



# SOUTH CENTRAL ADULT SERVICES

## Foster County

### 2025-2030 Dietary Guidelines for Americans Released



On January 7, 2026, the United States Department of Agriculture and Department of Health and Human Services released the 2025-2030 Dietary Guidelines for Americans (DGAs). The DGAs are updated every five years based on the most recent health and nutrition research. The 2025-2030 DGAs recommend prioritizing high-quality protein, healthy fats, fruits, vegetables and whole grains, while avoiding highly processed foods and refined carbohydrates.

### Key Recommendations

- The calories you need depend on your age, sex, height, weight, and level of physical activity.
- Pay attention to portion sizes, particularly for foods and beverages higher in calories.
- Hydration is a key factor in overall health. Choose water (still or sparkling) and unsweetened beverages.

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### **Nutrition Matters: Healthy Aging**

Eating well helps seniors stay strong, energized, and independent. Appetite may decrease with certain medication. This may effect your taste or nutrient absorption. This is when eating healthy comes in handy. As we age, we need fewer calories but more nutrients. Important nutrients include protein, calcium, vitamin D, fiber, vitamin B12, and fluids. Foods like fruits, vegetables, dairy, beans, fish, and water. All of these are high in nutrients and help you reach all your nutrients for the day.

Simple tips include eating balanced meals, choosing whole grains, limiting salt and sugar, and making meals, enjoyable. Eating healthy on a budget is possible by buying frozen foods, planning meals, and using leftovers. If appetite or weight changes occur, talk to a healthcare provider.

## Congregate & Home Delivered Meal Storm Policy

It's that time of year again for storm related announcements. In case of inclement weather, please listen to your local KDAK radio for Senior Center & Meal Site closures.

## Foster County Public Health Upcoming Off-Site Clinics Wednesdays March & April 2026

- March 4 - Grace City Schoolhouse
- March 11 - McHenry Senior Center
- March 11 - Glenfield Community Center
- April 1 - Grace City Schoolhouse
- April 8 - McHenry Senior Center
- April 8 - Glenfield Community Center

*\*Appointments preferred - nurse may not be at off-site locations if no patients are scheduled.*

Call for more info or for appointments 701-652-3087

[www.fostercountypublichealth.com](http://www.fostercountypublichealth.com)



## Foster County Outreach Schedule March & April 2026

Ann VandeHoven, Foster County Outreach Worker, will be available in the rural areas on the following schedule. You may contact her at the Carrington office to schedule an appointment at 701-652-3257.

Please consider us when making your charitable donation. South Central Adult Services is a non-profit corporation which receives support from North Dakota Aging Services and the Department of Transportation. Although they are funding sources, it is not enough to cover all the costs of our corporation. The money received will help provide continued support and assistance to those supported by our programs. We are very appreciative for the support we already receive. If you would please consider a financial contribution to help meet the needs of our patrons, please fill out this form and return it to South Central Adult Services, PO Box 298, Valley City, ND 58072.

ENCLOSED IS MY TAX DEDUCTIBLE DONATION:

I would like my contribution of:

- |                                |                                  |
|--------------------------------|----------------------------------|
| <input type="checkbox"/> \$ 25 | <input type="checkbox"/> \$200   |
| <input type="checkbox"/> \$ 50 | <input type="checkbox"/> \$500   |
| <input type="checkbox"/> \$100 | <input type="checkbox"/> \$Other |

For the purpose of:

- |   |  |                                      |
|---|--|--------------------------------------|
| <input type="checkbox"/> Transportation | <input type="checkbox"/> Senior Meals            | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Food Pantry    | <input type="checkbox"/> Prescription Assistance |                                      |

In the county of:

- Barnes    LaMoure    Foster    Logan    McIntosh    Griggs    Emmons

In memory of: \_\_\_\_\_

In honor of: \_\_\_\_\_

Other: \_\_\_\_\_

May we publish your name?  Yes  No      Your thoughtful gift will be acknowledged to the person/family indicated:

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_



### Bridgview Estates Assisted Living Call 701-845-8061 1 & 2 Bedroom Units Available

**Services Included In the Rent/Care Package:**

- ❖ 2 Meals Per Day in central Dining room
- ❖ Housekeeping
- ❖ 24 Hour on-site personnel
- ❖ Bathing Assistance
- ❖ 24 Hour Urgency Response (Lifeline)
- ❖ RN on call 24/7
- ❖ Medication Set-up, Medication Assistance and Medication Reminders
- ❖ Open clinic Monday – Friday 10:30-11:30 AM
- ❖ Activity Programming and group outings
- ❖ Transportation Services

