



Guide for Partners

Updated March 2023

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Background and Purpose

Under the Older Americans Act (OAA), the Iowa Department on Aging (IDA) receives federal funding each year from the Administration for Community Living (ACL) that is redistributed to Iowa's six Area Agencies on Aging (AAAs). This aging network is designed to serve all Iowans 60 years of age or older, with particular emphasis on populations at the greatest social or economic need.

Vision:

The Iowa Department on Aging supports accessible, integrated services to older adults, adults with disabilities, and caregivers to assist them in maintaining their independence, dignity, autonomy, health, safety, and economic well-being.

What are Congregate Nutrition Services?

Congregate Nutrition services are authorized under the OAA's Title III C-1 to provide meals, nutrition education and socialization to older adults age 60+. Part of the funding for these meals comes from federal funding, and the rest comes from state and local sources, private donations and voluntary contributions from consumers themselves. The Congregate Nutrition Foodservice Establishment partnership program in Iowa is called "The Iowa Café." Read more about the purpose of OAA Nutrition Services on page 4.

Why is socialization a key purpose of nutrition services?


- Loneliness and social isolation are public health risks, putting older adults at risk for serious medical conditions including a weakened immune system, heart disease and dementia.
- Nearly ¼ of adults aged 65 and older are considered to be socially isolated.
- Social isolation significantly increased a person's premature death from all causes.
- Loneliness was associated with higher rates of depression, anxiety, and suicide.
- Lack of social connection heightens health risks as much as smoking 15 cigarettes a day or having alcohol use disorder, and are twice as harmful to physical and mental health as obesity.

Congregate Nutrition Services Impact

- 53% of congregate meal consumers say a congregate meal supplies one-half or more of their total food for the day.
- 80% of congregate meal consumers feel the program helps them live independently and remain in their home.

OLDER AMERICANS ACT

Purpose of Nutrition Programs



- Reduce hunger, food insecurity, and malnutrition.
- Promote socialization of older individuals.
- Promote health and well-being with access to nutrition & health promotion/disease prevention services to delay onset of chronic diseases.

What is food insecurity?


Lack of consistent access to *enough nutritious food* for an active, healthy life.¹

Did you know...?


The OAA Nutrition Program is not simply a “feeding program” or a “meal program.” It’s more than a meal! The OAA specifies three purposes of the nutrition program (above). Meals are part of the program certainly, and reducing hunger is part of it; but socialization, health, and nutrition education are also part of our program. Providing unhealthy food does not improve health. And providing unappetizing food that no one will eat also does not improve health or reduce hunger. Our programs need to provide healthy food that is appetizing.²



Nearly 1 in 10 older adults live below poverty level³



Approximately 1 in 4 older adults are considered socially isolated.⁴



Approximately 3 in 4 older Iowans are overweight or obese⁵



¹Coleman-Jensen, A., Rabbitt, M. P., Gregory, C. A., & Singh, A. (2019). *Household Food Security in the United States in 2018*. United States Department of Agriculture, Economic Research Service. Retrieved from: <https://www.ers.usda.gov/publications/pubdetails/?pubid=94848>
²Administration for Community Living (ACL). (May, 2019). *The Older Americans Act Nutrition Program Did You Know...?*
³Administration for Community Living (ACL). (May, 2020). *2019 Profile of Older Americans*.
⁴National Academies of Sciences, Engineering, and Medicine. (2020). *Social Isolation and Loneliness in Older Adults: Opportunities for the Health Care System*. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25663external>.
⁵Iowa Public Health Tracking Portal. (2018). <https://tracking.idph.iowa.gov/>

The Iowa Café Requirements

Thank you for your interest in hosting an Iowa Café! All foodservice partners contract directly with their local Area Agency on Aging (AAA) to host an Iowa Café to provide meals for older adults. The requirements to host an Iowa Café are explained below.

Consumer Eligibility

Individuals age 60 or older and their spouse regardless of age are eligible. Those under age 60 with disabilities who live with an adult over the age of 60 and accompany them to the meal are also eligible. “Eligible” also means consumers have the opportunity to voluntarily contribute towards the cost of the meal. Consumers are encouraged to voluntarily contribute as they are able; no eligible consumer is denied service if they are unable or unwilling to make a contribution.

