

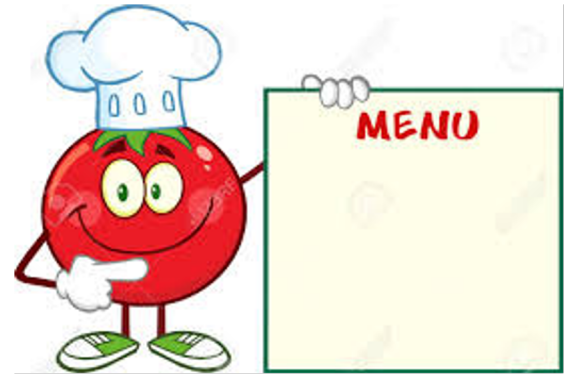
Women's Lunch Place

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Applying Menus of Change

What is Menu of Change?

- A set of guiding principles that are looking to help organizations that serve food prepare healthy, sustainable, and delicious food.
- It's being used a lot in colleges and universities, but this is something that we want to apply to as many places as possible, including Women's Lunch Place



What is Menu of Change?

● Healthy

- The food you eat should be good for you, and help you feel good - full and energized, not sick and sluggish

● Sustainable

- The food you eat should be grown in conditions that are fair to the people who are growing it! Workers should be treated with respect and have a living wage. This food should also be grown in a way that uses few, if any chemicals, and is good for the environment!

● Delicious

- The food you eat should taste good! You should enjoy your meals and look forward to eating them



Menu Concepts and General Operations

1. Be transparent about sourcing and preparation.

- We want to know where our food comes from!

2. Buy fresh and seasonal, local and global.

- We want to make sure we are buying food when it is fresh and in the seasons it is supposed to be grown in, from our neighbors and from around the world.

3. Reward better agricultural practices.

- We try to buy food from farmers to are growing food with fewer chemicals and taking better care of their food/livestock/the environment

4. Leverage globally inspired, plant-forward culinary strategies.

- We try to focus on reducing the amount of meat that we eat, and and getting more plants (fruits, vegetables, grains) into our diet!

5. Focus on whole, minimally processed foods.

- We try to serve foods just the way nature intended - without adding ingredients and chemicals that might be harmful.



Menu Concepts and General Operations

- 1. Grow everyday options, while honoring special occasion traditions.**
 - We want to have menu options that we can serve everyday! And be able to cook special foods for special occasions
- 2. Lead with menu messaging around flavor.**
 - Food should taste good and have flavor! You should see this on the menu.
- 3. Reduce portions, emphasizing calorie quality over quantity.**
 - We can serve smaller portions of healthier food that will keep you full, instead of more food that is less healthy and won't keep you full for very long
- 4. Celebrate cultural diversity and discovery.**
 - Everyone should feel that the foods and dishes they eat are represented and highlighted!
- 5. Design health and sustainability into operations and dining spaces.**
 - The place(s) where you eat should be promoting healthy options too!



Foods and Ingredients

1. Think produce first

- Fruits, vegetables, grains - fresh food, the way that nature made it!

2. Make whole, intact grains the new norm.

- Rice, oats, quinoa, instead of flours, they are less processed!

3. Limit potatoes.

- They taste good, but don't keep you full for very long, and are less healthy than produce!

4. Move nuts and legumes to the center of the plate.

- Fun fact - you are more likely to eat the food in the center of your plate! Nuts and legumes are full of protein and help keep you full for a long time. If you push them to the side of your plate, you're less likely to eat/finish them!

5. Choose healthier oils.

- Oils like canola, vegetable, and nut-based oils are better for you than palm oils and hydrogenated oils, which have high levels of saturated and trans fat that are bad for your heart



Foods and Ingredients

1. Go “good fat,” not “low fat.”

- Not all fats are bad for you! All people, especially women, need a certain amount of fat in their diet. Foods that saw “low fat” are more likely to have other kinds of unhealthy ingredients

2. Serve more kinds of seafood, more often.

- Fish has a lot of healthy nutrients like protein, Vitamin D, and Omega 3, which are really good for you body and brain!

3. Reimagine dairy in a supporting role.

- Dairy can be an important part of your diet, but making it the main part of your diet means you miss out on healthier foods like produce, proteins, grains, etc. Have dairy “support” the mea;
- like a glass of milk, or cheese on your pasta!