1120 5<sup>th</sup> St. NE  
Valley City, ND



## Grace City Menu for March 2026 (701-674-3128)

**All meals include ~ 2 slices of Whole Grain Bread, 1 cup of 1% Milk, Margarine, Coffee and Dessert**

Monday	Tuesday	Wednesday	Thursday	Friday
2 EGG BAKE SAUSAGE HASHBROWNS FRUIT	3	4 MEATLOAF BAKED POTATO CARROTS PINEAPPLE DESERT	5	6 TATOR TOT HOT DISH CHEESY GREEN BEANS JELLO W/ FRUIT
9 HOT BEEF SANDWICH MASHED POTATOES GRAVY CORN FRUIT	10 	11 VEG. BEEF SOUP W/ DUMPLINGS HAM & CHEESE SAND- WICH COLESLAW PEACH DESERT	12	13 SALSURY STEAK MASHED POTATOES GRAVY CALIF. BLEND VEG. DUMP CAKE <b>Happy Birthday Norma Matt</b> 
16 HAM MASHED POTATOES GRAVY CORN FRUIT	17	18 CHEESEBURGER ON BUN LETTUCE, TOMATO, ON- ION MAC. SALAD GLORIFIED RICE	19	20 BBQ CHICKEN BREAST POTATO GARDEN SALAD MANDARIN ORANGES
23 SPAGETTI W/ MEAT SAUCE GARDEN SALAD GARLIC TOAST FRUIT & ICE CREAM	24	25 CHICKEN TENDERS POTATO GREEN BEANS RICE PUDDING W/ RAI- SINS BIRTHDAY CAKE	26 	27 FISH SANDWICH ON BUN FRENCH FRIES CABBAGE & CARROTS PEACH CRISP
30 TACO SALAD SOUR CREAM, CHIPS, CHEESE COTTAGE CHEESE W/ FRUIT JUICE				

## Grace City Menu for April 2026 (674-3128)

All meals include ~ 2 slices of Whole Grain Bread, 1 cup of 1% Milk, Margarine, Coffee and Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
		1 FRENCH TOAST BAKE SAUSAGE HASHBROWNS BAKED APPLE	2	3 <b>EASTER DINNER</b> TURKEY GRAVY DRESSING MASHED POTATOES CORN CRANBERRY SAUCE CAKE
6 CHICKEN NOODLE SOUP GRILLED CHEESE SANWICH APPLE CRISP	7	8 HAM SCALLOPED POTATOES CORN DUMP CAKE	9	10 HOT ROAST BEEF SAND- WICH MASHED POTATOES GRAVY GREEN BEANS FRUIT & BROWNIE
13 HAMBURGER ON BUN LETTUCE, TOMA- TO, ONION MAC. SALAD COOKIE & JUICE	14	15 CREAMED CHICKEN BREAST MASHED POTATOES PRINCE EDWARD VEG. APPLE SALAD	16	17 CABBAGE ROLL HOT DISH PEAS & CARROTS FRUIT
20 POTATO SOUP HAM & CHEESE SAND- WICH COLESLAW MOON CAKE	21	22 MEATBALLS IN GRAVY MASHED POTATOES CARROTS FRUIT	23	24 TUNA NOODLE HOT DISH PEAS ROSY PEARS
27 HOT DOG ON BUN CALIF. BLEND VEG. MAC. SALAD BERRY DUMP CAKE	28 Happy Birthday Vickie Linnerman 	29 PORK CHOP IN GRAVY MASHED POTATOTES PRINCE EDWARD VEG. FRUIT BIRTHDAY CAKE		

## Consume Dairy

- When consuming dairy, include full-fat dairy with no added sugars. Dairy is an excellent source of protein, healthy fats, vitamins, and minerals.
- Dairy serving goals: 3 servings per day as part of a 2,000-calorie dietary pattern, adjusting as needed based on your individual caloric requirements.