Menus and Nutrition Requirements

Iowa Café meals must provide 1/3 of the Dietary Reference Intakes and Dietary Guidelines for Americans, and be approved by the dietitian. Foodservice establishments can meet these requirements by following the Iowa Nutrition Services Guidelines (Appendix A). The AAA will help the foodservice establishment identify appropriate menu items you already serve, so there is not a need to make brand new recipes and menu items. Small modifications may be required to ensure meals meet the nutrition guidelines. One example the AAA may request is for milk be offered with a meal to help meet the nutrition guidelines. Please see Appendix B for additional examples of how to use the Iowa Guide for Menu planning to meet Iowa Nutrition Services Guidelines.

Foodservice establishments have menu planning flexibility. You may offer a set daily menu, or may offer different daily menus (“specials”) to provide choices for participants. Once the menu is established, foodservice establishments must offer meals according to the approved menu; however, consumers may decline any element of the meal. The foodservice establishment is not required to offer substitutions beyond the planned menu. See Appendix C for sample menu ideas.

Meal Availability

Barring any limitations made by the foodservice establishment, participants may eat at any time the establishment is operating including weekends and evenings.

Food Safety & Sanitation, Compliance and Monitoring Expectations

Older adults are especially susceptible to foodborne illness. Foodservice establishments must keep current licensure and food safety protection manager up to date. The site is subject to monitoring at any time. The AAA will also monitor on a yearly basis, and will provide you with a tool for you to self-monitor on a yearly basis. Adherence to the Iowa Food Code is required.

Technology

Tablet technology (iPad or iPod) is used to streamline the meal tracking and check-in process. The foodservice establishment will be provided with a tablet through the contract if needed. This equipment is for The Iowa Café program use only. If the equipment is lost, stolen or damaged the establishment is required to reimburse the agency for the lost, stolen or damaged equipment. Foodservice establishments are responsible for their own internet access.

[SeniorDine](#) is a program that tracks participant meals using a credit card-style card or keychain-style card via the tablet technology. Each time a participant eats a meal, the foodservice establishment will scan the participant's card to record the type of meal served. The program will generate a periodic report to be used as an invoice for the AAA to reimburse the foodservice establishment for meals served. AAAs set consumers' cards to be automatically loaded with a pre-determined number of meals per month.

Best practices for foodservice establishments include:

- Scan the participant's card at the time the meal is ordered to ensure there are meals available;
- Keep the keycard process as discrete as possible for a better participant experience;
- Do not refer to Iowa Café meals as "free" or "discounted;" meals are offered on a "voluntary contribution basis."

Video links below show a demonstration of the software for foodservice establishments to check-in meals and participants to check their card balances on their own mobile device:

- [Foodservice Establishment Demonstration Video](#)
- [Participant Card Balance Demonstration Video](#)

Contingency Plan for Technology Failure

- If the technology is not working, first contact the AAA for further instructions.
- If the problem cannot be fixed immediately, please use the attached Emergency Roster (Appendix D) to keep track of consumer name, type and number of meals provided. This is only to be used for emergency.
- Provide this roster to AAA as instructed.

Voluntary Contributions

Foodservice establishments must refrain from describing meals as “free” or discounted. Each consumer must be given an opportunity to voluntarily contribute to the cost of the meal per the Older Americans Act and Iowa Administrative Code. These contributions are invested back into the program to serve more meals to more participants. The AAA will mail voluntary contribution letters to each individual on a monthly basis in order to collect contributions.

The foodservice establishment can help explain the difference between voluntary contributions and tipping the wait staff, if desired. Consumers may be confused by this. Tips for the foodservice staff will go directly to the establishment’s employees. See Appendix E for an example of a table tent that may be displayed by the foodservice establishment to help explain the difference.

Nutrition Education

The Older Americans Act and Iowa Administrative Code require all meal participants to be provided with nutrition education. The AAA may provide you with nutrition education flyers and/or information to share with participants on a monthly basis. If space is available, AAAs and foodservice establishments may partner to offer nutrition education programming on-site.

Registration Forms

Consumers must complete a registration form to begin receiving meals and update their registration yearly. Registration is required to participate. Registration can be completed online, in-person or by calling the AAA. See the graphic below for details.



