



MEALS ON WHEELS Newsletter

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

MAY 2021

APRIL TOTALS DINING ROOM PICK-UP

Meals served: 3498
New people: 15
Average donation: 0.57

HOME DELIVERY

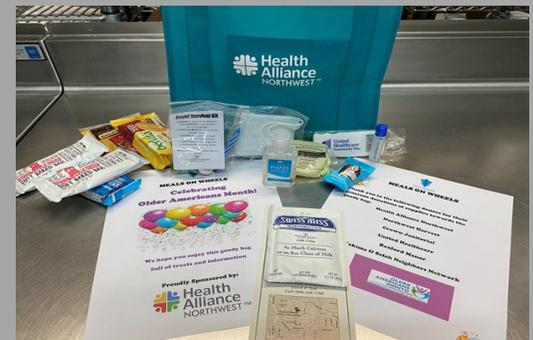
Meals served: 8583
New people: 31
Average donation: 0.33

**2021 TOTAL
MEALS SERVED 49,224**

Celebrating Older Americans Month!



We hope everyone on our program enjoyed the goody bags that were distributed the week of May 24



Proudly Sponsored by:



Please call our office at (509) 426-2601 if you didn't get a goody bag so we can send one to you.



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.



Thank you to Lower Yakima Valley Association of REALTORS for their donation of \$3,000.

This donation provided meals to seniors in the Sunnyside, Grandview and Mabton community.



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.

THE 8 BENEFITS OF OATMEAL

1. Providing antioxidants

Oatmeal contains high levels of antioxidants, which can improve blood flow in the body. Oatmeal contains high levels of antioxidants. Specifically, it contains polyphenols, which are plant-based compounds that are rich in avenanthramides. Avenanthramides are a type of antioxidant that exists almost exclusively in oats. They can benefit people by: increasing the production of nitric acid, which can lower blood pressure improving blood flow and reducing inflammation and itching.

2. Improving insulin response and reducing blood sugar

Oatmeal contains a soluble fiber called beta-glucan that can help improve insulin response and possibly reduce blood sugar too. People with type 2 diabetes may find that incorporating oatmeal into their diet helps them manage their blood sugar levels, as long as they do not add extra sugar to the dish.

3. Providing plenty of vitamins and minerals

Oatmeal is a nutrient-rich food that contains many vitamins and minerals while being low in calories. Eating low-calorie foods that are high in nutrients can provide a person with the nutrients that their body needs while helping them lose weight or maintain a healthy weight. Oatmeal contains: magnesium, iron, phosphorus, zinc, folate, copper, vitamins B-1 and B-5.

4. Improving cholesterol levels

Eating oatmeal can reduce total cholesterol levels. There is some evidence to back up the claim that oatmeal can support healthy cholesterol levels due to its beta-glucan content. A 2014 review Trusted Source determined that oatmeal can reduce total cholesterol levels if people consume 3 grams (g) or more of beta-glucan a day. According to the research, beta glucan decreased low-density lipoprotein cholesterol, or “bad cholesterol,” but did not affect high-density lipoprotein cholesterol, or “good cholesterol.”

5. Promoting healthful bacteria in the digestive tract

The beta-glucan in oatmeal forms a gel-like substance when it mixes with water. This solution coats the stomach and digestive tract. The coating feeds good bacteria in the gut, which increases their growth rate and can contribute to a healthy gut.

6. Managing weight

Oatmeal is rich in soluble fiber, so people tend to feel full more quickly after eating it than they do after consuming other foods. Feeling full can help a person reduce their portion size and achieve their weight loss goals.

7. Reducing the risk of asthma

Asthma is a common condition that often develops during childhood. There is some evidence to suggest that specific foods can be a risk factor for developing asthma, while others may reduce the risk.

8. Constipation

Constipation is a common gastrointestinal problem that affects almost everyone at some point. The fiber in oatmeal can help keep waste in the gastrointestinal tract moving, which can relieve or prevent constipation.

Nutrition

Oatmeal includes several key nutrients. According to the United States Department of Agriculture Trusted Source, one cup of cooked oatmeal contains: 166 calories, 5.94g protein, 4g dietary fiber, 3.56g fat

<https://www.medicalnewstoday.com/articles/324176>



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 oatmeal cooking video on Facebook: <https://www.facebook.com/PeopleForPeopleWA>