



# MEALS ON WHEELS Newsletter

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

## FEBRUARY 2024

### JANUARY TOTALS

#### DINING ROOMS

Meals served: 2,579

Total People served: 196

Average donation: 0.32

#### HOME DELIVERY

Meals delivered: 11,392

Total People served: 437

Average donation: 0.17

**2024 YTD MEALS SERVED**  
**13,971**



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.*

## Roasted Tomato Basil Feta Soup

**Serves 6, about ¾ cup per serving**

- 8 Roma or on the vine tomatoes, cut in half or quartered if larger than a Roma
- ½ white large sweet onion, cut in chunks
- 4 cloves garlic, peeled and left whole
- 2 tbsp olive oil
- ½ tsp dried thyme leaves
- 1 cup vegetable broth
- 1 cup canned light coconut milk
- 2 tbsp tomato paste or 1 tbsp ketchup
- ½ .66 oz container of fresh basil
- Salt and pepper to taste



**Toppings:** Feta cheese, chopped or julienned basil, red pepper flakes

1. Preheat the oven to 400 degrees. Line a large baking sheet with foil. Add the tomatoes, onion, and garlic to the pan the drizzle with olive oil and sprinkle with salt, pepper, and thyme leaves. Roast for 40 minutes stirring halfway through.
2. Add the roasted veggies, broth, coconut milk, and tomato paste to a blender and puree. Add the fresh basil, salt and pepper, and coconut sugar if using and blend again until basil is in small pieces.

Heat to serve then top with garnish options.

Without garnish:

Calories: 148 Carbs: 8g Protein: 3g Fat: 11g Fiber: 2g Sodium: 155mg  
Recipe from [www.healthyeatsnutrition.com](http://www.healthyeatsnutrition.com)

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/>

## FIVE FOODS TO ADD FOR HEART HEALTH

February is American Heart Month! Here are five foods that can protect your heart and blood vessels:

### 1. Beans, peas, and lentils

I consider beans to be a super food! Not only are they high in fiber, protein, B vitamins, and minerals, but they are also inexpensive and versatile. Add beans to your salads, soups, baked potatoes, pasta, or casseroles. I always keep canned garbanzo, kidney, pinto, and black beans on hand, plus dried lentils and pinto beans for cooking.

### 2. Berries

Blueberries, raspberries, blackberries, and strawberries are full of phytonutrients that protect your heart. I love to add berries to yogurt, pancakes, oatmeal, and smoothies.

### 3. Nuts and seeds

Walnuts, almonds, pistachios, pumpkin seeds, flaxseed, chia seeds... the list goes on and on! All are high in fiber and healthy fats, plus lots of other plant compounds, vitamins, and minerals that are essential for health. Just ¼ cup of pumpkin seeds contains 40% of your daily value for magnesium, a mineral that many people are lacking. A small handful of nuts or seeds are perfect for a quick snack. Sprinkle some on your oatmeal or salad for a little crunch.

### 4. Green leafy vegetables

How often do you have spinach, kale, collard greens, or bok choy? Try to include these foods several times per week, if not daily! They are high in vitamin K and dietary nitrates, which protect your blood vessels. Leafy greens are easy to add to stir fries, soups, smoothies, and rice or pasta dishes. If you're not a big fan of greens, try chopping them small and mixing into foods you already eat. Start with a small amount and gradually increase.

### 5. Salmon and other fatty fish

If possible, choose fish high in omega-3 fats 2-3 times per week, including salmon, mackerel, tuna, sardines, and herring. I like to use canned salmon and tuna for sandwiches, salmon burgers for a quick meal, or baked salmon for dinner (seasoned with lemon pepper and olive oil).

Other heart healthy foods include a variety of fruits, vegetables, oatmeal and other whole grains, avocados, olive oil, green tea, and dark chocolate. Which of these foods are you able to eat more often? I'm going to work on including beans and green leafy vegetables in my meals more often!



*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**



### Transportation

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

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.



Give Them More  
of the  
Good Stuff!

# Oat Basics

## Shop and Save

- Compare package sizes for the lowest cost per ounce.
- Bulk oats may cost less than packaged oats.
- Oats should smell faintly sweet or have no smell. Avoid oats that have an unpleasant or musty smell.



Oats are a good source of fiber which is great for heart health.



## Store Well Waste Less

- Store oats in tightly covered containers to keep out moisture and insects.
- Keep in a cool, dark, dry cupboard. Quality is best when used in 3 to 6 months.
- To store for up to a year, package well and keep in the refrigerator or freezer.