4. Use poultry and eggs in moderation.

- Using unprocessed poultry is healthier and causes less damage to the environment than red meat. Eggs are also good for a diet in moderation.



Foods and Ingredients

1. Serve less red meat, less often.

- Red meat is bad for the environment, and can cause chronic illnesses over long periods of time - best in moderation.

2. Reduce added sugar.

- Added sugar is processed, bad for your body, and does not have any health benefits. Avoid it when you can!

3. Cut the salt; rethink flavor development from the ground up.

- All food needs flavor, but we can rely a lot on salt when there are many other, healthy, great tasting spices out there! Focus on creating flavorful food with a mix of different spices, and reducing your reliance on salt

4. Substantially reduce sugary beverages; innovate replacements.

- Many drinks have a lot of sugar, and it is hard to know/easy to forget how much you're drinking!

5. Drink healthy: from water, coffee, and tea to, with caveats, beverage alcohol

- Same idea - avoid processed drinks with lots of sugar!



Diets for the Elderly and Recovering

Foods for those in recovery

Key nutrients to boost recovery! 🌱



Tyrosine = boosts dopamine levels for that “feel good” feeling.
Foods include bananas, sunflower seeds, soybeans, whole grains.



L-glutamine = immune system benefits, reduces sugar cravings.
Foods include dark, leafy greens like kale, spinach and veggies like beets, carrots, beans, brussels sprouts, celery








Antioxidants = rebuild the immune system after stressful events like detox.
Foods include berries, leeks, artichokes, and pecans.



Tryptophan = boosts serotonin levels which provide “happy” feeling.
Foods include cheese, turkey, oat bran and beans and lentils

Foods for the elderly

Key nutrients to stay strong! 💪

-  Calcium & Vitamin D = help maintain bone health.
Dark leafy greens, fish, milk
-  Vitamin B12 = can help improve memory and energy levels. Also prevents anemia.
Fortified cereal, lean meat, fish and seafood
-  Fiber = can help lower risk of heart disease and Type 2 diabetes
Whole grains, beans, fruits, and vegetables
-  Potassium = may lower risk of high blood pressure (along with reducing sodium intake)
Bananas, beans, spinach, broccoli
-  Healthy Fats = avoid saturated and trans fats. Fats to eat are polyunsaturated and monounsaturated which include foods like nuts, seeds, avocados, olive oil, and fish.

Additional Resources

Rosie's Place

- 889 Harrison Ave, Boston
- Women's shelter
- Weekend meals
 - Brunch: 10:30am-12:00pm
 - Dinner: 3:30-5:00pm



ROSIE'S
PLACE

COVID-19 Response

- Remains open but hours have changed
- Recommends calling in for most updated hours
- Offers prepackaged meals for on-the-go and prepackaged bags of groceries

St. Francis House



- 39 Boylston Street, Boston
- Day shelter dedicated to serve everyday of the year
- Breakfast: 7:30-9:00am
- Lunch: 11:30am-1:00pm
- Emergency sandwiches: after 2:00pm

COVID-19 Response

- Still continues to serve breakfast and lunch while maintaining social distancing recommendations
- Offers on-the-go meals

Project Bread



- 145 Border St, Boston, MA 02128
- FoodSource Hotline: 1-800-645-8333
 - Toll-free hotline that directs people to available resources in the state
- FoodSource Hotline for the hearing-impaired: 1-800-377-1292

COVID-19 Response

- FoodSource Hotline remains available
 - Monday's-Friday's: 8:00am-7:00pm
 - Saturday's: 10:00am-2:00pm
- Comprehensive [spreadsheet](#) and [map](#) with schools and community partners that are continuing to provide meals to children

The Greater Boston Food Bank

- Partners with various organizations in the area
- Interactive [map](#) that directs people to resources (food pantries and community meal programs) closest to their location

COVID-19 Response

- [Maps](#) for children who are impacted by school closures
- SNAP application assistance



Haley House

- 23 Dartmouth Street, Boston, MA, 02116
- Elder Meal Program
 - Free lunch for women and men over the age of 55
 - Tuesday's and Thursday's: 12:00-2:30pm
 - Sunday's: 1:00-4:00pm



HALEY HOUSE

COVID-19 Response

- Continues to operate the soup kitchen program but switched to take-out model