



SOUTH CENTRAL ADULT SERVICES

Griggs 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

Key Recommendations ^{avoiding highly}

- 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.

Griggs County Birthdays & Anniversaries

Cooperstown

March

Birthdays

Phyllis Trostad 3/3
Linda DeCamp 3/9
Gordon Knutson 3/13
Marilyn Clark 3/16
Kent Dick 3/20
Larry Locken 3/23

No Anniversaries



April

Birthdays

Charlotte Haaland 4/1
Jan Iverson 4/2
Ruth Evans 4/11
Bev Edland 4/12
Jack Stanhope 4/16
Linda Grandalen 4/23
Curtis McCardle 4/30

No Anniversaries

Sutton

March

No Birthdays
No anniversaries

April

Birthdays

Edward Houston 4/11
Wayne Morris 4/19
Mary Jane Houston 4/27

No anniversaries



Hannaford

March

Birthdays

Mike Hook 4/15
No anniversaries

April

No Birthdays

No anniversaries



Binford

March

Birthdays

Barbara Becker: 3/6
No anniversaries

April

No Birthdays

No anniversaries



FOOT CARE CLINIC

Every 6 weeks

Just For You foot care clinic will be March 31st.

If you would like an appointment, call Jill Kent at 218-242-1379.

The cost is \$35.



Gift Certificates now available!

Looking for a gift for the person who has everything? Let us help you out with a gift certificate for South Central Adult Services congregate meals.

Call **701-797-3330** today!



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 3rd 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.

Griggs County Monthly Meetings

Cooperstown Senior Center

Friday, March 6 - 12:30 pm
Meeting, Bingo and lunch follows.

Friday, April 3 - 12:30 pm
Meeting, Bingo and lunch follows.

Binford Senior Center

Tuesday, March 17 - 2:00 pm
Meeting, lunch follows

Tuesday, April 21 - 2:00 pm
Meeting, Lunch follows

Sutton Senior Center

at Rahlf Farm

Thursday, March 12 – 12 pm
Meeting, Lunch follows

Thursday, April 16 - 12 pm
Meeting, Lunch follows

FREE IN-HOME SERVICES FOR AREA SENIORS

Provided by Lutheran Social Services Senior Companions

- Bringing smiles & laughter
- Empowering seniors to remain living independently
- Helping relieve loneliness and encouraging activity
- Providing respice care for family Caregivers

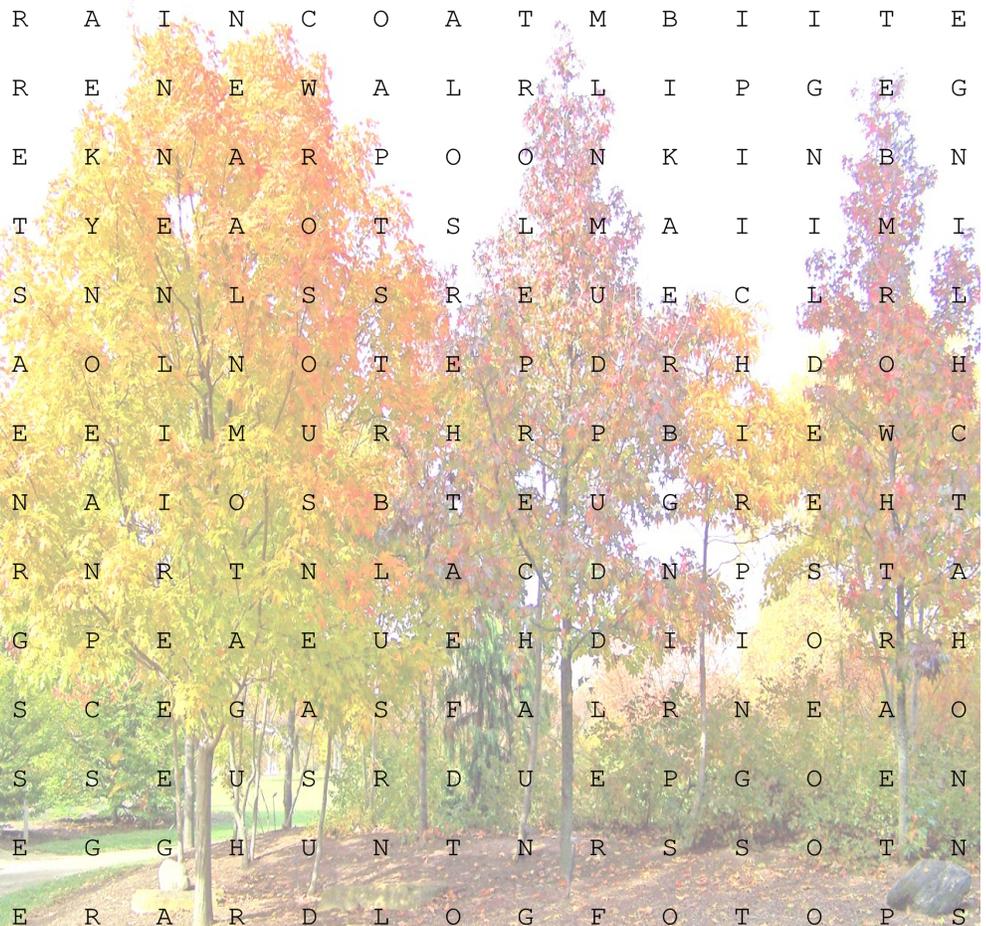
**Contact Becky Telin at
701-389-2293 for more info.**