How to Sign Up for The Iowa Cafe



Call Your Local Area Agency on Aging (AAA)



AAA Phone Number or LifeLong Links (866)468-7887



Complete Registration Online



AAA Website



Register in Person at Your AAA or a Participating Restaurant



AAA Address(es)



Other Resources

- Iowa Department on Aging
 - <https://www.iowaaging.gov>
- Nutrition and Aging Resource Center
 - <https://acl.gov/senior-nutrition>
- Administration for Community Living
 - <https://acl.gov>
- Meals on Wheels America
 - <https://www.mealsonwheelsamerica.org>

Hospitality Tips for Older Adults

- Use large, simple fonts for menus (13 pt or greater is encouraged). Avoid cursive-type fonts.
- Use high contrast colors on solid backgrounds, such as black text on a gold or yellow background. Avoid using blue or green text on menus.
- Consider explaining culinary terms or trendy ingredients used on the menu, as some of these might be unfamiliar. Offer a variety of textures. Some older adults have dentures or poor dentition, so hard or crunchy items can be difficult to chew and swallow.
- Offer clear, wide paths without stairs throughout the establishment. Provide accessible tables and entry for wheelchairs and assisted walking devices. Improve safety and create a more welcoming environment with bright, glare-free lighting on pathways and table surfaces.
- Reduce fall hazards such as area rugs and “runners” and consider installing grab bars near toilets.
- Provide coffee cups with large handles to accommodate reduced grip strength or arthritis.
- Keep music and television volumes down. This helps create a more welcoming environment, especially for those who may be hard of hearing.
- When speaking to older adults, avoid terms of endearment such as “sweetie” or “honey” as these may sometimes be offensive

Silent Generation

- Born 1925 – 1945
- Appreciates discipline, upholding of values, gratitude, and the simplicities in life
- Strong sense of determination and willpower
- Focus on salvaging valuables and finances, steer away from waste
- May prefer simpler menu descriptions over fancy terms in food dishes
- Sample food preferences:
 - Meat & potatoes
 - Liver & onions
 - Egg salad sandwiches
 - Meatloaf, roast turkey

Baby Boomers

- Born 1946–1964
- Appreciates convenience & quick service
- May be skeptical; like to have trust gained with business
- Enjoys bigger, more robust flavors
- Like lighter, healthy options like low fat, low sodium
- Sample food preferences:
 - Salads or sandwiches with Ranch or Caesar Dressing
 - Culturally diverse foods
 - Seafood
 - Familiar foods with a twist (Mac & Cheese → Buffalo Mac & Cheese)

Frequently Asked Questions

Q: Can a consumer take food home?

A. Yes, a participant can take leftovers home in the same way this would be available to any other consumer. A best practice would be to date the container and provide safe food handling instructions because older adults are at a higher risk for foodborne illness.

Q. Is carry out allowed?

A. One of the key purposes of the Iowa Café and other Older Americans Act nutrition service programs is providing opportunities for socialization, and carry out may not provide that benefit. AAAs and foodservice establishments may choose to negotiate carry out availability and terms in the contract agreement. If the AAA and foodservice establishment agree to offer carry out, these meals must be reported as “home-delivered” meals due to federal recordkeeping and funding requirements.

Q: Can a consumer come in and eat with family or friends that are not eligible for congregate meals?

A: Yes, a consumer can dine in with other non-eligible persons. Non-eligible persons they must pay the full price of the meal.

Q: Is the consumer required to contribute?

A: No, contributions are purely voluntary but are encouraged.

Q: How are the contributions used?

A: Contributions are used to increase the number of meals served by the agency, facilitate access to such meals, and provide other supportive services directly related to nutrition services. Older Americans Act funds only cover a portion of the cost of services, so these contributions are vital to serve more people.

Q: What is the difference between voluntary contributions vs. meal reimbursement rates?

A: The restaurant is reimbursed based on a set price per meal that is determined during negotiations between the contractor and the Area Agency on Aging. The voluntary contributions that are provided by consumers on a voluntary basis are invested back into the program to expand services. This is mutually beneficial for the consumer and the restaurant.

Q: Can restaurant staff accept tips?

A: Yes, the restaurant staff can accept tips. Tips (or gratuity) go to staff of the restaurant in recognition of the service they performed. Tips are different from voluntary contributions. Contributions go to the Area Agency on Aging to be invested back into the program. Contributions will be handled by the Area Agency on Aging and should not be accepted at the restaurant. If a consumer has a question regarding contributions, refer them to the Area Agency on Aging for more information. See Appendix F for an example of a table tent that may be displayed by the foodservice establishment to help explain the difference.

