



# MEALS ON WHEELS Newsletter

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

**JUNE 2024**

## MAY TOTALS

### DINING ROOMS

Meals served: 3,039

Total People served: 265

Average donation: 0.32

### HOME DELIVERY

Meals delivered: 11,445

Total People served: 447

Average donation: 0.23

**2024 YTD MEALS SERVED  
69,735**

## BREAD PUDDING IN THE MICROWAVE

A quick and easy breakfast, snack or dessert recipe that combines warm cinnamon, whole-grain bread and sweet raisins.

**Prep time:** 5 minutes **Cook time:** 10 minutes **Makes:** 3 cups

### Ingredients

- 1 Tbs of butter or margarine
- 3 slices whole-grain bread
- ½ cup packed brown sugar
- ½ cup raisins
- 3 eggs, slightly beaten
- 1 ¼ cups nonfat or 1% milk
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- 1 teaspoon vanilla

### Directions

1. Butter bread and cut into small cubes.
2. Combine buttered and cubed bread, brown sugar and raisins in a one-quart microwave safe dish. Set aside.
3. In a microwave safe bowl or measuring cup, blend together the eggs, milk, cinnamon, salt and vanilla.
4. Heat on HIGH for 2 to 3 minutes until hot, but not boiling.
5. Pour over bread mixture and lightly blend together.
6. Microwave the dish uncovered at 50% power for 5 to 8 minutes, or until edges are firm and the center is almost set.
7. Let rest for 10 minutes before serving.
8. Refrigerate leftovers within 2 hours.

**Notes:** Serve with low-fat vanilla or lemon yogurt. [www.foodhero.org](http://www.foodhero.org)

Nutrition Facts	
6 servings per container	
Serving size	1/2 cup (123g)
Amount per Serving	
Calories	200
% Daily Value*	
<b>Total Fat</b> 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 95mg	32%
<b>Sodium</b> 270mg	12%
<b>Total Carbohydrate</b> 31g	11%
Dietary Fiber 1g	4%
Total Sugars 20g	
Includes 8g Added Sugars	16%
<b>Protein</b> 8g	
Vitamin D 1mcg	6%
Calcium 123mg	10%
Iron 1mg	6%
Potassium 271mg	6%
Vitamin A 70mcg	8%
Vitamin C 0mg	0%

\*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.



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 (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/>

## BENEFITS OF LOCAL PRODUCE

Summer is here! One of the best parts of summer is enjoying the local produce that our valley has to offer. Each year I especially look forward to fresh peaches—so juicy and sweet. They are delicious on top of vanilla yogurt or ice cream! Buying local produce has many benefits for you and your community:

- **Fresh and nutrient-packed**

Less travel time means fresher, higher quality produce. When produce doesn't have to travel far, it can be picked closer to its peak ripeness, which means it tastes better and has more nutrients. Fruits and vegetables at a Farmer's Market or farm stand are often picked within 24 hours, whereas produce in a grocery store (if it's not locally grown) may have traveled for weeks, losing nutrients with time and exposure to air and light.

- **Support a local farmer**

When you buy local, you're investing in your community. You are putting money directly into the hands of a farmer at a Farmer's Market, cutting out the middle man. More of that money is reinvested in the community because a lower percentage is used to pay for storage, processing, and shipping costs. Connecting with food producers can give you the opportunity to learn about where your food comes from and how it grown.

- **Reduce travel time, energy costs, and waste**

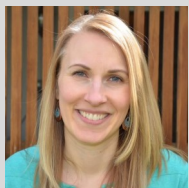
The average distance food travels from farm to plate is 1,500 miles. A lot of energy is used in transporting food long distances. And once it arrives to its destination, it is less fresh and often much of it ends up as waste. Also, less packaging is typically required for local produce.

- **Increase diversity in varieties grown**

In our modern system, plant varieties for fruits and vegetables are limited to those that can withstand harvesting equipment, packing, and shipping; have a longer shelf life; and have a uniform appearance. Tomatoes are a good example. Grocery stores usually carry several varieties, but there are actually over 10,000 different varieties of tomatoes in the world! Heirloom tomatoes may look a little funny and be less durable than standard tomatoes, but they are juicy and flavorful.

### How to get the freshest summer produce:

- Grow a garden or a few planted pots
- Shop at a Farmer's Market or farm stand
- Go to a U-Pick farm
- Participate in a local CSA (Community Supported Agriculture)
- Look for locally grown produce at the grocery store



*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.