



MEALS ON WHEELS Newsletter

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

JULY 2021

JUNE TOTALS

DINING ROOM PICK-UP

Meals served: 3402

Total People: 154

Average donation: 0.60

HOME DELIVERY

Meals served: 8727

Total People: 355

Average donation: 0.27

**2021 TOTAL
MEALS SERVED 73,626**

Watermelon

Do you have a favorite summer fruit? My favorite summer fruit is definitely watermelon. Nothing beats a cold, juicy and sweet watermelon on a hot summer day.

Bright red, orange, or yellow, watermelon is not just a picnic staple, it is a powerhouse when it comes to adding nutrients to our daily diet. This juicy fruit is packed with a high water content, Vitamin C, Vitamin A, lycopene, and citrulline.

No matter how you slice it, watermelon is a juicy summer pleasure. One cup of the sweet fruit contains only 46 calories! Which makes it a great low calorie treat. Another great benefit of watermelon is that its over 90% water! Which is why nothing beats watermelon on a hot summer day!

Next time you're at the farmers market or the grocery store, grab one of those summer watermelons before they are gone for the season!



Cyndi Balk, MOW Registered Dietician (RDN)
If you have dietary concerns Cyndi is available to talk with you, call our office @ (509) 426-2601 or toll free (855) 426-2601. Check out our cooking videos on Facebook:

<https://www.facebook.com/PeopleForPeopleWA>



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.

Farmers Market Vouchers

Vouchers are still available on a first come, first served basis for those that are eligible and haven't received any this year.

To be eligible for the \$40 vouchers you must meet all of the following:

- You must be 60 yrs and older (or 55+ if Native American/Alaska Native)
- Your monthly income must be below \$1,986 for 1 person *or* \$2,686 for 2 people (For larger household, add \$700 for each additional person)
- You must be a resident of Washington State
- You must live in Yakima County (Outside of the Yakama Reservation)

Call our office at (509) 426-2601 for more information on the vouchers.

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 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.

Food Safety Tips

Each year, thousands of Washington residents become sick because of food that is prepared in an unsafe manner. Follow these precautions to help prevent [foodborne illness](#).

When Buying

- Keep raw meats separate from other foods (especially fruits and vegetables) in your shopping cart and grocery bags. Raw meats that are wrapped for display often leak. Put meat into a plastic bag to prevent drips that may contaminate other food.

When Preparing

- Always wash hands before you begin to prepare food and after handling raw meats. Use warm water, soap and paper towels. Clean-looking hands can be contaminated with millions of germs. Inadequate hand washing is a leading cause of foodborne disease today.
- Keep your kitchen and utensils clean. Sanitize cutting boards, knives and countertops that come into contact with raw meat by using a solution of bleach water (1 teaspoon bleach per gallon of water) or antibacterial cleaner.
- Don't re-use wash cloths after wiping countertops, especially after cleaning up raw meat juice.
- Wash all produce, especially if it is to be eaten raw.
- Fruits and vegetables should be washed by rinsing well in running cold water and scrubbing, instead of by soaking in standing water. Tough-skinned produce, such as cantaloupe, should be scrubbed with a brush or cloth during washing.
- Be sure meat is thawed. Frozen or partially frozen meat is easy to undercook.
- Cook food to a safe internal temperature. Use a food thermometer. For meats, the three main cooking temperatures to remember are 145 for whole meats, 160 for ground meats, and 165 for poultry. Depending upon your taste, you may want to cook the meat to a higher internal temperature. Cook meats to the following minimum internal temperatures:
 - *Whole or ground chicken, turkey, or other poultry: 165 degrees F.
 - *Ground beef, pork, hamburger, or egg dishes: 160 degrees F.
 - *Whole cuts (such as roasts, steaks, chops) of beef, pork, veal, and lamb: 145 degrees F. Allow the meat to "rest" for 3 minutes before cutting or eating.
 - *Hot dogs, sausages: 165 degrees F.
 - *Fish and shellfish: 145 degrees F.
- Refrigerate foods immediately. Don't leave food on the counter to "cool down." Cut or divide solid food (meat) into small pieces and cool in uncovered containers in the refrigerator. Only cover the container after the food is below 45 degrees F.

When Serving

- Don't allow perishable food to sit at room temperature for more than two hours. Keep track. After two hours, refrigerate, reheat, or throw it away.
- Arrange and serve food on several small platters instead of one large one. Keep the rest of the food either hot or cold.
- Keep hot foods hot (above 140 degrees F). Use warming trays, when possible.
- Keep cold foods cold. Nest dishes in bowls of ice, when possible.
- Don't serve drinks or foods that are made with raw eggs.

When Storing

- Refrigerate leftovers immediately
- Reheat all leftovers (or previously cooked foods) to at least 165 degrees F.

Resources

[Food Safety Resources for You and Your Family](#)

<https://www.doh.wa.gov/YouandYourFamily/>