Q: Are there income guidelines for consumers?

A: No, this is not a means-tested program. Anyone who meets the eligibility requirements, regardless of income, is eligible.

Q: What if a participant will not fill out intake form?

A: The intake or registration forms are required for funding purposes. If a consumer will not complete an intake form, please refer them to the agency.

Q: Can approved meals be from our restaurant menu?

A: Yes, depending on the meal. For approving menus, it is best to work with the dietitian and agency staff for menu planning. It may be easiest to use the existing menu and tweak meals a bit to fit nutrition requirements.

Q: Will I have to start a brand-new menu at my restaurant?

A: No, our goal is to use your existing menu to make it work with our nutritional requirements. A registered dietitian will look at your existing menu and make recommendations based on the nutrition requirements. The menu offered will likely be a smaller menu than the typical menu your restaurant offers.

Q: Will we be monitored by any additional agencies?

A: Your normal health inspection by local agencies will continue as usual. The Area Agency on Aging will monitor on a yearly basis, and will provide you with a tool for you to self-monitor on a yearly basis. Iowa administrative code requires providers adhere to the Iowa Food Code. It is also required for providers to keep their licensures up to date.

Q: Can salt shakers be provided on tables?

A: Yes, salt shakers are allowed as an option for participants on the table.

Q: What if the consumer does not want part of the planned meal, for example, they do not like broccoli?

A: The consumer is allowed to decide what they want to be served and may decline any part of the meal. In this case, the food service establishment would be encouraged to offer a similar vegetable option on the approved Iowa Café menu. The foodservice establishment is not required to identify a substitution, however, substitution options can be provided by the dietitian on request. The dietitian must approve substitutions in advance.

Q: Is delivery a requirement to host an Iowa Café site?

A: Unless discussed specifically with your local Area Agency on Aging, delivery may be offered from your restaurant but is it **NOT** a requirement to host a site.

Iowa Nutrition Services GuidelinesAoA Requirements (OAA 339(2)(A)(i)(ii))

Each Nutrition Services meal must: (A) provide(s) meals that—

- (i) comply with the most recent Dietary Guidelines for Americans¹, published by the Secretary and the Secretary of Agriculture, and
- (ii) provide to each participating older individual—
 - (I) minimum of 33 1/3 percent of the dietary reference intakes² established by the Food and Nutrition Board of the National Academies of Sciences, Engineering, and Medicine, if the project provides one meal per day,
 - (II) a minimum of 66 2/3 percent of the allowances if the project provides two meals per day, and
 - (III) 100 percent of the allowances if the project provides three meals per day, and
 - (IV) to the maximum extent practicable, are adjusted to meet any special dietary needs of program participants, including meals adjusted for cultural considerations and preferences and medically tailored meals.

Nutrition Services and Menu Planning Requirements**Offer versus Serve**

The Nutrition Program must offer participants all menu items and provide nutrition information about the menu/meal that meets their requirements and maximizes health; however, participants may decline to accept any element of the planned meal.

Chef's Choice Meals

In order to allow for increased flexibility to local nutrition providers, two "Chef's Choice" meals are allowed on the menu monthly. Chef's Choice meals are those meals that are not recorded two weeks prior to implementation and may be created the day of. These meals are encouraged, but not required, to utilize the Iowa Guide for Menu Planning for meal planning.

Ethnic Meals

Iowa Nutrition Services are encouraged to provide culturally appropriate meals for an ethnically diverse population. These meals must meet the most recent DGA's and provide a minimum of one third of the DRI's per meal.

¹ U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020–2025*. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).

² *Dietary Reference Intakes: The Essential Guide to Nutrient Requirements*, Institute of Medicine of the National Academy of Sciences/National Research Council

Choice Menus

Menu choice is encouraged to allow for consumer choice and increase participant satisfaction. Choice Menus will comply with menu planning requirements. If more than one menu item is offered, the food item that has lower nutrient value will be counted

towards the weekly nutrient average in computer analysis. If using the Iowa Guide for Menu Planning, then both meals must meet the guidelines.