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. A wide variety of entrees are available. Contact Deb at 701-789-7155 or the Senior Center, 701-797-3330, for more information.

6		7	8				
				9		6	
	5					7	
		8		9	1	3	
	2				6	5	4
							1
5			1				
4							
				7	9	6	3

- Easter
- Renewal
- Sprout
- Prank
- Pollen
- Raincoat
- Feathers
- Hatchling
- Spring break
- Egg hunt
- Pi
- Blossoming
- Earthworm
- Mud puddle
- Rainstorm
- Seeding
- Leprechaun
- Pot of Gold
- Dr. Suess
- Chirping
- Bunny



Answers on Page 6

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.



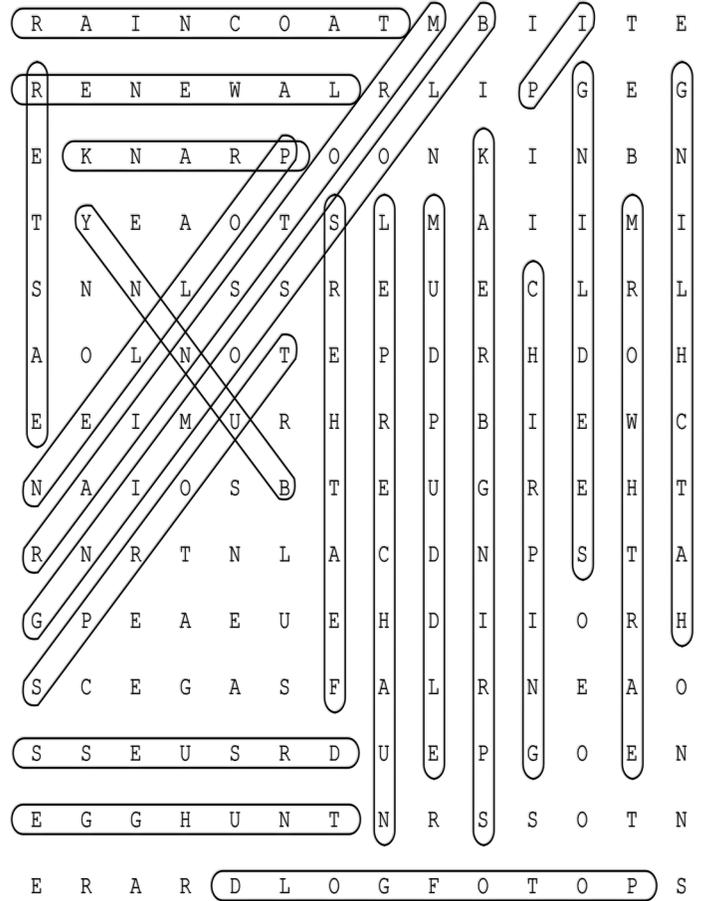
ARE YOU STRUGGLING WITH HEARING LOSS?

ND School for the Deaf/Resource Center is a State Agency that provides free Services and Resources for adults who are deaf or hard of hearing.

