



MEALS ON WHEELS Newsletter

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

DECEMBER 2022

NOVEMBER TOTALS

DINING ROOMS

Meals served: 2,380

Total People served: 199

Average donation: 0.46

HOME DELIVERY

Meals delivered: 11,890

Total People served: 466

Average donation: 0.20

**2022 YEAR TO DATE
MEALS SERVED 156,364**



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.

IS IT THE FLU, A COLD, OR COVID?

The common cold, flu, and Covid are respiratory illnesses caused by different viruses. They can all cause similar symptoms. If you have symptoms, a health care provider can determine the cause of your illness and help you take steps to feel better.

A cold is often milder than the flu. The flu and Covid have similar symptoms, but Covid spreads more easily and symptoms tend to be more severe. It's also more common to have a change in your sense of smell or taste with Covid.

People with the flu can have fever, chills, dry cough, general aches and pains, and a headache. They feel very tired. Sore throat, sneezing, stuffy nose, or stomach problems are less common. What some people call "stomach flu" is not influenza. Learn more about the differences between the flu and a cold, and flu and Covid at:

<https://www.nia.nih.gov/health/flu-and-older-adults>

Common Symptoms	Cold	Flu	COVID-19
Fever and/or chills		✓	✓
Headache		✓	✓
Muscle pain or body aches		✓	✓
Feeling tired or weak		✓	✓
Sore throat	✓	✓	✓
Runny or stuffy nose	✓	✓	✓
Sneezing	✓		
Cough	✓	✓	✓
Shortness of breath or difficulty breathing		✓	✓
Vomiting and diarrhea		✓	✓
Change in or loss of taste or smell			✓

Common Symptoms of a Cold, the Flu, and COVID-19

Learn more at www.nia.nih.gov/flu



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/>

LET'S CELEBRATE!

December is just a fun time of year! There is so much hustle and bustle going on. Lots of holiday parties and fun get togethers!

Last month I shared tips for going to holiday parties, so this month I planned to switch it up. However, with so many Holidays in December and New Year's just around the corner, I thought it would be fun to share this fun Holiday tip list I came across from positivelynaperville.com.

“On the first day of Christmas, my dietitian said to me...

1. Bring **One** dish to share (a low-calorie nutritious choice for the meal)
2. **Two** alcoholic beverages (sticking to two limits our liquid calories)
3. **Three** yummy cookies (have a few cookies but keep track and don't overdo it)
4. **Four** fruits for snacking (when hungry, choose a serving of fruit instead of sweets)
5. **Five** veggies each day (get all those phytonutrients by meeting this daily minimum)
6. **Six** feet from the buffet (prevent mindless eating by moving away to converse)
7. **Seven** days of exercise (don't forget to exercise regularly during the holidays)
8. **Eight** glasses of water (daily, and especially before and during parties and gatherings)
9. **Nine** ounces of protein (three 3-ounce portions of lean, natural protein each day)
10. **Ten** pounds we won't gain (by sticking to a healthy eating routine through the season)
11. **Eleven** new choices (if we tried 1 new healthy food/month, we now eat more variety)
12. **Twelve** counted blessings (count our blessings each and every day).



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 for a referral.

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

BOLETIN DISPONIBLE EN ESPAÑOL A PEDIDO, LLAME A LA OFICINA DE MOW



The [#ShareTheLoveEvent](https://www.subaru.com/share) is back to help deliver meals and support to America's seniors!

For every new vehicle bought or leased between November 17 and January 3, Subaru of America and Subaru retailers will donate \$250 when you choose [#MealsOnWheelsAmerica](https://www.mealsonwheels.org) as your charity of choice.

We are excited to announce that we have partnered with [McCurley Subaru](https://www.mccurleysubaru.com/) for the [#ShareTheLoveEvent](https://www.subaru.com/share). If you or someone you know is in the market to purchase or lease a new Subaru, check out McCurley of Yakima at 506 Fruitvale Blvd. in Yakima or <https://www.mccurleysubaruyakima.com/>.

To learn more check out <https://www.subaru.com/share>



Food Hero for Older Adults

Focus on Protein



Protein provides the building blocks to stay strong and live long.

Enjoy this chowder with whole grain bread for more protein and fiber.

This recipe can be made with canned chicken, salmon or tuna.

You can make a salad, stir-fry or soup with leftover chicken.

Save time and avoid waste: freeze extra chopped onion for use in other recipes.

Chicken Chowder for Two

Makes 2 servings

Prep time: 15 minutes

Cook time: 35-40 minutes

Ingredients

2 teaspoons **vegetable oil**

½ cup chopped **onion**

½ cup diced or grated **carrot**

2½ cups low-sodium **chicken broth**

1 cup diced **potato** (fresh or frozen)

½ teaspoon **thyme**

½ teaspoon **garlic powder**

¼ teaspoon **salt**

½ cup (4 ounces) cooked and diced **chicken**

½ cup low-fat or nonfat **milk**

1 tablespoon **all-purpose flour**

¼ teaspoon red wine **vinegar** (optional)

pepper to taste (optional)

Directions

1. In a medium saucepan, saute onion and carrot on medium heat until softened, about 3 minutes.
2. Add broth, potato, thyme, garlic powder and salt. Bring to a gentle boil and simmer until the potatoes are soft, 15 to 20 minutes.
3. While potatoes are cooking, stir flour and milk together in a small dish.
4. Add chicken to the saucepan and stir 1 to 2 minutes until heated through.
5. Slowly add milk mixture and stir as the soup thickens. Boil gently for 2 to 3 minutes.
6. Before serving, add vinegar and pepper, if desired.
7. Refrigerate leftovers within 2 hours.