Menu Substitutions

Any menu substitutions made to an approved menu must be comparable in nutrient content and serving size to the original menu. All menu substitutions must be documented prior to serving and approved by a dietitian, or selected from a pre-approved list of food substitutes made by the dietitian.

Target Nutrient Requirements

The target nutrient requirements are based on the characteristics of the predominate population of Iowa Nutrition Services participants and the Dietary Components of Public Health concern from the most recent DGA's. The 2020-2025 DGA's and DRI's weekly averages for menu planning are to meet the requirements of our target population, a 60+ year-old female (1600-2200 Calories) and 60+ year-old male (2000-2600 Calories).

The most recent under-consumed nutrients of public health concern are calcium, potassium, fiber, and vitamin D. The over-consumed nutrients of public health concern are saturated fat, sodium, and added sugar. Protein, vitamin C, vitamin B6, and vitamin B12 are of concern for older adults due to decreased absorption and utilization rates among those 50 years and older.³ It is noted that vitamin D is unique in it is harder to achieve through natural sources and through diet alone, and it would require consuming foods and beverages fortified with vitamin D. Therefore, vitamin D will not be listed in the target nutrient requirements. Hydration status is also a concern for older adults, so increased fluids in the form of water, unsweetened beverages, 100% fruit or vegetable juice, and low-fat or fat-free milk or soy beverages are encouraged.¹

Sodium and Added Sugar

The over-consumed nutrients of public health concern should be limited. Avoid potassium chloride salt substitutes as individuals should only use these products under the supervision of a healthcare professional. Recommend fruit for dessert to decrease added sugar consumption. Nutrient-rich desserts that contain fruit, whole grains, low-fat milk product are encouraged.

³Eggersdorfer, M., Akobundu, U., Bailey, R., et al. (2018). Hidden Hunger: Solutions for America's Aging Populations. *Nutrients*, 10(9), 1210. MDPI AG. Retrieved from <http://dx.doi.org/10.3390/nu10091210>

Carbohydrate Identification

Carbohydrate identification per menu item needs to be available to all consumers. This can be provided on the menu itself or on a separate flyer. If using Computer Analysis, then the number of grams per menu item need to be listed. If using the Iowa Guide for Menu Planning, serving size information per menu item and carbohydrate counting education needs to be provided.

Menu Approval

Methods of Compliance

Nutrition providers must demonstrate compliance with the DGA's and DRI's by using one of the following documentation methods:

1. Computer Nutrient Analysis Software
2. Iowa Guide for Menu Planning

Use of computer nutrient analysis software allows for increased menu planning flexibility. The Iowa Guide for Menu Planning is designed to meet the DRI/DGA's for those without access to nutrient analysis software.^{1,4}

Menus must be reviewed and approved by a Registered Dietitian licensed in the state of Iowa at least two weeks prior to implementation. The dietitian must complete and sign the applicable Iowa Menu Approval Sheet, and this shall be kept on file with a copy of the menu for one year.

⁴USDA Choose MyPlate.gov. <https://www.choosemyplate.gov/>

Iowa Menu Approval Sheet

Computer Analysis

Menu Dates _____

Locations menu will be used: _____

Additional Instructions: Menus analyzed with computer analysis must meet the DGA/DRI requirements as a weekly average. Items provided on the side like salad dressing, sugar/sugar substitutes, salt, pepper, butter, and trans-fat free non-dairy coffee creamer are not included as part of the weekly nutrient analysis.

Nutrient	Dietary Guidelines/ DRI per meal nutrient requirement	Weekly Average Menu Requirement	Weekly Average Documentation (Identify each week separately e.g., week 1, 2, etc.)
Calories	533-866	533-866	
Protein	10-35% of calories	10-35% of calories	
Carbohydrate	45-65% of calories	45-65% of calories	
Fat	20-35% of calories	20-35% of calories	
Saturated Fat	≤10% of calories	≤10% of calories	
Fiber	≥7-9 grams	≥7 grams	
Sodium	≤ 767milligrams	≤ 1000 mg	
Potassium	≥ 867-1133 milligrams	≥ 867 milligrams	
Calcium	≥ 400 mg	≥ 400 mg	
Vitamin C	≥ 25 mg	≥ 25 mg	
Vitamin B6	≥0.50 mg	≥0.50 mg	
Vitamin B12	≥0.8 micrograms	≥0.8 micrograms	

I certify to the best of my knowledge these menus provide one-third of the current Dietary Reference Intakes for individuals aged 60 years and older and conforms to the 2020-2025 Dietary Guidelines for Americans.