## Eat Vegetables & Fruits Throughout the Day

- Eat a variety of colorful, nutrient-dense vegetables and fruits.
- Eat whole vegetables and fruits in their original form.
- Frozen, dried, or canned vegetables or fruits with no or very limited added sugars can also be good options.
- If preferred, flavor with salt, spices, and herbs.
- 100% fruit or vegetable juice should be consumed in limited portions or diluted with water.
- Vegetables: 3 servings per day
- Fruits: 2 servings per day

## Incorporate Healthy Fats

- Healthy fats are plentiful in many whole foods, such as meats, poultry, eggs, omega-3–rich seafood, nuts, seeds, full-fat dairy, olives, and avocados.
- When cooking with or adding fats to meals, prioritize oils with essential fatty acids, such as olive oil. Other options can include butter or beef tallow.
- In general, saturated fat consumption should not exceed 10% of total daily calories. Significantly limiting highly processed foods will help meet this goal. More high-quality research is needed to determine which types of dietary fats best support long-term health.

## Focus on Whole Grains

- Prioritize fiber-rich whole grains.
- Significantly reduce the consumption of highly processed, refined carbohydrates, such as white bread, ready-to-eat or packaged breakfast options, flour tortillas, and crackers.
- Whole grains serving goals: 2–4 servings per day, adjusting as needed based on your individual caloric requirements.

## Limit Highly Processed Foods, Added Sugars, & Refined Carbohydrates

### Prioritize Protein Foods at Every Meal

- Consume a variety of protein foods from animal sources, including eggs, poultry, seafood, and red meat, as well as a variety of plant-sourced protein foods, including beans, peas, lentils, legumes, nuts, seeds, and soy.
- Swap deep-fried cooking methods with baked, broiled, roasted, stir-fried, or grilled cooking methods.
- Consume meat with no or limited added sugars, refined carbohydrates, starches, or chemical additives.
- Protein serving goals: 1.2–1.6 grams of protein per kilogram of body weight per day.

## Would you like to help a senior in need?

Do you like to visit, play games, do hobbies and make people smile? Do you have 5 hours a week to spare? If so, come be a Volunteer Companion to seniors in the Foster County area.

Volunteers receive mileage reimbursement for their travels.

Call 652-3257 for more information.

## South Central Adult Services Council, Inc.

makes available all services without regard to race, color, national origin, or handicap, and is subject to Title VI of the Civil Rights Act of 1964, Title V Section 504 of the Rehabilitation Act of 1973, and all related laws and regulations. The South Central Adult Services Council, Inc., is an Equal Opportunity Employer.

South Central Adult Services Council, Inc. holds quarterly board meetings on the 3<sup>rd</sup> Monday of February, May, August & November.

All meetings are open to the public at 139 2nd Ave SE in Valley City, ND.

Call in advance to reserve a meal at 1-800-472-0031.

## Free In-Home Services for Seniors

### Senior Companions

Home visits for lonely homebound seniors, provided by senior volunteers.

- Bringing smiles & laughter
- Helping to relieve loneliness & encourage activity
- Empowering seniors to remain living independently
- Providing respite for family caregivers

If you are homebound, lonely, isolated, frail or disabled and would like more info about this **FREE** service, contact Ann VandeHoven at 652-3257

Provided by Lutheran Social Services of Minnesota

## SAVE THE DATE

### Mental Health Fair & Community Picnic



## MAY 13, 2026

### 5:00 – 8:00

### CARRINGTON CITY PARK

Free Will  
Meal

Inflatables!!!  
Including  
Hamster Balls  
with Track

- Door prizes
- Mental Health Resource Booths
- Activities for kids, teens, & adults

## Foster County Transit

**Transportation is open to the public!!**

### Local Transportation

Monday—Friday  
8 AM until 4 PM

A ride to the Senior Center  
**for a meal**  
\$0.50 one way.

A ride anywhere else in town:  
\$1 one way or per stop.

### Out-of-Town Transportation

2nd Wednesday & 1st, 3rd & 4th Fridays:  
**Rural Foster County** into Carrington - \$5.00

1st, 2nd & 4th Tuesdays, 4th Wednesday &  
every Thursday: **Jamestown** Trip - \$8.00

Mondays (upon request): **New Rockford** - \$5.00

1st Wednesday & 3rd Tuesday:  
**Fargo** Trip - \$15.00 Round Trip

3rd Wednesday:  
**Bismarck** Trip - \$15.00 Round Trip

**If at all possible, out-of-town medical  
appointments should be scheduled  
between 10:00 AM and 2:00 PM**

Shopping trips to Bismarck and Fargo are  
limited to 4 hours! The bus will leave  
Carrington at 8:00 AM and will be back  
in Carrington no later than 5:00 PM

It is necessary to sign up in advance,  
**if at all possible**, by calling 701-652-3257

For more information go to  
[www.southcentraltransitnetwork.org](http://www.southcentraltransitnetwork.org)  
or find us on Facebook at  
[facebook.com/southcentraltransitnetwork](https://facebook.com/southcentraltransitnetwork)



## EBT/SNAP



**We accept EBT/SNAP  
(Food Stamps) contributions.**

We would like to remind all meal recipients  
(congregate, frozen, home-delivered meals  
and liquid supplements) that EBT cards may  
be used for your contributions.

