

NUTRITION SITE NEWS – FEBRUARY 2017  
NUTRITION SITE MANAGER MARGIE DOWNING  
NUTRITION SITE TELEPHONE 482-7748

LUNCH IS SERVED MONDAY, TUESDAY AND THURSDAY AT 11:45 AM. YOU MUST BE 60 YEARS OF AGE OR OLDER AND A RESIDENT OF CHOWAN COUNTY TO QUALIFY AND YOU MUST FILL OUT A REGISTRATION FORM. SUGGESTED DONATION IS \$1.00 PER MEAL.

YOU MUST CALL 482-7748 BEFORE 1:00 PM THE WORKING DAY BEFORE FOR A RESERVATION FOR LUNCH.

YOU MUST SIGN IN EACH DAY THAT YOU EAT AT THE NUTRITION SITE. IF YOU ARE GOING TO EAT THE NEXT DAY, THERE IS A SPACE FOR YOU TO CHECK OR IF YOU'RE NOT EATING THE NEXT DAY WRITE DOWN WHEN YOU WILL RETURN.

OUR BIRTHDAY CELEBRATION WILL BE FEBRUARY 7<sup>TH</sup> AT 12:15. COME HELP US CELEBRATE THOSE BORN IN THE MONTH OF FEBRUARY.

HEALTH SCREENINGS – VIDANT WILL BE IN ROOM 315 FROM 11:00 TO 1:00 ON FEBRUARY 2<sup>ND</sup> TO DO FREE SCREENINGS FOR BLOOD PRESSURE, BLOOD SUGAR AND CHOLESTEROL.

VALENTINE ADVOCACY EVENT WILL BE ON FEBRUARY 2<sup>ND</sup> FROM 11:00 TO 1:00. PLEASE FILL OUT A VALENTINE FORM ON THAT DAY OR ANY DAY PRIOR FOR US TO SEND TO OUR LEGISLATURES.

ON WEDNESDAY FEBRUARY 15<sup>TH</sup> SOMEONE FROM SOCIAL SERVICES WILL BE HERE TO SIGN YOU UP FOR MEDICAID. YOU NEED TO MAKE AN APPOINTMENT.

MEDICINE, AGE AND YOUR BRAIN – THIS PROGRAM WILL BE PRESENTED BY LINDA WINDLEY ON FEBRUARY 14<sup>TH</sup> AT 12:00.

VALENTINE'S PARTY – THIS WILL BE ON FEBRUARY 14<sup>TH</sup> AT 12:30 . THERE IS NO CHARGE BUT YOU NEED TO SIGN UP FOR THE EVENT BY FEBRUARY 6<sup>TH</sup>.

STORING AND FOOD SAFETY – MARY MORRIS WILL PRESENT THE PROGRAM ON TUESDAY, FEBRUARY 28<sup>TH</sup> AT 12:00.

MEXICAN LUNCH – THIS WILL BE ON WEDNESDAY, FEBRUARY 15<sup>TH</sup> AT 12:00. THE COA CULINARY STUDENTS WILL BE PREPARING LUNCH. COST IS \$1.00 AND THE DEADLINE IS FEBRUARY 7<sup>TH</sup>.

**PLEASE MAKE SURE IF YOU SIGN UP FOR LUNCH YOU SHOW UP FOR LUNCH!  
WE DO NOT WANT TO WASTE ANY MEALS.**