



MEALS ON WHEELS Newsletter

Promoting optimal health, quality of life and independence through improved nutrition, quality of diet and socialization opportunities.

JANUARY 2022

DECEMBER TOTALS DINING ROOM PICK-UP

Meals served: 3764
Total People served: 170
Average donation: 0.52

HOME DELIVERY

Meals served: 9933
Total People served: 384
Average donation: 0.17

**2021 TOTAL
MEALS SERVED 155,556**



Basic Food is a program that helps supplement Washington residents' diets with healthy, nutritious food. Eligible individuals receive an Electronic Benefits Card (similar to a debit card) to purchase food items at the grocery store.

**To find out if you
qualify,
simply
dial
2-1-1**



USDA is an equal opportunity provider, employer and lender. Basic Food is available to all regardless of race, color, national origin, sex, age, disability, region, or political belief.

HEALTHY EATING ON A BUDGET

It is without question that food prices have gone up significantly in the last year. Just because food prices have gone up does not mean you need to skip the healthy foods. Here are a few tips and tricks to eat healthy while keeping to your budget.

• **Make a Plan**

- See what you already have in your cabinets and freezer that can be used in a meal
- Write down what meals you would like to make for the week, this includes breakfast, lunch and dinner
- Plan to make extra food for leftovers

• **Shop Smart**

- Compare prices of the same item
- Buy fruits and veggies that are in season
- When buying protein on a budget, look for beans, lentils, split peas and don't forget eggs
- Drink water instead of soda



• **Prepare healthy Meals**

- Keep meals simple
- Stretch meals by adding rice or beans to soups or stews and frozen veggies to pasta dishes



Cyndi Balk, MOW Registered Dietician (RDN)
If you have dietary concerns Cyndi is available to talk with you, call our office at 1-509-426-2601 or toll free number at 1-855-426-2601.

Check out our cooking videos on Facebook:
<https://www.facebook.com/PeopleForPeopleWA>

Funding is provided by the Older Americans Act and Washington State Aging and Disability Services through a grant from the Southeast Washington Office of Aging and Long Term Care Conference of Government and donations made by seniors and private individuals and businesses.

People For People does not discriminate in providing services on the grounds of race, creed, color, religion, national origin, gender, age, marital status, or the presence of any sensory, mental or physical disability. <https://myppf.org/>

FROZEN MEAL PROCESS



1. Food supplies are ordered by Julie and delivered to our office/warehouse in Union Gap on a weekly basis.
2. Food supplies are delivered by Sergio and Cindy on a daily basis to our three kitchens: Henry Beauchamp Community Center, Selah Civic Center and Grandview Community Center.



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Elizabeth



Cindy



Sergio

3. Food is prepared by our cooks, Denise, Imelda and Elizabeth.
4. Once the food is cooled down in the refrigerator it is then placed in 3-compartment containers and sealed. The meals are then placed in our blast freezers that freeze up to 160 meals in 20 minutes! The cooks and volunteers make appx 800-900 meals on a daily basis.
5. The frozen meals are then transported on a daily basis from the kitchens to the big freezer in our office/warehouse or stored in our Toppenish freezer.
6. In our Union Gap office/warehouse the meals are then placed in bags so that they can be ready for delivery or pick-up.

We provide 7-day frozen meals to appx 500+ seniors on a weekly basis.

WE HOPE YOU ENJOY OUR MEALS!



EASY BROCCOLI CHEDDAR SOUP

INGREDIENTS

- | | | | |
|-----------------------------|------------------------------------|-------------------------|------------------|
| __ 1 chopped yellow onion | __ 1 lb. chopped broccoli | __ 2 sliced carrots | __ 4 Tbsp butter |
| __ 4 Tbsp all-purpose flour | __ 2 cups low-sodium chicken broth | __ 2 cups whole milk | |
| __ 1/2 tsp smoked paprika | __ 1/4 tsp garlic powder | __ 1/4 tsp black pepper | |
| __ 1/8 tsp cayenne pepper | __ 6 oz. sharp cheddar, shredded | | |



INSTRUCTIONS

- 1.) Add the butter and onion to a large soup pot and sauté over medium until the onions are soft and translucent. Add the flour and continue to sauté for about 2 minutes more, or until the flour is coating the bottom of the pot and is a light golden brown color.
- 2.) Add the chicken broth and whisk to dissolve all the flour off the bottom of the pot. Turn the heat up to medium-high and, while stirring often, allow the broth to come up to a simmer. When it reaches a simmer it will thicken to a gravy consistency.
- 3.) Turn the heat back down to medium and whisk in the milk, smoked paprika, garlic powder, black pepper, and cayenne pepper. Allow the broth to come back up to a simmer.
- 4.) Add the chopped broccoli and carrots, allow the broth to come back up to a simmer, and continue to simmer the vegetables, stirring often, for 15 minutes, or until the carrots are tender.
- 5.) Finally, turn the heat down to medium-low and stir the shredded cheese into the soup, one handful at a time, until it is fully melted. Add salt to taste.

<https://www.budgetbytes.com/easy-broccoli-cheddar-soup/>