



MEALS ON WHEELS Newsletter

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

OCTOBER 2022

SEPTEMBER TOTALS DINING ROOM PICK-UP

Meals served: 2,275
Total People served: 186
Average donation: 0.54

HOME DELIVERY

Meals served: 12,257
Total People served: 496
Average donation: 0.16

**2022 TOTAL
MEALS SERVED 127,134**



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.

FALL PRODUCE FINDS

Ready or not fall has officially arrived. The pumpkins are out, and the smell of hot cider is filling the room. The next time you are at the grocery store, fill your basket with these fall produce picks.

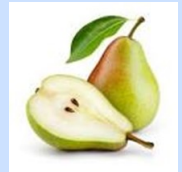
Sweet Potatoes

Sweet potatoes are a great source of vitamin C and potassium. Sweet potatoes are also packed full of fiber and vitamin A. Try adding sweet potatoes to your soups or mash them up with a little bit of cinnamon and sugar for breakfast.



Pears

Fall is the peak of pear season. Just one medium pear provides up to 6 grams of fiber! Try adding pears to your oatmeal in the morning or blend up a pear in a smoothie. Lastly replace a sweet dessert for some juicy pears.



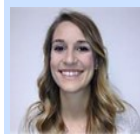
Spaghetti Squash

Spaghetti squash is a fun vegetable that is mild in flavor, lower-calorie and a gluten-free alternative to grain-based pasta. Toss your spaghetti squash in your favorite sauce and enjoy!



Sweet Potato Pancake Recipe

<https://www.delish.com/cooking/recipe-ideas/a29178562/sweet-potato-pancakes-recipe/>



Cyndi Balk

MOW Registered Dietitian (RDN)

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

Check out our cooking videos on Facebook:

<https://www.facebook.com/PeopleForPeopleWA>

BOLETIN DISPONIBLE EN ESPAÑOL A PEDIDO, LLAME A MOW

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/>

SWEET POTATO PANCAKES

- 1 3/4 C Flour -2 tsp baking power -1/2 tsp baking soda -2 Tbsp packed brown sugar
-1 tsp kosher salt -1 tsp cinnamon -1/4 tsp ground nutmeg -1/4 tsp ground ginger
-1 3/4 C buttermilk -2 L eggs -1tsp vanilla extract
-2 small sweet potatoes, roasted and pureed until smooth (about 3/4 C puree)



- 1.) In a large bowl whisk together flour, baking powder, baking soda, brown sugar, salt, cinnamon, nutmeg, and ginger.
- 2.) In a separate bowl whisk together buttermilk and sweet potato puree, then add eggs and vanilla.
- 3.) Add wet ingredients to dry ingredients and stir with a wooden spoon until just combined.
- 4.) Melt butter in a large nonstick skillet or griddle over medium heat. When butter is foamy, reduce heat to medium-low and ladle a scant 1/2 cup pancake batter into skillet. Cook until bubbles start to form in batter and pancake is golden underneath, about 3 minutes, then flip and cook other side until golden, about another 3 minutes.
- 5.) Repeat with remaining batter. Serve with more butter, toasted pecans and maple syrup.

Sweet Potato

- ✓ Cholesterol-Free
- ✓ Low-Sodium
- ✓ Good Source of Fiber
- ✓ Fat-Free
- ✓ Gluten-Free

Rich in vitamins and nutrients, sweet potatoes are an excellent healthy food choice that can be prepared in a variety of ways

One large potato (180g)



KEEP OUR WHEELS — AND YOURS! — TURNING

As part of their *Drive To Do More* commitment to support charities and volunteers nationwide, Jiffy Lube is collaborating with Meals on Wheels to raise funds and awareness that will help our seniors stay nourished.

We're excited to invite Jiffy Lube customers to join the effort. From October 1 to October 31, customers who receive oil change, tire rotations or other vehicle maintenance will be able to donate \$3 to Meals on Wheels at check-out.

Funds raised in our local community will be used to support our efforts at People For People Meals On Wheels!

[Learn more about the partnership](#) and [find a Jiffy Lube location](#) for your next car service.