



The

Dish

With the
GWAAR
Nutrition Team



October 2024

“Road Trip” contest encourages diners to visit

Trempealeau County ADRC Senior Dining Road Trip kicked off in August!

How it worked: Diners picked up a card at any meal site or ADRC and were invited to complete the card to be entered into a Grand Prize drawing.

“Dine at all 6 ADRC Senior Meal Sites to complete your card. Once you have a full completed card, you can turn the card into any meal site or ADRC for an entry into a Grand Prize drawing.

“The contest runs 8/1/2024 to 9/30/2024. The drawing will take place October 15, 2024 and the winner will be notified by the ADRC.” [View this idea on Facebook](#)



Spotlight on creating a healthy meal for less

In this segment from Channel 5 in Green Bay, Chef Lori Fernandez and Chef Lori Richardt from the Door County ADRC showcase making an easy meal everyone can enjoy.

Watch the segment: <https://bit.ly/3WXDCu5>



ServSafe recertification test being offered

GWAAR is offering a testing site on October 22 at the Madison Office at 9:30 a.m. This will be the test only. Please contact Jean at jean.lynych@gwaar to sign up.



Home Delivered Meal test trays

To ensure food safety for HDMs, the program will test HDMs for temperature compliance no less than quarterly. This can be done by transporting an extra meal on an HDM route and taking the temperature of the meal after all other meals have been delivered or at the time the driver returns to the HDM dispatch site.

All menu items that require temperature control must be tested each time and the temperatures documented, along with any corrective action taken.

If routes remain consistent and documented temperatures of quarterly test trays show that food is maintained at proper temperatures, more frequent test trays are not required.

However, if route times increase, if there is staff or volunteer driver turnover, if equipment used is changed, or if there are other changes that could affect temperature compliance, programs must retest HDM temperatures at the end of the route.

Instructions for participants

Program staff and volunteers will educate participants on safe food handling practices. Written instructions will be given to participants for safe handling and reheating of HDMs, carryout meals, and parts of congregate meals taken home upon initiation of the service and at least annually thereafter. All home-delivered and carryout meals will be clearly marked with the date the meal was served or a date by which the meal should be consumed.

Featured recipe: Berry Pudding

Check out this tasty take on seasonal berries featured in the Great Lakes Inter-Tribal Epidemiology Center’s newsletter. *Ingredients and directions can be found here:*

[Berry Pudding \(Northern Cheyennes make Chokecherry Pudding\)](#) | [First Nations Development Institute](#)

