



Senior Center Newsletter

February, 2025

The latest news, views, and announcements



610 Sullivan Street
Berlin, NH 03570
603-752-2545

Access Senior Meals Menu on Line
www.tccap.org

Services

Senior Meals of Coos County/Berlin
Senior Center
DOWNLOAD Senior Center Menu



Cards Daily @12:45
Mahjong Tuesday @ 12:30PM
Crafting Wednesday @12:45PM
Blood Pressure Wednesday @ 11AM
Bone Builders Wednesday @ 9AM
Birthday Celebration last Thursday
of the month



10 Easy Tips for Reducing Sodium Consumption

"Sodium in your Diet" – FDA.gov

Learning about sodium in foods and exploring new ways to prepare foods can help you achieve your sodium goal. And, if you follow these tips to reduce the amount of sodium you consume, your "taste" for sodium will gradually decrease over time—so eventually, you may not even miss it!

1. **Read the Nutrition Facts label:** Compare and choose foods to get less than 100% DV (less than 2,300 mg) of sodium each day.
2. **Prepare your own food when you can:** Limit packaged sauces, mixes, and "instant" products (including flavored rice, instant noodles, and ready-made pasta).
3. **Add flavor without adding sodium:** Limit the amount of table salt you add to foods when cooking, baking, or at the table. Try no-salt seasoning blends and herbs and spices instead of salt to add flavor to your food.
4. **Buy fresh:** Choose fresh meat, poultry, and seafood, rather than processed varieties. Also, check the package on fresh meat and poultry to see if salt water or saline has been added.
5. **Watch your veggies:** Buy fresh, frozen (no sauce or seasoning), or low sodium or no-salt-added canned vegetables.
6. **Give sodium the "rinse":** Rinse sodium-containing canned foods, such as beans, tuna, and vegetables before eating. This removes some of the sodium.
7. **"Unsalt" your snacks:** Choose low sodium or no-salt-added nuts, seeds, and snack products (such as chips and pretzels)—or have carrot or celery sticks instead.
8. **Consider your condiments:** Sodium in condiments can add up. Choose light or reduced sodium condiments, add oil and vinegar to salads rather than bottled dressings, and use only a small amount of seasoning from flavoring packets instead of the entire packet.
9. **Reduce your portion size:** Less food means less sodium. Prepare smaller portions at home and consume less when eating out—choose smaller sizes, split an entrée with a friend, or take home part of your meal.
10. **Make lower-sodium choices at restaurants:** Ask for your meal to be prepared without table salt and request that sauces and salad dressings be served "on the side," then use less of them. You can also ask if nutrition information is available and then choose options that are lower in sodium.

Closed February 17, 2025



Connect with us on Facebook: Tri
County Community Action Program
@TriCountyCommunityAction

National Italian Food Day

Join the staff and your friends on February 13, 2025 at the Senior Center for an Italian Buffet featuring your favorite foods and some new additions. Tickets available January 31, 2025 for a suggested donation of \$10.00

50/50

Door Prize

Fun for all