



# MEALS ON WHEELS Newsletter

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

## MARCH 2022

### FEBRUARY TOTALS DINING ROOM PICK-UP

Meals served: 3188  
Total People served: 146  
Average donation: 0.49

### HOME DELIVERY

Meals served: 9,194  
Total People served: 394  
Average donation: 0.25

**2022 TOTAL  
MEALS SERVED 25,872**



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.

## Nutrition Month 2022

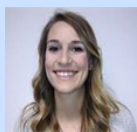
National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics during the month of March.

During this month everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is, "Celebrate a World of Flavors". Let's learn how flavors from cultures around the world can be a tasty way to nourish ourselves and appreciate our diversity.

We are unique with different bodies, backgrounds and tastes! Below are some examples you can try at home to change up your meals that are filled with whole grains, veggies and protein.

- Chinese stir-fry dishes with chicken and lots of veggies.
- Italian minestrone soup from with tomatoes, beans and whole grain pasta.
- Greek dolmas with lean ground meat, eggplant and rice.
- Indian dal from with red lentils.



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://myfpf.org/>

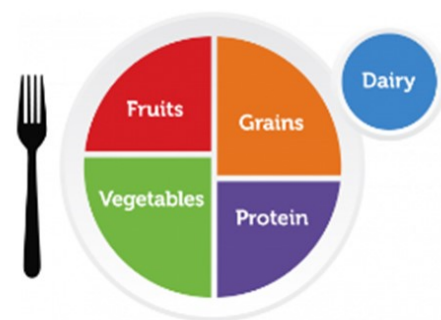
## Nutrition Tips for Ages 60+

Eating habits change throughout the life span. Simple changes can help you enjoy the foods and beverages you eat and drink to meet nutrient needs, help maintain a healthy body weight, and reduce the risk of chronic disease.

- Try adding seafood, dairy or fortified soy alternatives, along with beans, peas and lentils to your meals to help maintain muscle mass.
- Add fruits and vegetables to meals and snacks. Look for frozen, canned, or ready-to-eat varieties if slicing and chopping is a challenge.
- Make eating a social event. Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A community center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.
- The ability to absorb vitamin B12 can decrease with age and the use of certain medications can decrease absorption. Eating enough protein and fortified foods, such as fortified cereals, can help you meet your vitamin B12 needs. Speak with your healthcare provider to determine what, if any, supplementation is right for you.

If you use or are considering taking dietary supplements, it's important to track and discuss all dietary supplements with your healthcare provider to determine what is right for you. This includes beverage supplements which can be a source of added sugars.

<https://www.myplate.gov/>



## Meals on Wheels will be reopening all dining rooms on Monday May 2, 2022

If you will be joining us for lunch, please call the Meals On Wheels office at (509) 426-2601 from 8am-3pm to register for a meal.

Meal registrations are required in order to ensure we have enough meals and table settings. Lunch will be served from 11a.m.-11:30a.m.(not all sites will be open Mon-Fri)

If you would like to see if you qualify to receive weekly frozen meals, please call our Meals On Wheels office at (509) 426-2601.

**We are looking forward to seeing you again!**