Dietitian Signature _____ Date _____

Iowa License Number _____

Email address _____



Iowa Menu Approval Sheet

Iowa Guide for Menu Planning

Menu Dates: _____

Locations menu will be used: _____

Additional Instructions: A food item in one or more food group can only be classified once as meeting the requirement for a meal. For example: cottage cheese can be counted as a Milk/Milk alternative or a Lean Protein source, not both.

Food Group	Minimum Number of Servings	Minimum Requirements	Does each meal meet the requirement? (yes/no)
Fruits and Vegetables	2-3 servings	Provide food sources high in vitamin C and potassium daily. Limit juice to one serving per meal, if using. Encourage no- to low-sodium canned vegetables. 1 serving is equivalent to: <ul style="list-style-type: none"> • ½ cup cooked, canned, or chopped raw fruits or vegetables • 1 cup leafy raw vegetable (lettuce, spinach, etc.) • 1 medium whole fruit (apple, orange, banana, etc.) • ½ grapefruit • 1/8 melon • ¼ cup dried fruit • 6 oz 100% vitamin C fruit or vegetable juice • 1 small potato or ½ large potato • ½ cup sweet potatoes, yams, corn kernels, squash, peas, or lima beans 	

<p>Lean Protein Source</p>	<p>2-3 oz equivalent</p>	<p>Meats should be baked, broiled, grilled, or roasted. Limit processed meats to one serving per week. Seafood is encouraged regularly for omega-3 fatty acids.</p> <p>1 ounce is equivalent to:</p> <ul style="list-style-type: none"> • 1 oz cooked lean beef, veal pork, lamb, chicken, turkey, or fish • 1 oz canned tuna or salmon packed in water • 1 oz low-fat cheese • 1 egg • ¼ cup cooked beans or legumes • ½ cup tofu • ¼ cup low-fat cottage cheese • ½ oz nuts or seeds • 1 Tablespoon peanut butter 	
<p>Grains</p>	<p>2-3 servings</p>	<p>At least half of grains should be whole grain. 1 serving is equivalent to:</p> <ul style="list-style-type: none"> • 1 oz bread or grain product • ½ cup cooked cereal, pasta, or rice • ¾ cup dry cereal • 1 slice bread or small dinner roll • ½ English muffin, bun, small bagel, or pita bread • 1--6" tortilla • 1 ¼" square cornbread • 1--2" diameter biscuit or muffin <p>4-6 crackers</p>	
<p>Milk or Milk Alternative</p>	<p>1 serving</p>	<p>1 serving is equivalent to:</p> <ul style="list-style-type: none"> • 8 oz vitamin D fortified skim, 1%, or 2% milk • 8 oz dairy alternative milk (soy milk) fortified with calcium and vitamin D • 8 oz low-fat yogurt • 1 ½ oz cheese • 1 cup pudding made with low-fat milk • ½ cup ricotta cheese • 2 cups cottage cheese 	

Oils or Fats	No more than 1 serving	1 serving is equivalent to: <ul style="list-style-type: none"> • 1 Tablespoon vegetable oil or margarine • 1 Tablespoon mayonnaise • 2 Tablespoons low-sodium salad dressing • ½ medium avocado • 1 oz nuts or seeds • 2 Tablespoons peanut butter 	
Condiments	optional	Encourage herbal seasonings, lemon, and vinegar to provide flavor without sodium. Limit foods high in sodium. Condiments include items on the side like salad dressing, sugar/sugar substitutes, salt, pepper, butter, and trans-fat free non-dairy coffee creamer.	
Beverages	optional	No- to low-calorie beverages: water, water with lemon, unsweetened tea, coffee, etc.	
Desserts	optional	Recommend fruit for dessert to decrease added sugar consumption. Nutrient-rich desserts that contain fruit, whole grains, low-fat milk product are encouraged.	

I certify to the best of my knowledge these menus provide one-third of the current Dietary Reference Intakes for individuals aged 60 years and older and conforms to the 2020-2025 Dietary Guidelines for Americans.