## Types of Oats

**Rolled Oats** – whole oats are steamed and rolled into flakes

- **Old Fashioned** - thick flakes; has the most texture; cooks in 5 minutes
- **Quick Oats** - steamed longer and rolled thinner; softer texture; cooks in 1 minute
- **Instant Oatmeal** - cooked completely, dried, rolled into very thin small flakes; texture is very soft; just stir in hot water to prepare



**Cut Oats** – each whole oat is cut into pieces with steel blades

- **Steel Cut** or **Irish oats** - cooks in 20 to 30 minutes; has a chewy texture
- **Quick Cooking Steel Cut Oats** - pieces are smaller; cooks in 5 to 7 minutes; texture is softer
- **Scottish Oats** - pieces are very small; creamy porridge texture



**Oat Bran** – the outer coating of the oat grain; very high in fiber

**Oat Flour** – a finely ground, whole-grain flour that can be used in baking and thickening; naturally gluten-free if processed separately from wheat



separately from wheat



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. 2020 Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

Share on:



# Cooking with Oats

## Savory Oatmeal

### Ingredients:

- 1/2 cup non-fat or 1% milk
- 1 1/2 cups chicken broth
- 1/2 cup steel cut oats
- 1/4 cup cheddar cheese, shredded
- 1/4 cup green onion, diced
- 1/2 cup tomatoes, diced

### Directions:

1. Combine milk and broth in a medium saucepan over high heat. Heat until mixture starts to boil.
2. Stir in oats and reduce heat to a simmer. Cook for 25 to 30 minutes, stirring occasionally, until liquid is absorbed. Oats should be tender and cooked through.
3. Stir in cheese and green onion. Top with tomatoes.
4. Refrigerate leftovers within 2 hours.

**Makes** 2 1/2 cups

**Prep time:** 15 minutes

**Cook time:** 25 to 30 minutes

### Notes:

- To use old fashioned rolled oats, reduce the broth to 1/2 cup and cook for 5 minutes in step 2.

## Cranberry Oatmeal Balls

### Ingredients:

- 1 cup quick-cooking rolled oats
- 1/3 cup almonds, chopped
- 1/3 cup reduced-fat peanut butter
- 1/4 cup honey
- 1/3 cup dried cranberries

### Directions:

1. In a medium bowl combine all ingredients until well mixed.
2. Form oat mixture into 18 balls about 1 inch wide.
3. Refrigerate balls in a single layer for 30 minutes. Serve cool to avoid stickiness.

### Note:

- Honey is not recommended for children under 1 year old.

**Makes** 18 one-inch balls

**Prep/chill time:** 45 minutes

## Overnight Oatmeal

### Ingredients:

- 1 cup uncooked old fashioned rolled oats
- 1 cup low-fat yogurt
- 1/2 cup nonfat or 1% milk
- 1 cup chopped fruit, fresh, frozen or dried

### Directions:

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours. For grab-and-go breakfasts, serve in small containers with lids.
4. Refrigerate leftovers within 2 hours.

**Makes** 3 1/2 cups

**Prep time:** 15 minutes or less

**Standing time:** 6 hours or longer

Visit [FoodHero.org](http://FoodHero.org) for quick and delicious recipes using oats.



## Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- wash veggies under cool running water.
- measure liquid ingredients.
- cut green onions with kitchen scissors.
- grate cheese.

**CROSSWORD PUZZLE FUN!**

Finish both sides & show your driver or site manager to win prize by 3/22/24

**PUZZLE 7**

**BLUES AND JAZZ GREATS**

F	R	H	R	T	E	K	E	N	E	B	G	N	A	G	I	L	L	U	M	P	C
R	N	Z	J	D	Y	N	Z	M	D	Y	Z	C	H	R	I	S	T	I	A	N	T
L	M	N	E	G	N	T	P	N	I	W	R	B	A	K	E	R	L	W	M	L	R
G	R	H	G	I	P	O	A	Y	C	N	T	M	C	J	X	R	H	L	T	P	K
K	R	U	P	A	P	L	M	F	K	B	G	O	E	L	L	I	N	G	T	O	N
B	N	H	J	P	T	S	E	S	E	W	N	U	W	V	Z	B	K	L	C	Y	K
F	A	D	H	R	M	G	E	I	E	D	G	N	S	K	X	E	Z	N	Y	M	J
T	Z	S	A	A	D	K	D	L	O	D	V	A	F	C	W	C	Y	Z	T	E	G
K	E	P	I	I	W	E	C	N	L	N	R	M	I	O	F	H	V	N	G	T	K
L	C	V	R	E	R	K	N	E	M	I	J	D	T	L	N	E	F	H	M	C	Y
M	D	D	A	B	Z	O	I	O	B	B	G	O	Z	T	D	T	H	Q	O	M	E
Y	L	R	E	N	T	K	N	N	Y	U	T	O	G	R	R	L	C	C	G	K	L
E	F	C	P	N	S	T	M	A	S	J	R	G	E	A	Y	D	N	N	N	R	R
X	K	F	E	R	G	R	W	K	M	T	H	B	R	N	B	A	O	N	J	G	E
E	C	K	Y	O	Z	O	Q	M	O	Y	E	R	A	E	H	R	G	H	A	D	D
W	Z	L	M	P	L	N	V	R	N	E	R	G	L	X	T	N	I	R	L	N	D
N	R	E	A	L	W	M	R	R	K	S	M	V	D	S	X	R	N	W	Y	I	A
W	R	E	A	Y	S	I	V	A	D	R	A	N	M	V	T	E	J	T	M	L	B
Y	M	C	K	F	T	N	Y	T	D	O	N	R	X	Q	R	P	W	V	C	P	F
T	J	L	L	O	B	O	X	H	F	D	A	H	T	W	L	Y	Z	P	D	O	H
G	X	K	F	K	O	X	N	N	Y	W	B	Y	Q	H	A	N	D	Y	R	J	K
X	C	V	K	T	W	H	R	M	Y	A	D	I	L	L	O	H	L	G	J	T	W

