



MEALS ON WHEELS Newsletter

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

OCTOBER 2023

SEPTEMBER TOTALS

DINING ROOMS

Meals served: 2,843

Total People served: 185

Average donation: 0.51

HOME DELIVERY

Meals delivered: 11,011

Total People served: 439

Average donation: 0.33

**2023 YTD MEALS SERVED
125,201**



Meals On Wheels staff at the People For People (PFP) In-service on Sept 20



Becki (L) and
Cindy (R)
with Madelyn
(PFP CEO)

were honored for their 5 years with PFP

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 changes, tire rotations or other vehicle maintenance will be able to donate \$1, \$3, \$5 or more 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.



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.

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://mypfp.org/>

The Truth about Sugar

There are a lot of strong opinions about sugar these days. Sugar has now become the villain, just as fat was demonized in the 80's and 90's. I often see words like "toxic" and "poison" used to describe sugar. However, like with most things, there can be a balance, instead of going to one extreme or the other. One single ingredient or food does not determine how nourishing your diet is. It's the overall quality of your diet that matters. Aim to include a variety of fruits, vegetables, protein foods, and whole grains, and leave a little room for some fun foods like chocolate chip cookies – my personal favorite!

Types of Sugar

Usually when we talk about limiting sugar, we're referring to added sugars, not what is naturally occurring in fruit, milk, some vegetables. Added sugars come in many forms and can be included in desserts, cereals, condiments, salad dressings, yogurt, etc. If you're curious, look for "added sugar" listed on Nutrition Facts label. You may be surprised at how many foods have added sugars.

The US Dietary Guidelines recommend limiting added sugars to 50 grams (or 12.5 teaspoons) per day for a 2,000 calorie diet. The American Heart Association says women should have less than 25 grams (6 teaspoons) and men should have less than 36 grams (9 teaspoons) of added sugar per day. As people try to cut back on sugar, some are switching over to "natural" sugars such as maple syrup, coconut sugar, agave, and honey. However, don't be fooled! These are not significantly different from other added sugars like white sugar, brown sugar, and corn syrup. Although they may be less processed, the natural sweeteners don't get any kind of special treatment in your body. They can still raise your blood sugar, contribute to cavities, and add extra calories.

Managing Sugar Cravings

We tend to prefer the taste of sweet foods – that's why sugar is added to so many products! Some people may feel out of control with sweets and describe it as an addiction. Although it triggers feelings of pleasure and reward, sugar is not addictive like drugs. If you find yourself craving sweets, try these suggestions:

1. Avoid skipping meals and focus on getting enough protein, fiber, and healthy fats. These are filling nutrients that help to keep our blood sugar steady. Sweets, on the other hand, can cause bigger fluctuations in our blood sugar, triggering more crashes and cravings.
2. Eat a smaller amount of what you're craving, like a small cookie or mini candy bar. Eat it slowly.
3. Find something else that might satisfy your craving. For example, if you're craving ice cream, you may actually just be thirsty and need some water. Or maybe you're bored or stressed and what you need is a change of scenery.
4. Have fruit instead for something sweet.
5. Combine foods, such as a banana dipped in chocolate or nuts mixed with chocolate chips.
6. Brush your teeth or chew gum when you know that you're already full and satisfied.

Chelsy Leslie, Meals On Wheels Dietitian. If you have dietary concerns, she is available to speak with you. Call our MOW office at (509) 426-2601 for a referral.

Check out our cooking videos on Facebook or Instagram:

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

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



People For People provides safe and reliable transportation that impacts the health and quality of life in our rural communities.

We are here to help with your transportation needs. Whether you need our door-to-door service (if you are not using Medicaid), fixed-route services, or require assistance with a Medicaid eligible trip.

To determine your eligibility and to make a reservation call the transportation department at (509) 457-1111 or Dial 2-1-1 for more information.

Transportation

Providing transportation options for seniors, individuals with disabilities and the general public.