Dietitian Signature _____ Date _____

Iowa License Number _____

Email address _____

Appendix B: How to Use the Iowa Guide for Menu Planning

Food Group	Portion Size	Monday	Tuesday	Wednesday
Protein	3 oz meat/fish/poultry; 1 egg= 1 oz	Roast chicken	Mixed bean soup, 1.5 cups	Baked salmon
Grain #1	1 slice bread, 1- 6" tortilla; 1/2 cup rice/pasta, 5 crackers	Whole wheat roll	Baked cheese quesadilla with whole wheat tortilla	Wild/brown rice pilaf
Grain #2	1 slice bread, 1- 6" tortilla; 1/2 cup rice/pasta, 5 crackers	Oatmeal topping on apple-raisin crisp dessert	Large tortilla, 12 "	Sour dough bread
Vegetable #1	1/2 cup cooked, 1 cup leafy greens, 1 small whole vegetable	Small baked sweet potato	Pepper, tomato corn salsa	Low-fat creamed spinach
Vegetable #2	1/2 cup cooked, 1 cup leafy greens, 1 small whole vegetable	Broccoli with diced red pepper	5 carrot sticks or 1/2 cup cooked carrots	Low-sodium vegetable juice
Fruit	1/2 cup canned/frozen; 1 small raw, 1/4 cup dried	Apples/raisins in dessert	Strawberries or blueberries	Pineapple canned in its own juices
Dairy/ Alternate	1 cup low-fat fluid (reconstituted dry or evaporated milk) 1.5 to 2 oz cheese	1% milk	Cheese in quesadilla; 1.5 oz	1% milk
Dessert (optional)	1/2 cup dessert option, 2 small cookies	Apple-raisin crisp		
Oil/margarine	1 Tablespoon oil, 1 Tablespoon soft margarine, 2 Tablespoons salad dressing	1 tablespoon soft margarine		1 tablespoon soft margarine
Beverages	8 oz	Coffee, tea, water	Coffee, tea, water	Coffee, tea, water



MENU

RESTAURANT NAME | LOCATION

MAINS (PICK 1)

Served with lettuce, tomato, onion

- BLT Sandwich
- Cheeseburger
- Grilled Chicken Sandwich
- Chicken Bacon Ranch Sandwich
- Cod Fish Sandwich
- Hamburger
- Haystack
- Mushroom & Swiss Burger
- Patty Melt
- Pizza Burger
- Reuben Sandwich
- Smoked BBQ Pulled Pork Sandwich
- Grilled Tenderloin

Chef Salad (made with ham, grilled chicken or breaded chicken), served with a breadstick side.

SIDES (PICK 1)

- Coleslaw
- Pea Salad
- Baked Potato
- Side Salad
- Green Beans
- Vegetable of the Day

BEVERAGES (PICK 1)

- Coffee
- Tea
- Milk
- Orange Juice

BREAKFAST

SERVED WITH CHOICE OF BEVERAGE

2 Egg Omelet (3 ingredients) + 2 slices toast

Onions, Tomatoes, Onion/Pepper Mix, Mushrooms, Green Peppers, Jalapenos, Bacon, Sausage, Ham

