



MEALS ON WHEELS Newsletter

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

JANUARY 2024

DECEMBER TOTALS

DINING ROOMS

Meals served: 3,971

Total People served: 200

Average donation: 0.32

HOME DELIVERY

Meals delivered: 13,906

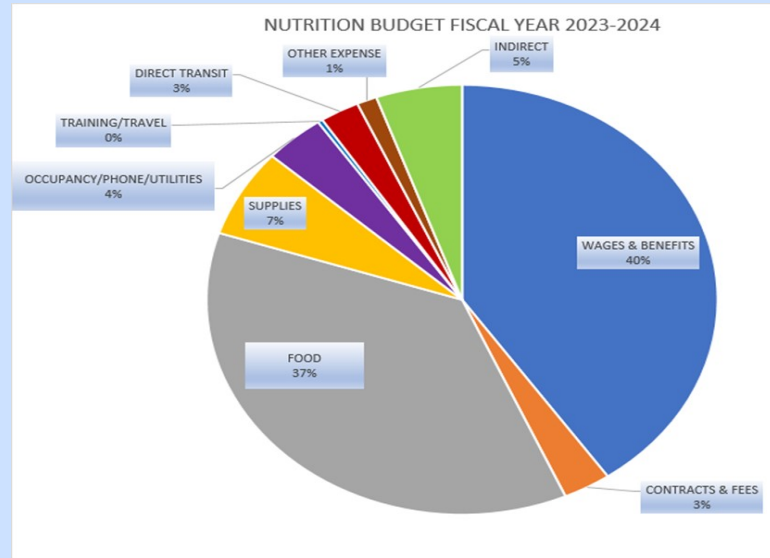
Total People served: 440

Average donation: 0.28

**2023 YTD MEALS SERVED
178,081**

People For People receives appx \$1.17 million from funders that include Southeast Washington Aging and Long Term Care (ALTC), private grants, and donations from our generous community and seniors.

The Meals On Wheels team consists of seven full-time and twelve part-time amazing and talented employees that take care of the nutritional needs of our seniors. We rent three community kitchens in Yakima, Selah and Grandview. We have an office and warehouse space in



Union Gap with freezers and refrigerators to store food products for distribution to the kitchens and also to store frozen meals for our home delivery program. We have seven vehicles that are used to deliver meals to homebound seniors and two vans to deliver supplies to the kitchens from Union Gap facility. The chart above shows the distribution of expenses with the majority of the expense for 40% wages/benefits and 37% food.

Our Capital campaign is to raise \$3 million for a new commercial kitchen, warehouse, and office facility across from WorkSource in Union Gap. We have \$875,000 left to raise to begin construction. For more information about the campaign visit our website at:

<https://mypfp.org/meals-on-wheels-campaign/>



future Meals On Wheels building

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 (ALTC) 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/>



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.

Red Flags for Nutrition Misinformation

With the rise of social media, there has been an increase in health and wellness “experts” online, promising solutions to our problems. Online influencers may sound convincing, but often spread misinformation which can lead people to buy products or start diets that may not work or can even be dangerous. When you come across nutrition advice, ask yourself the following questions to spot possible red flags for misinformation:

Is the advice based on personal experience and testimonials?

You may be drawn in by phrases such as “It changed my life! It will work for you, too!” Testimonials make claims sound extremely convincing, especially when before-and-after photos are included. However, they do not prove the product or diet will work or be safe for everyone.

Do the promises sound too good to be true?

Be very skeptical if someone is promising quick, dramatic results! Here are some red flag words to watch out for: ancient, breakthrough, secret, cure, natural, effortless, guaranteed, miraculous, and detox.

Is the health claim based on only one research study?

Beware of news articles with headlines such as “New Study Shows...” Credible nutrition advice comes from evaluating a large amount of research over time, not from just one or two studies.

Does the person giving advice have limited qualifications?

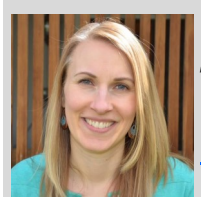
Professional athletes, celebrities, social media influencers, and journalists do not typically have the qualifications to be experts on nutrition. Trustworthy sources have experience interpreting scientific research studies, with a background in biology, chemistry, food science, and human nutrition.

Are they selling supplements, cleanses, special foods, or other diet products?

Many of these products can be a waste of money or even harmful. There is no need to replace everyday ingredients with expensive supplements. If you feel like you need a “detox”, you can support your body’s own natural detox system (your liver and kidneys) by drinking plenty of water, eating a balanced diet, and adding a variety of fruits and vegetables.

Are certain foods are labeled “toxic”?

Qualified nutrition professionals will not shame you into changing the way you eat. Generally, there is no need to completely cut out entire food groups or ban certain foods. There is not one “right” way to eat. Your food choices should be based on your own preferences, budget, culture, health needs, availability, and other factors.



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.