



MEALS ON WHEELS Newsletter

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

SEPTEMBER 2024

AUGUST TOTALS

DINING ROOMS

Meals served: 3,100
Total People served: 218
Average donation: 0.36

HOME DELIVERY

Meals delivered: 11,360
Total People served: 434
Average donation: 0.23

2024 YTD MEALS SERVED
112,147



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.



Cowiche Brew Run 9/14/24

Meals On Wheels
Finish Line Cheerleaders!

Thank you to all that attended. We had over 250 participants, it was a great turnout and most of all, a lot of fun!



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://myvfp.org/>

SAVING MONEY ON FOOD

Today I'm sharing my top 10 tips for saving money at the grocery store:

1. Bring a list and stick to it. Plan meals ahead of time, if possible.
2. Avoid shopping when you are hungry!
3. Know the price of items you usually buy so you can easily spot a good deal. Scan the store ads before shopping.
4. Use coupons and sales only for items you would buy anyway. It's not a deal if you don't need it! If you shop at a store regularly, sign up for their loyalty program in order to get discounts.
5. Pay attention to the unit price of an item, which is the cost per ounce or pound on the shelf tag. This allows you to compare with similar items of different sizes to get the best deal.
6. Buy generic or store brands. Keep in mind that costly, name-brand items are often placed at eye level and on the end caps of an aisle where you're more likely to see them.
7. Swap expensive cuts of meat for cheaper options. You may want to limit meat and choose more beans and lentils for protein more often.
8. Buy from bulk bins in amounts you know you will use. This is especially helpful when you only need a small amount of an item, like spices or nuts.
9. Beverages can get expensive. Stick with water and milk if you want to save money.
10. Limit prepared or pre-packaged foods. It is almost always more expensive to buy foods that are pre-seasoned, pre-cooked, and individually portioned. Sometimes this extra cost is worth the convenience, but perhaps there are foods you can make yourself instead.



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.



Food Hero for Older Adults

Focus on Water



*Water is essential for all body functions.
Replenish daily for good health.*

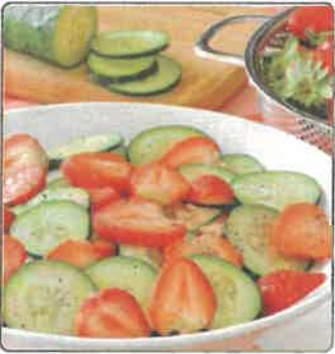
Mix and Match Salad

1 cup **fruits and vegetables**, any mixture + 1 to 2 Tablespoons **Flavor enhancers** + 1 to 4 Tablespoons **Nutrient boosters**

Some types: apple, bell pepper, berries, banana, broccoli, cucumber, cabbage, cauliflower, celery, grapes, grapefruit, mango, melon, orange, peach, pear, pineapple, salad greens

Savory dressing:
1 teaspoon vegetable oil (any type), 2 teaspoons vinegar or citrus juice, salt and pepper to taste.
Sweet dressing: add ¼ teaspoon honey or sugar.
Yogurt dressing:
2 teaspoons yogurt, 1 teaspoon vinegar or citrus juice, ¼ teaspoon honey (optional) and salt to taste.
Dried or fresh herbs and spices: basil, cilantro, dill, oregano, cinnamon, garlic or chili powder.

Protein: nuts, seeds, fish, poultry, meat, cheese, yogurt, tofu
Calcium: cheese, yogurt, canned salmon, tofu
Fiber: beans, nuts, seeds, dried fruit



- Directions**
1. Cut or grate fruits and vegetables into bite-sized pieces.
 2. Add flavor enhancers and stir to mix.
 3. Top with nutrient boosters, as desired.
 4. Refrigerate leftovers within 2 hours.

