

## Ensure Plus® Fact Sheet

Ensure Plus® is a liquid meal supplement that has concentrated calories to help you gain or maintain a healthy weight. Each 8 oz serving provides you with essential nutrients and is rich in antioxidants, selenium and omega-3's, while also being low in cholesterol.

### Who should use a product like Ensure Plus®?:

Ensure Plus® is typically recommended for use by individuals who are losing weight, recovering from an illness, or are experiencing mouth or tooth problems that make it difficult to consume a regular meal.

Individuals should always notify their doctor before consuming a liquid nutrition product.

### Nutrient Information per 8 ounce can:

Calories	350	
Protein	13 grams (15% of calories)	Gluten Free
Carbohydrates	50 grams (57% of calories)	Lactose Free
Fat	11 grams (28% of calories)	

### Flavors:

Vanilla, Chocolate, Strawberry, Butter Pecan

### Cost:

The suggested donation for a case of 24 is \$25.00. Through the Skagit County Senior Nutrition Program, Ensure Plus® is only available on the "donation system" to individuals 60 years of age and older. Please make checks payable to: Skagit County Nutrition Program.

### Prescription:

A prescription or written statement of need from a physician, registered nurse, or registered dietitian is required. Prescriptions can be kept on file with the nutrition program and must be renewed every 6 months.

### Where is the product available?:

Ensure Plus® is available at the senior centers listed below. Please contact the Nutrition Site Manager for assistance during the following times:

Anacortes Senior Center 1701 22nd Street	Monday - Friday 9:00 AM – 2:00 PM
Burlington Senior Center 1011 Greenleaf Avenue	Monday - Friday 8:00 AM - 3:00 PM
Concrete Senior Center 45821 Railroad Avenue	Monday – Thursday 8:00 AM - 2:00 PM
Mount Vernon Senior Center 1401 Cleveland Street	Monday - Friday 8:00 AM - 2:00 PM
Sedro Woolley Senior Center 715 Pacific Street	Monday - Friday 9:00 AM – 2:00 PM