Bread Yogurt	25 Tuna Salad Wheat Bread Pear
28 Sliced Turkey Wheat Bread Apple	29 Ham Salad Multigrain Bread Orange	30 Egg Salad Wheat Bread Banana		

September



Labor Day—Sept 7

Grandparents Day—Sept 13

Autumn begins—Sept 22

Rosh Hashanah—Sept 18-20

NEED HELP WITH YARD WORK ?

The Tompkins County Office for Aging maintains a listing of people who are willing to do yard work and snow removal for seniors on either a paid or volunteer basis. Contact the Office for Aging at 274-5482 for more details.



NOTES FROM OUR DIETITIAN, KELLY QUINN

Farmer's Market Coupon Update:



The unused Farmer's Market Coupon Booklets have been sent back to Tompkins County Office for Aging. If you are still interested in receiving coupon booklets, please contact Kelly at 607 252-7028 to determine if you are eligible. Tompkins County Office for Aging will continue to distribute the coupon booklets on Tuesday-Thursday from 9-12:30 until September 30. Only one booklet can be given per eligible individual. If you received a booklet, please use the coupons prior to November 30. Coupons can be used for purchase of fresh fruits and vegetables only at participating markets (please see insert in coupon booklet for listing).



Zoom Cooking Classes coming this Fall!

Our incoming Cornell Dietetic intern will be launching a cooking class series on Zoom this Fall. Foodnet will provide the raw ingredients and written instructions for each recipe. We are looking for interested participants that have access to the internet and technology (smart phone, tablet, computer) that has a camera. We will walk you through installation and usage of Zoom. Please contact Kelly or LuAnn at 607 266 9553 if you are interested in participating.

Your contribution is encouraged but not required. Foodnet Meals on Wheels contracts with the Tompkins County Office for the Aging to provide meals to persons age 60 or older. Government funding helps us provide services along with fundraising and voluntary contributions from the people we serve.

We provide envelopes for confidentiality.

We accept cash, checks, VISA, Master Card, Discover, Diners Club, and American Express credit cards and SNAP benefits (food stamps).

Those able to contribute the full cost are encouraged to do so, but any amount helps. No one will be denied service because of inability to contribute.

Our cost of providing meals:

- \$8 per hot meal (\$40 per week)
 - \$9.50 for hot & sandwich meals (\$47.50 per week)
 - \$13 for two frozen meals
- (\$60 per week for 5 hot, 5 sandwich and 2 frozen meals)



Call Lu Ann at 266-9553 for more information.



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