Please call Ann VandeHoven,  
652-3257 for more info.

## **Home & Community Based Services**

*Help for those who want to live at home*

### **When should you call?**

If you or someone you know could use  
services or help with activities including:

- Bathing, dressing, transferring and personal needs
- Meal preparation, housework, laundry and shopping
- Medication Assistance
- Non-Medical Transportation
- Adult Family Foster Care
- Emergency Response Services (Lifeline)
- Family Home Care
- Case Management
- Chore Service
- Respite Care for Caregivers
- Other services are also available

**Contact your local County Social  
Service Agency: 701-652-2221**

## Bean & Pasta Salad

This bean-and-pasta salad is a satisfying dish packed with plant-based protein. It combines tender pasta with fiber-rich beans, crisp vegetables and a zesty vinaigrette for a well-balanced bite. The flavors continue to meld as it sits, making it an ideal recipe for meal prep or gatherings.

By Isabel Vasquez, RD, LDN | Updated on January 19, 2026 | Reviewed by Dietitian Emily Lachtrupp, M.S., RD

Active Time: 25 mins

Total Time: 25 mins

Servings: 4



### Nutrition Profile:

No Added Sugar, Mediterranean Diet, Sesame-Free, Diabetes-Friendly, Nut-Free, Soy-Free, Heart-Healthy, Vegetarian Egg-Free

### Ingredients

- |  |   |
|--|---|
| 4 ounces whole-wheat fusilli                   | ½ cup rinsed canned no-salt-added chickpeas       |
| 2 tablespoons extra-virgin olive oil           | ½ cup halved grape tomatoes                       |
| 1 tablespoon lemon juice                       | ½ cup chopped English cucumber (about ¼ cucumber) |
| 1 tablespoon red-wine vinegar                  | ½ cup diced bell pepper (about ½ medium pepper)   |
| 1 teaspoon dried oregano                       | ½ cup diced red onion (about ½ medium onion)      |
| ¼ teaspoon ground pepper                       | ½ cup crumbled feta cheese                        |
| ⅛ teaspoon salt                                |   |
| ½ cup rinsed canned no-salt-added kidney beans |   |

### Directions

Bring a large pot of water to a boil. Add 4 ounces pasta; cook according to package instructions. Drain and rinse under cold water.

Whisk 2 tablespoons oil, 1 tablespoon lemon juice, 1 tablespoon vinegar, 1 teaspoon oregano, ¼ teaspoon pepper and ⅛ teaspoon salt in a large bowl. Add ½ cup kidney beans, ½ cup chickpeas, ½ cup tomatoes, ½ cup cucumber, ½ cup bell pepper and ½ cup onion; mix until combined.

Add the pasta to the bowl; mix until evenly distributed. Fold in ½ cup feta.

**South Central Adult Services**  
serves the counties of Barnes,  
LaMoure, Foster, Logan,  
McIntosh & Griggs

**701- 845-4300 or  
1-800-472-0031**

**Check out our website:  
[www.southcentralseniors.org](http://www.southcentralseniors.org)**

Carrington Senior  
Citizen Center  
36 10th Avenue S.  
Carrington, ND 58421  
701-652-3257

Schoolhouse Café  
(meals only)  
309 City Street  
Grace City, ND 58445  
701-674-3128

South Central Adult Services  
Main Office  
139 2nd Ave. SE  
PO Box 298  
Valley City, ND 58072  
701-845-4300

PATRICIA HANSEN  
Director

JODI ELLIOTT  
Bookkeeping

ANN VANDEHOVEN  
Outreach



## Frozen Meals Available

Frozen meals are available to elderly people who are unable to shop and prepare meals, and where hot home-delivered meals are not available every day. The meals are labeled with instructions for heating. A serving of bread, butter, milk, and dessert is included for each meal.

Contact your outreach worker or your Senior Center for more information.

Foster County, located in central North Dakota is known as the state's smallest county by land area, covering approximately 644 to 647 square miles. Established in 1873. It features the city of Carrington as its county seat and contains the small city of McHenry, which had a population of 64 in 2020.