Nutrition Facts

2 servings per container	
Serving size	1 1/2 cup (434g)
Amount per Serving	
Calories	260
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 430mg	19%
Total Carbohydrate 29g	11%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 1mcg	6%
Calcium 125mg	10%
Iron 2mg	10%
Potassium 832mg	20%
Vitamin A 306mcg	34%
Vitamin C 20mg	22%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Try this: Substitute the diced carrot with any combination of carrot, celery, pepper or leek. Substitute other vegetables such as corn or broccoli for half of the potatoes.

Classics Stay Strong

Eggs are easy to fix and are a good buy for their protein, vitamins D and B12, choline, zinc and more.

Regular exercise and eating enough protein at each meal can slow the muscle loss of aging.

Nutrition Facts labels show the amount of protein in grams (g) of one serving. Aim for 20 to 30 grams protein at each meal.

Dry milk can boost protein in everyday foods: just 2 Tablespoons adds 3 grams. Try in soup, smoothies and overnight oats.

Make snacks count! Snacks with protein include peanut butter, tuna salad, hard-cooked eggs, cottage cheese, hummus and yogurt.

Veggie Omelet in a Mug

Makes 1 serving **Prep time:** 10 minutes
Cook time: 3 minutes

Ingredients

- 2 **eggs**
- 2 Tablespoons low-fat or nonfat **milk**
- 1/16 teaspoon **salt** (a dash)
- 1/16 teaspoon **pepper** (a dash)
- 1/4 cup finely chopped **vegetables** (fresh, frozen, canned or leftover)
- 2 Tablespoons grated **cheese**

Directions

1. Spray the inside of a 12-ounce microwave-safe mug with cooking spray.
2. Combine eggs, milk, salt and pepper in the mug with a fork and stir well. Stir in vegetables and cheese.
3. Microwave on HIGH for 45 seconds and then stir. Return to the microwave and cook on HIGH until the mixture has puffed and set, 60 to 90 seconds. The omelet may look wet on the top but it will dry as it cools.

Notes

- Enjoy with a slice of whole grain toast and a serving of fruit for any meal.



Nutrition Facts

1 servings per container	
Serving size	1 omelet (169g)
Amount per Serving	
Calories	220
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 390mg	130%
Sodium 400mg	17%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 2mcg	10%
Calcium 203mg	15%
Iron 2mg	10%
Potassium 247mg	6%
Vitamin A 242mcg	27%
Vitamin C 3mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Overnight Oats for One

In a small bowl or 12-ounce mug, mix 1/2 cup oats, 1/2 cup yogurt, 1/2 cup milk, 2 Tablespoons dry milk and a dash of cinnamon or other spice. Add 1/2 cup bite-size fruit now or add just before eating. Cover and refrigerate oatmeal mixture for 6 to 12 hours.

Nutrition Facts per serving: 290 calories, 5 g fat, 2.5 g saturated fat, 10 mg cholesterol, 150 mg sodium, 46 g total carbohydrate, 5 g fiber, **15 g protein**, 0 g added sugar, 388 mg calcium (30% DV), 2 mg iron (10% DV), 604 mg potassium (15% DV)



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.
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PEOPLE FOR PEOPLE

Working Together,
Changing Lives

2023 HOLIDAY SCHEDULE

HOLIDAY



New Year's Day
observed
Monday, January 2, 2023



Martin L. King Day
Monday, January 16



President's Day
Monday, February 20



Memorial Day
Monday, May 29



Juneteenth
Monday, June 19



Independence Day
Tuesday, July 4



Labor Day
Monday, September 4



Veteran's Day
Friday, November 10



Thanksgiving
Thursday, November 23
Friday, November 24



Christmas Day
Monday, December 25

CROSSWORD PUZZLE FUN!

Finish both sides & show your driver or site manager for a prize by 01/20/23

Have fun!

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

```
C H E T O A S T M E R S T S
M O A N R O H U N S E W Y S
I C H E E R S E R A N R S A
D Y W E N I A E N O C D N L
N L Y A C N L O I T O H O G
I B T E C K Y T R C N H I R
G B R Y R O A E A N F C T U
H U A A A R U D A E E D U O
T B P F B D A N O R T R L H
U S S E M N I T T S T O O O
G E L T C A I L S D I T S R
I E G I H T S I O N O R E Y
C L N Z Y R K K C H Q W R R
Y G Z L I B A T I O N M N C
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By Jimmy and Evelyn Johnson - www.qets.com

Bubbly
Celebration
Cheers
Confetti
Countdown
Dancing
Holiday

Horn
Hourglass
Kiss
Libation
Mask
Midnight
Music

New
Old
Party
Resolutions
Sparklers
Toast
Year

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T O A P T E C A L P E R I F P
R E C R Y R E K C A R C T U N
I A E L A I T T E S N I O P T
E E L F H S T S H O P P I N G
H O E R G A B G I F T E A U S
H T Y I I M T O F A S N O R N
W F L E E T O L H A K E I E E
Y T I N L S B I S T N E C T E
E E S D S I O G S A A I R N R
N L Y S T R G H O F C E S I G
M T E A N H G T D I A O R W R
I U T G I C A S C S D M N W E
H T H E N C N L O R N L I D V
C K C T H A E K A C H O N L E
Q N H N X S J C H C N D W V Y
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By Jimmy and Evelyn Johnson - www.qets.com

Angel	Friends	Shopping
Card	Gift	Sleigh
Chimney	Holly	Snow
Christmas	Icicles	Toboggan
Evergreens	Lights	Tree
Family	Nutcracker	Winter
Fireplace	Poinsettia	Wreath