

Association of Chinese Americans Senior Lunch Program Nutrition Standards

12/11/19

Statement of Purpose

The Association of Chinese Americans, serving Wayne, Oakland, and Macomb counties, is committed to reducing health disparities and preventing of chronic diseases. We have a strong commitment to healthcare access and recognize that our senior lunch meal programs play a role in the health of our seniors. We are committed to providing balanced, nutritious meals that follow the recommendations made by the Michigan Office of Services to the Aging Operating Standards for Service Programs.

Nutrition Guidelines

1. Each meal served at the senior lunch program should have the following food groups:
 - Rice, noodles, or bread
 - Vegetables
 - Fruit
 - Meat or meat alternatives
 - Dairy or dairy alternatives

2. The meal components are:
 - a. Rice, noodles, or bread:
A variety of enriched and/or whole grain bread products, particularly those high in fiber, are recommended. Brown rice and whole wheat bread, noodles, and rolls are preferred.

 - b. Vegetables
A variety of fresh and/or cooked vegetables is encouraged.

 - c. Fruit
Fresh, frozen, canned (light syrup or 100% juice), freeze-dried, and 100% juice are acceptable.

 - d. Meat or Meat Alternatives – Meat serving weight is the edible portion, not including skin, bone, or coating.
Along with traditional meat products, this category may include, but is not limited to:

Eggs	Nuts
Cheese	Cottage cheese
Dried beans	Tofu
Nut butter	Tempeh

 - e. Milk or Milk Alternatives

Along with traditional milk products, this category may include, but is not limited to:

Milk (1% or 2%)

Lactose-free milk (fortified with vitamins A and D)

Yogurt, plain or flavored, sweetened or unsweetened

Calcium-fortified soy, rice, or almond milk

f. Accompaniments

Include traditional meal accompaniments, e.g., condiments, spreads and garnishes. Examples include salad dressing with tossed salad or margarine with bread or rolls. Fats should be primarily from vegetable sources and in a liquid or soft (spreadable) form that are lower in hydrogenated fat, saturated fat, trans-fats and cholesterol. Minimize use of fat in food preparation.

g. Desserts

Use of baked, commercial desserts should be limited to once per week.

h. Beverages

Fluid intake should be encouraged, as dehydration is a common problem in older adults. It is a good practice to have drinking water available. Coffee or tea may also be offered, but are optional.

3. Recommended portion sizes for each food group:

- Rice, noodles or bread: 1 - 2 servings
 - Serving of rice = 1/2 cup
 - Serving of bread or rolls = 1 slice of bread or 1 roll
- Vegetables: 1- 2 servings
 - Serving of cooked vegetables = 1/2 cup
 - Serving of raw vegetables = 1/2 cup
 - Serving of leafy greens = 1 cup
- Fruit: 1- 2 servings
 - Serving of fresh fruit = 1/2-3/4 cup (e.g. ½ banana or 1 small apple)
 - Serving of canned fruit = 1/2 cup
- Meat or meat alternatives: 1 serving
 - Serving size of lean meat = 2 ounces (e.g. size of a deck of cards)
 - Serving size of fish = 2 ounces
 - Serving size of tofu = 2 ounces
 - Serving size of egg = 1 large egg
 - Serving size of beans = 1/2 cup
 - Serving size of cheese = 1 ounce serving
 - Serving size of yogurt = 6 ounces
- Dairy: 1 serving
 - Serving size of milk = 8 fluid ounces or 1 cup of milk (or fortified alternative milk such as soymilk or almond milk)

Note: Guidelines are adapted from Michigan Office of Services to the Aging Operating Standards for Service Programs (pages 15-18):

https://seniorresourceswmi.org/wp-content/uploads/2017/01/Services_Operations_Standards.pdf

Brief Overview of Policy Implementation and Review

This policy has been approved by the Association of Chinese Americans (ACA), Executive Director, and ACA Community Center Managers, as well as the REACH team at Eastern Michigan University.

The policy will be effective March 1, 2020. The ACA Executive Director is responsible for disseminating the policy to ACA community center managers, and in turn to the staff responsible for serving the seniors in the Madison Heights, Detroit, and Canton centers. Training of all staff involved in the implementation of the policy will be conducted before July 2020. Questions and comments about the policy should be directed to Rachel Bessire, EMU REACH Food and Nutrition Coordinator at rbessire@emich.edu.

The guidelines will be reviewed 6 months after implementation (September 2020) and feedback will be given to the EMU REACH Nutrition Team to revise any parts of the guidelines that are not feasible or practical for the ACA to implement, or any parts that need to be updated to adjust current regulations. Adjustments to the policy will be made prior to January 2021.