2 Eggs, + 2 slices toast or hash browns + 1 side fruit

Ham, sausage or bacon with egg and cheese on Texas toast + 1 side of fruit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A: BBQ Chicken Sandwich Sweet Potato Fries Broccoli Pineapple</p> <p>B: Egg Salad Sandwich Carrot Sticks Potato Chips Watermelon 1% Milk</p>	<p>A: Mustard Glazed Tilapia French Cut Green Beans Red Beans & Quinoa Cherry Pie</p> <p>B: Dinner Salad Lentil Soup w/ Italian Sausage Cantaloupe WW Roll 1% Milk</p>	<p>A: Baked Pork Chop Butternut Squash Creamed Kale WW Roll Cinnamon Applesauce</p> <p>B: Deli Turkey Sandwich Pickled Beets Cottage Cheese Choc Chip Cookie</p>	<p><i>Build Your Own Soup & Salad Bar</i></p> <p>Romaine Lettuce Salad Tomato Basil Soup Honeydew Melon Yogurt Parfait</p>	<p>A: Hamburger Parsley Potatoes Roasted Brussels Sprouts Berry Mix</p> <p>B: Tuna Salad Sandwich Cucumber Slices Black Bean & Corn Salad Brownie 1% Milk</p>
<p>A: Country Fried Chicken Mashed Potatoes with Gravy Asparagus Pears & Pineapple 1% Milk</p> <p>B: Ham Balls Scalloped Potatoes Green Beans WG Bread Angel Food Cake w/ Berries</p>	<p><i>BREAKFAST FOR LUNCH DAY</i></p> <p>A: Cheese and Veggie Omelet Hashbrowns Avocado Slices Banana 1% Milk & LS Tomato Juice</p> <p>B: Breakfast Sandwich Tomato Slices Cinnamon Roll 1% Milk & OJ</p>	<p>A: Maid Rite Sandwich Peas & Carrots Potato Salad Watermelon 1% Milk</p> <p>B: Baked Salmon Roasted Broccoli & Cauliflower Potato Wedges WG Roll Peach Crisp</p>	<p>A: Lasagna Side Salad Breadstick Raspberry & Blackberry Mix 1% Milk</p> <p>B: Open Faced Turkey Sandwich Mashed Potatoes with Gravy Corn Strawberry Ice Cream</p>	<p><i>Build Your Own Taco Bar</i></p> <p>Turkey Taco Meat or Fajita Chicken Hard Shell or WG Tortilla Rice and Beans Pineapple 1% Milk</p>
<p>A: Pot Roast with Gravy Root Veggies Baked Sweet Potato WG Roll Yogurt Parfait</p> <p>B: Liver & Onions Fried Potatoes Corn on the Cob Watermelon 1% Milk</p>	<p>A: Pulled Pork Sandwich Three Bean Salad Coleslaw Rosey Applesauce</p> <p>B: Lemon Baked Cod Brown Rice Pilaf Steamed Cabbage Carrot Cake 1% Milk</p>	<p><i>Build Your Own Pasta Bar</i></p> <p>WG Spaghetti or Rotini Noodles Pasta Sauce or Alfredo Sauce Meatballs or Chicken Side Salad Garlic Bread Snickerdoodle Cookie 1% Milk</p>	<p>A: Turkey Burger Baked Potato Stewed Tomatoes Blueberry Pie 1% Milk</p> <p>B: BLT Sandwich Minestrone Soup Blueberry Yogurt Peaches</p>	<p>A: Beef Stroganoff Roasted Green Beans WG Bread Oatmeal Raisin Cookie Vanilla Ice Cream</p> <p>B: Shrimp Fried Rice Egg Roll Mandarin Oranges 1% Milk</p>
<p>A: Teriyaki Chicken Stir Fry Veggies Brown Rice Apple Crisp with Ice Cream</p> <p>B: Spinach Salad Creamy Chicken Rice Soup WG Roll Apricots 1% Milk</p>	<p>A: Pork Tenderloin Baked Beans Broccoli Slaw WG Roll Sweet Cherries 1% Milk</p> <p>B: Salisbury Steak Baked Sweet Potato Summer Squash Medley Banana Crème Pie</p>	<p>A: Chicken Fettucine Sauteed Zucchini Breadstick Strawberries</p> <p>B: Philly Cheesesteak Sandwich French Fries Spinach Salad Rice Krispie Treat 1% Milk</p>	<p><i>Build Your Own Baked Potato/Mashed Potato Bar</i></p> <p>Baked Potato or Mashed Potatoes Sugar Snap Peas Grapes Chocolate Chip Cookie 1% Milk</p>	<p>A: Broccoli Ham Casserole Steamed Cauliflower WG Bread Strawberry Jello</p> <p>B: Garlic & Herb Chicken Baked Potato Chips Asparagus Fresh Orange 1% Milk</p>

Monthly Menu Source: National Resource Center on Nutrition & Aging

Appendix E: Tipping vs Contributions Table Tent

Ask your server for more information!
Call LifeLong Links to register at 1-800-243-0678



tips Gratuity is not covered by the Iowa Café program. Consumers are encouraged to leave a tip for your server.

how Consumers will be given an opportunity to voluntarily contribute to the cost of meals. Elderbridge Area Agency on Aging will mail a contribution letter monthly. Contributions are not required but help sustain and expand the service.

what Iowa Café members receive a card that will be loaded with a pre-determine number of meals per month to be used at any time.

who Everyone age 60 and older & their spouse is eligible

sign up today for the iowa café!

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