- Notes**
- Try these combinations:
- Pineapple and mango with sweet dressing and chili powder
 - Tomatoes and cucumber with savory dressing, basil and feta cheese
 - Apples and grapes with yogurt dressing, cinnamon and almonds
 - Celery and orange with savory dressing, cheddar cheese and walnuts

Most fruits and vegetables are full of water! Enjoy them in a Mix and Match Salad.

Some signs of dehydration are constipation, headache, confusion and low blood pressure.

Some medicines can cause water loss. Ask your doctor how much fluid is right for you to prevent dehydration.

If your urine color is amber or light brown, drink more water. Light yellow or golden is normal.

Coffee and tea provide water even though caffeine causes urination.

Classics Stay Strong

Milk, smoothies and soups provide water and other nutrients such as protein.

Start your day with a glass of water to rehydrate.

Try drinking fluids between meals so you don't feel too full at mealtime.

Try fluids at different temperatures to find what you like best.

Drink most water during the day to reduce trips to the bathroom at night.

Peanut Protein Smoothie for Two

Makes 2 cups Prep time: 10 minutes

Ingredients

- 1 cup milk
- ¼ cup dry milk
- ¼ cup peanut butter
- 1 frozen banana, cut into pieces

Directions

- Put all ingredients in blender. Blend until smooth and serve.
- Refrigerate leftovers within 2 hours.

Notes

- Try sunflower seed butter or any nut butter.
- No banana? Use 1 cup of any frozen, fresh or canned and drained fruit.
- No dairy? Use 1 cup lactose-free or non-dairy beverage and 20 to 30 grams of protein from any protein powder.
- For more flavor, add a dash of cinnamon or ¼ teaspoon vanilla.



Nutrition Facts	
2 servings per container	
Serving size	1 cup (228g)
Amount per Serving	
Calories	340
% Daily Value*	
Total Fat 17g	22 %
Saturated Fat 3.5g	18 %
Trans Fat 0g	
Cholesterol 5mg	2 %
Sodium 270mg	12 %
Total Carbohydrate 34g	12 %
Dietary Fiber 3g	11 %
Total Sugars 24g	
Includes 2g Added Sugars	4 %
Protein 17g	
Vitamin D 3mcg	15 %
Calcium 357mg	25 %
Iron 1mg	6 %
Potassium 850mg	20 %
Vitamin A 175mcg	19 %
Vitamin C 6mg	7 %

*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.

Drink Water Your Way

Make it Tasty Try adding a splash of 100% fruit juice or a slice of fruit to your water. 

Make it Easy Keep water handy in a water bottle or cup that is easy to fill, hold and carry. 

Make it Special Add a garnish or make it fizzy with sparkling water. 

Find recipes for soups, salads and smoothies at FoodHero.org

CROSSWORD PUZZLE FUN!

Finish both sides & show your driver or site manager to win prize by 10/25/24

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

By Jimmy and Evelyn Johnson - www.qets.com

Apple	Deciduous	Nuts
Autumn	Football	October
Chestnut	Halloween	Pumpkin
Chilly	Harvest	Quilt
Cider	Hayride	Reap
Cornucopia	Leaves	Scarecrow
Cranberry	November	September

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

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| Apples | Fall | Octoberfest |
| Brown | Frost | Pick |
| Canning | Gather | Pumpkin |
| Cider | Glean | Reap |
| Colorful | Grapes | Red |
| Copious | Harvest | Squash |
| Crop | Leaves | Windy |

COMMUNITY PINT NIGHT

**TUESDAY
OCT 8th
3 - 9PM**

Join us for our October Community Pint Night benefiting People For People! Money raised at the event will go directly towards the [MEALS ON WHEELS](#) Capital Campaign to build a new commercial kitchen. Meals On Wheels provides 175,000 meals per year to the seniors in Yakima County through the congregate dining sites and the frozen meal program for homebound seniors. Come out and enjoy a pint for a great cause in our community!



PEOPLE FOR PEOPLE

\$1 PER PINT DONATED



BALE BREAKER
BREWING COMPANY

