



The

Dish

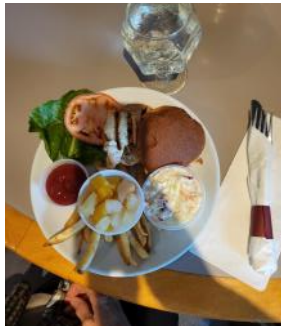
With the
GWAAR
Nutrition Team



April 2024

New My Meal My Way Restaurant Site

Racine recently opened a new site in Waterford. They serve meals at “Bruno’s” on the second and fourth Fridays from 11-12:30 p.m. The average participation is between 45-60 participants! They also see anywhere from 15-20 NEW participants join each time. They have been offering six meals that the participants can choose from. Since offering the option in their community, the participant contributions at the restaurant site are approximately four times that of their traditional congregate model. The site is even connected to a bowling alley. Pop down if you get a chance!



Questions? Contact Katy Hansen:
katy.hansen@racinecounty.com

Pictured are Peggy Masick, Waterford Meal Site Manager and Elizabeth Trudeau, Nutrition Director.

Exciting update from Trempealeau County about new Senior Dining Options

To vitalize the senior dining program, they have opened a My Meal, My Way Café 60 dining site in Whitehall and they are averaging 41 diners! In addition, they had their first Cultural Dining event that had 103 diners; 84 of which were new diners. Questions? Contact Melissa or Sami.



melissa.youngbauer@co.trempealeau.wi.us
sami.becker@co.trempealeau.wi.us

Pictured are Sami Becker and her grandmother.

Position opening at GLITC

Tribal Technical Assistance Center (TTAC) Program Specialist

This position is involved in wide variety of activities in support of Tribal Aging Unit programs. To view the job description, visit:
<https://glitc.bamboohr.com/careers/180>

Featured Recipe: Asparagus with Asian Shrimp

Ingredients

- 1 pound shrimp - washed, peeled, and deveined
- 1 tablespoon olive oil
- 1 half onion - diced
- 1-2 teaspoons chili sauce
- 1 tablespoon ginger- grated
- 1 tablespoon soy sauce
- 1 tablespoon maple syrup
- 1 teaspoon sesame oil
- 1 pound asparagus - washed, trimmed, and cut into 1.5 - inch pieces
- 1/2 cup water
- 1/4 cup oyster sauce



Directions

Combine chili sauce, ginger, soy sauce, maple syrup, minced onion, and sesame oil.

Warm olive oil in a large pan and sauté shrimp for 1 minute, then push shrimp to the side of the pan. Add Asian sauce and mix with shrimp for one more minute. Remove shrimp and sauce from the pan onto a plate.

In the pan, using medium heat, add asparagus and water—cover and cook for 5 minutes. Remove cover and add Asian shrimp mixture and oyster sauce. Let the sauce reduce and remove from the pan. Garnish with chives and sesame seeds.

Serves 4. Goes well with brown rice on the side.

Save the date

May 23

TAAU Unit Meeting

June 7, 2:00 p.m.

Recipe and Menu Meeting
Featuring *Burnett’s Kitchen Menu Upgrades*, guidelines for *Cooks Choice* on the menu, and *WRA Food Show* highlights.

June 13, 2:00 p.m.

Meal Prioritization Tool
Rollout Webinar

June 18, 2:00 p.m.

HDM Assessor Peer
Sharing Call

July 11, 2:00 – 3:00 p.m.

Dietitian and Diet Tech Peer
Sharing Call

July 25, 2:00 – 3:00 p.m.

Stepping Up Your Nutrition
Peer Sharing Call