



The

Dish

With the
GWAAR
Nutrition Team



January 2023

GWAAR DISH Submissions

We are so excited to share our new GWAAR Dish e-mail address with you. It is gwaardish@gwaar.org. Please feel free to submit pictures, ideas, or anything you think the Nutrition Network would like to see. We will check the e-mail and let you know if it will be included in the DISH. Please remember all pictures submitted must have media authorization from the individuals in the picture before we can publish. If you have comments on the DISH, please drop them to this e-mail as well.

Have You Tried Colcannon?

Are you looking for a dish to serve on St Patrick's Day? Colcannon is a mixture of creamy mashed potatoes and cabbage or kale. Get your greens with your potatoes. You might try other ideas: Irish Lamb Stew, Leg of Lamb with Mint Sauce, Shepards Pie, Glazed corned Beef, Irish Bread with Raisins, Pistachio Pudding, and Lime Gelatin Salad.

Colcannon Recipe

Ingredients

- 3 cups finely shredded green cabbage
- 1 onion, finely chopped
- 1/4 cup water
- 6 potatoes
- 1/4 cup milk
- 1/4 cup butter or margarine
- Freshly ground pepper to taste

Directions

1. Wash hands and produce
2. Place cabbage, onion, and water in a dutch oven and bring to a boil. Reduce heat, cover and simmer until tender.
3. Add mashed potatoes, milk, butter or margarine, and pepper. Mix well, stirring often until heated through. Serve warm as a side dish.

Policy Corner

If you plan to close a Dining Center or your Days of Service change, please remember to fill out the appropriate form, located on the GWAAR website at www.gwaar.org and send to your GWAAR Nutrition Representative for approval. Please refer to the Chapter 8 policy:

Permanent Closure of Dining Centers or Days of Service Change

Before permanently closing a dining center or changing its days of service, the AAA will be provided with (1) written rationale for the closure or days of service change, and (2) written approval by the local commission on aging and the local advisory council. When a dining center is to be permanently closed or its days of service permanently changed, all of the following procedures will be followed:

- The program will notify participants at the dining center of the intent to close, at least 30 days before the last day of meal service.
- The nutrition program will notify the AAA, in writing, of the intent to close a dining center or change the days of service, and will obtain approval from the AAA. To obtain approval, the nutrition program will complete and submit a **Dining Center Closure Approval Form or Days of Service Change Approval Form** to the AAA for review, 60 days before the effective date of closure or days of service change if feasible.
- The program will present rationale for the dining center closure, such as lack of attendance, inability to meet minimum standards and/or other requirements, loss of resources or other justifiable reasons.
- The AAA will review the rationale and determine that all options have been exhausted for keeping the dining center open or for relocating it. If there remains a need for service in the area served by the dining center, efforts should be made to develop a new dining center and/or provide support for participants to attend another existing dining center.

The AAA will approve, in writing, the closure or change in days of service of all dining centers operating with Title-III funds, and will notify BADR of all dining center closures and changes to days of service.

Buddy The Elf Visits Iron County

The Hurley First Grade Class helped decorate home delivered meal bags, along with Buddy the Elf. Buddy also helped the home delivered meal driver transport the meals to participants. Buddy sure seemed ok with the snow and cold weather. Nice job Iron County!