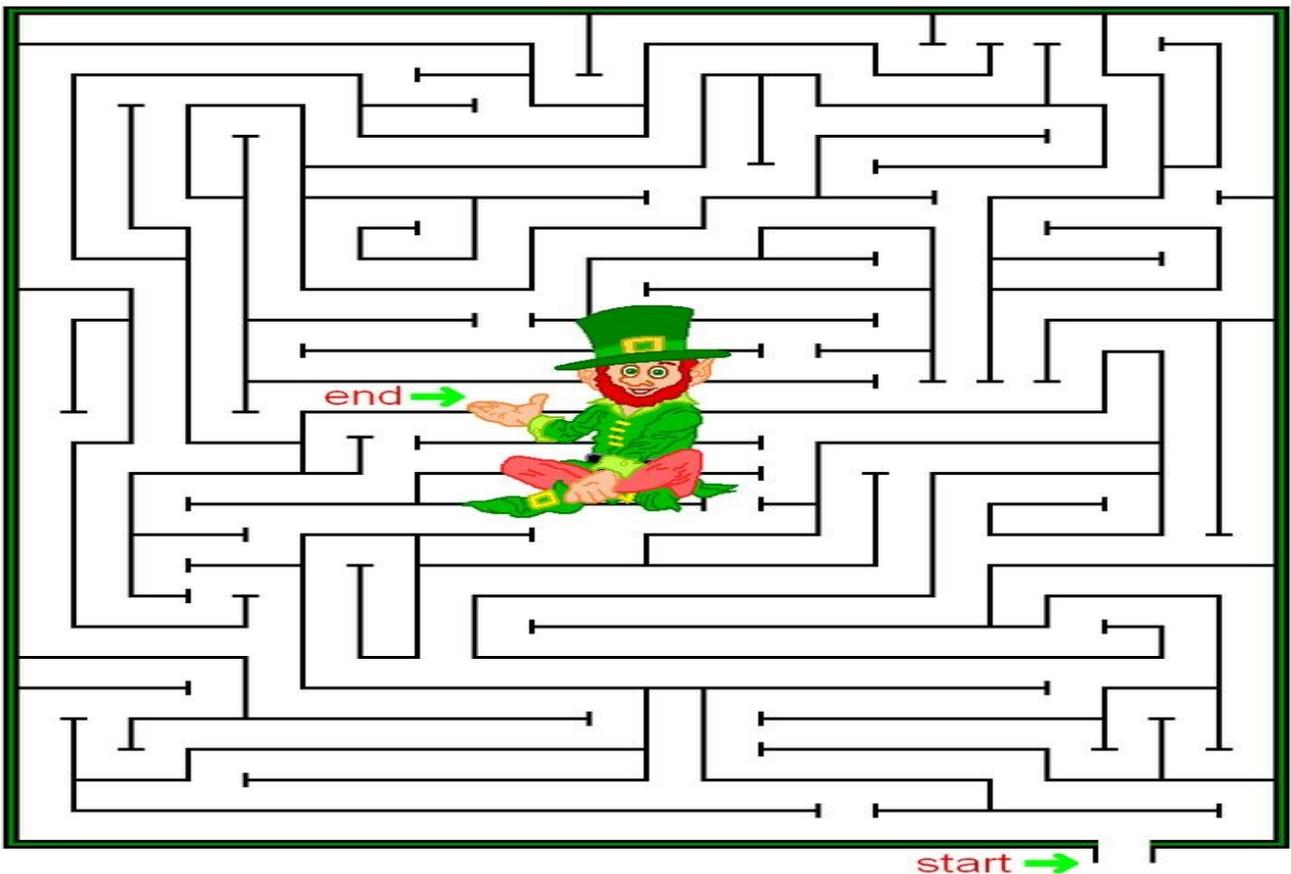
- Do you struggle to hear others?
- Is it difficult to communicate by telephone?
- Is watching television difficult?
- Are you avoiding activities because you cannot hear?

Schedule an appointment to learn more about our services.

**For more information contact:
Dawn Sauvageau, Adult Outreach Hearing Specialist
1321 S. 23rd. St A, Fargo, ND 58103
701-239-7380 or dawn,sauvageau@k12.nd.us**



St. Patrick's Day Maze #04



Transportation Services Griggs County

Transportation is available to citizens of all ages, and for all purposes, on the following days each month:

Cooperstown:

Monday—Friday (\$1.00 round trip)

Hannaford, Binford, Sutton:

Upon request (\$3.00 + \$1.00 each additional stop)

To Jamestown:

Monday, Wednesday, Friday (\$8.00)

Can stop in Glenfield if requested

To Fargo:

Monday—Friday (\$10.00 + \$1.00 for each additional stop)

To Valley City:

Upon request (\$8.00)

The bus may go to Mayville, Hillsboro, or other locations upon request, if available. (\$10.00)

For information, or to reserve a ride call Deb : 701-789-7155

Or the senior center: 701-797-3330

For more information, be sure to visit www.southcentraltransitnetwork.org or find us on Facebook at facebook.com/southcentraltransitnetwork



EBT/SNAP

(Food Stamps)



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

Please call Deb Andreasen, 797-3330 for more info.

Bridgeview 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 5th St. NE
Valley City, ND**



6	1	9	7	8	2	4	3	5
8	7	4	3	1	5	9	2	6
2	5	3	9	6	4	1	7	8
7	4	8	5	9	1	3	6	2
9	2	1	8	3	6	5	4	7
3	6	5	2	4	7	8	9	1
5	9	6	1	2	3	7	8	4
4	3	7	6	5	8	2	1	9
1	8	2	4	7	9	6	5	3

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



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.

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

Cooperstown Senior
Citizens Center
911 Burrel Avenue SE
Cooperstown, ND 58425
701-797-3330

Binford Senior Citizens Center
306 Winery Street
Binford, ND 58416
701-676-2323

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

DEB ANDREASEN
Outreach/Transit