**CROSSWORD PUZZLE FUN!**

Finish both sides & show your driver or site manager to win prize by 3/22/24

**PUZZLE 7**  
**BLUES AND JAZZ GREATS**

ADDERLEY

ARMSTRONG

BAKER

BASIE

BECHET

BEIDERBECKE

BENEKE

BRUBECK

BYRD

CALLOWAY

CHRISTIAN

CLAYTON

COLTRANE

CONDON

DAVIS

DESMOND

DORSEY

ELDRIDGE

ELLINGTON

EVANS

FITZGERALD

GARNER

GETZ

GILLESPIE

GOODMAN

HANCOCK

HANDY

HAWKINS

HERMAN

HIRT

HOLLIDAY

HOOKER

JOPLIN

KENTON

KRUPA

MCPARTLAND

MINGUS

MONK

MONTGOMERY

MULLIGAN

CROSSWORD PUZZLE FUN!

Finish both sides & show your driver or site manager to win prize by 3/22/24

PUZZLE 26

DAY IN THE RAIN

H	D	Y	C	M	R	O	T	S	E	T	A	L	O	C	O	H	C	T	O	H	C
X	U	N	B	E	L	I	E	V	A	B	L	E	D	M	B	L	T	V	K	D	N
S	P	L	A	S	H	E	D	T	N	K	N	N	R	Y	T	F	J	Y	T	O	J
F	H	K	B	R	A	I	N	D	R	O	P	S	A	L	J	S	C	V	N	O	P
M	O	B	G	N	I	S	S	E	R	D	N	M	W	N	C	L	E	W	K	L	U
K	W	O	T	J	B	L	Q	B	W	C	L	H	R	E	T	B	K	N	D	F	D
P	N	I	R	F	M	R	F	R	O	N	T	K	E	D	N	N	T	L	R	O	D
K	W	P	N	T	T	O	G	E	T	H	E	R	T	D	X	B	O	X	V	A	L
G	W	Y	R	D	Z	X	K	A	T	J	N	D	F	U	N	T	T	E	S	H	E
S	U	N	N	E	O	T	F	K	M	V	H	H	A	S	E	Z	R	T	L	A	S
Z	T	T	Y	N	D	W	R	F	Y	O	X	M	T	R	T	F	O	A	X	M	Y
B	Z	A	T	Y	U	I	S	A	U	V	C	O	O	V	L	P	U	Q	M	M	L
W	O	D	R	E	T	S	C	S	Y	M	R	F	X	O	P	S	D	T	D	E	T
E	V	O	E	I	R	T	E	T	Z	R	R	G	W	E	U	E	J	E	D	R	R
A	C	Y	T	L	N	S	R	N	E	Q	L	E	D	M	L	J	P	I	M	E	O
T	P	N	S	S	D	G	Q	N	L	D	D	T	F	U	W	P	S	W	C	D	H
H	Z	R	T	Y	G	D	T	B	E	G	A	N	G	P	I	T	W	N	M	E	S
E	N	V	A	K	T	I	U	W	R	M	K	E	Y	S	U	L	L	A	K	X	Q
R	N	R	R	H	A	K	K	H	P	X	N	C	L	O	N	Z	M	O	R	X	T
M	T	H	T	L	R	R	X	Z	E	Y	R	L	L	T	D	R	W	W	N	M	W
A	L	T	E	T	W	R	K	T	E	M	Y	P	B	N	M	A	F	L	V	W	X
N	M	Q	D	D	X	M	Q	D	K	Z	F	Q	Y	L	K	C	I	U	Q	M	P

**CROSSWORD PUZZLE FUN!**

Finish both sides & show your driver or site manager to win prize by 3/22/24

**PUZZLE 26**  
**DAY IN THE RAIN**

AFTERWARD

AWOKE

BEGAN

BOOTS

BREAKFAST

DELUGE

DRESSING

EARNEST

FLOOD

FORETOLD

FRONT

GUTTERS

HAMMERED

HOT CHOCOLATE

HOUSE

HUDDLED

KEEP

OUTSIDE

OVERFLOWED

PREDICTED

PUDDLES

QUICKLY

RAINDROPS

ROOF

SHORTLY

SIPPED

SPLASHED

STARING

STARTED

STOPPED

STORM

SUDDENLY

SUNNY

TOGETHER

TORRENTIAL

UNBELIEVABLE

USUAL

WARM

WEATHERMAN

WINDOWS