



# MEALS ON WHEELS Newsletter

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

**AUGUST 2024**

## **JULY TOTALS**

### DINING ROOMS

Meals served: 2,995

Total People served: 206

Average donation: 0.24

### HOME DELIVERY

Meals delivered: 11,295

Total People served: 431

Average donation: 0.21

**2024 YTD MEALS SERVED  
97,687**

## **WHAT IS THE DIFFERENCE BETWEEN THE FLU AND COVID?**

Influenza (flu) and Covid are both contagious respiratory illnesses, but they are caused by different viruses. Covid is caused by infection with a Coronavirus, first identified in 2019. Flu is caused by infection with an influenza virus.

From what we know, Covid spreads more easily than flu. Efforts to maximize the proportion of people in the United States who are up to date with their Covid vaccines remain critical to reducing the risk of severe Covid illness and death. More information is available about Covid vaccines and how well they work at the link below.

Compared with flu, Covid can cause more severe illness in some people. Compared to people with flu, people infected with Covid may take longer to show symptoms and may be contagious for longer periods of time.

**Both Covid and flu** can have varying degrees of symptoms, ranging from no symptoms (asymptomatic) to severe symptoms. Common symptoms that Covid and flu share include: Fever or feeling feverish/having chills cough, sore throat, fever (Not everyone with flu will have a fever.), vomiting, shortness of breath or difficulty breathing, fatigue (tiredness) runny or stuffy nose, muscle pain or body aches, headache, diarrhea (more frequent in children with flu, but can occur, in any age with Covid) and change in or loss of taste or smell, although this is more frequent with Covid.

If a person has Covid, they could be contagious for a longer time than if they have flu. People with influenza virus infection are potentially contagious for about one day before they show symptoms. However, it is believed that flu is spread mainly by people who are symptomatic with influenza virus infection. Older children and adults with flu are most contagious during the first 3 days of their illness, but some people might remain contagious for slightly longer periods. Young children and people with weakened immune systems may be contagious for longer periods of time. For more information go to: <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>



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://myppf.org/>

## Understanding Carbohydrates

When someone talks about “carbs”, they are usually referring to grains such as bread, rice, pasta, etc. But carbohydrates are much more than that – they are found in a wide variety of foods including fruit and juice, milk and yogurt, starchy vegetables (potatoes, corn, peas, and beans), all types of grains, and any food or beverage containing sugar.

Carbohydrates are one of three macronutrients. Macronutrients provide calories for the body to use for energy. The three macronutrients are carbohydrates, protein, and fat, and most foods contain a mix of all three. Carbohydrates typically make up 45-65% of our daily calories, depending on food choices.

There are different types of carbohydrates including starch, fiber, and sugar. On a food label you will see Total Carbohydrates listed, which includes the total of all three types. For example, a serving of multi-grain cheerios (see label) contains 32 grams of Total Carbohydrates, 3 grams Dietary Fiber, and 8 grams of Total Sugar. If you add up the fiber and sugar and subtract it from the total, the remainder is starch. In this case, there are 21 grams of starch ( $3 + 8 + 21 = 32$ ) per serving.

You may hear the recommendation to choose “healthy carbs” or high quality carbohydrates. This refers to foods that are minimally processed, higher in fiber, and low in added sugar. Examples of high quality carbohydrates include whole grains, fresh fruit, and beans.

If you have diabetes, it is especially important to pay attention to the amount of carbohydrates you eat. You still need carbohydrates for energy, but eating too much may cause your blood sugar to rise too high. Every person experiences a rise in blood sugar after eating, but when you have diabetes your body has a harder time controlling it and bringing it back down to a normal range.

Your dietitian or diabetes educator may recommend including 2, 3, or 4 “carb choices” per meal. One “carb choice” is a serving of food that contains 15 grams of carbohydrate, for example ½ banana, 1 slice bread, 1/3 cup rice, or 8 oz milk. With the cereal example above, one serving as listed (1 1/3 cup) is 2 carbohydrate choices (32 grams carbohydrates). In addition to selecting your carb choices, the remainder of the meal can be made up of low or no carbohydrate foods, such as nonstarchy vegetables, meat, fish, eggs, cheese, nuts and seeds.

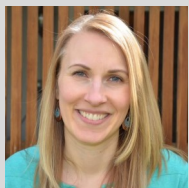
Nutrition Facts		
About 13 servings per container		
Serving size <b>1 1/3 cup (39g)</b>		
	<b>MultiGrain Cheerios</b>	<b>with 1/2 cup skim milk</b>
<b>Calories</b>	<b>150</b>	<b>200</b>
	<b>% DV**</b>	<b>% DV**</b>
<b>Total Fat</b> 1.5g*	<b>2%</b>	<b>3%</b>
Saturated Fat 0g	<b>0%</b>	<b>3%</b>
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>2%</b>
<b>Sodium</b> 150mg	<b>7%</b>	<b>9%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>	<b>14%</b>
Dietary Fiber 4g	<b>14%</b>	<b>14%</b>
Total Sugars 8g		
Incl. Added Sugars 8g	<b>16%</b>	<b>16%</b>
<b>Protein</b> 3g		

*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.