



# MEALS ON WHEELS

# Newsletter

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

## NOVEMBER 2021

### OCTOBER TOTALS DINING ROOM PICK-UP

Meals served: 4281  
Total People served: 185  
Average donation: 0.42

### HOME DELIVERY

Meals served: 9916  
Total People served: 383  
Average donation: 0.24

**2021 TOTAL  
MEALS SERVED 128,399**

## Share the Love with Vulnerable Seniors This Year

Exciting news! For the 14th year running, the Meals on Wheels network is participating in [the 2021 Subaru Share the Love Event](#). Over the past thirteen years, Subaru and its retailers have helped Meals on Wheels to deliver more than 2.5 million meals nationwide to seniors in need.

Why does Subaru support Meals on Wheels? Too many seniors are struggling to stay independent and healthy. **One in four seniors lives alone in isolation and one in seven seniors might not know from where their next meal is coming.** This is simply unacceptable, which is why People For People provides the nutritious meals, friendly visits and safety checks to the seniors of area. This vital support keeps seniors in their own homes, where they want to be.

We're incredibly grateful to Subaru and its Retailers for supporting our organization and the seniors we serve. With that in mind, we thought you might want to learn a little bit more about the Subaru [Share the Love Event](#).

### HERE'S HOW IT WORKS

This November 18, 2021, through January 3, 2022, for every new Subaru vehicle purchased or leased, Subaru will donate \$250 to the customer's choice of participating charities.\* Meals on Wheels is one of four national participating charities and has been since the inception of the event. Through this event, as a member of Meals on Wheels America, People For People will receive a share of the donation from Subaru vehicles sold at participating Subaru Retailers.

You might not be in the market to purchase a new car, but if you are, please look into the [Subaru Share the Love Event](#) to learn more. If you're not shopping for a new vehicle, *you can still help* by spreading the word to your family and friends. A few quick and easy ways to do that:

- Share this newsletter!
- Share our posts about the Share the Love Event on Facebook@peopleforpeopleWA
- Or Instagram (@peopleforpeoplewa)

And remember: this holiday season you can ensure our senior neighbors are not forgotten, when you purchase or lease a new Subaru and select Meals on Wheels as your charity of choice.

\*Disclaimer: Subaru will donate \$250 for every new Subaru vehicle sold or leased from November 18, 2021, through January 3, 2022, to four national charities designated by the purchaser or lessee. Pre-approved Hometown Charities may be selected for donation depending on retailer participation. For every new Subaru vehicle sold or leased during the campaign period, participating retailers will donate a minimum of \$50 in total to their registered Hometown Charities. Purchasers/lessees must make their charity designations by January 14, 2022. The four national charities will receive a guaranteed minimum donation of \$250,000 each. See your local Subaru retailer for details or visit [subaru.com/](http://subaru.com/) share. All donations made by Subaru of America, Inc.

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. <https://myfpf.org/>



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.

# HOLIDAY EATS

During the holiday's there is usually lots of family gatherings and lots of food. Whether you are trying to lose weight or just maintain a healthy lifestyle, I am here to help give you tips for making it through the holidays without losing sight of your goals.

- Don't go to a holiday gathering hungry. I recommend eating a small snack like a handful of nuts, or an apple before you leave. This helps keep you satisfied but also leaves room to still enjoy the food at the party without overeating.
- Find the foods at the snack table with the most fiber and fill up half your plate with them. These snacks would be the veggie and fruit trays. More fibrous foods will help avoid overeating.
- Scan the snack table and pick 3 items that you want to try the most and pass on the foods that don't spike your interest as much.
- Socialize away from the snack table as much as possible. This strategy will help avoid mindless eating.



Cyndi Balk, MOW Registered Dietician (RDN)

If you have dietary concerns Cyndi is available to talk with you, call our office at 1-509-426-2601 or toll free number at 1-855-426-2601.

Check out our cooking videos on Facebook: <https://www.facebook.com/PeopleForPeopleWA>



Our Meals On Wheels team at our first in-person meeting of the year.

It was held in October at the Fulbright Park in Union Gap

Thank you for all of your hard work and dedication to our wonderful program.

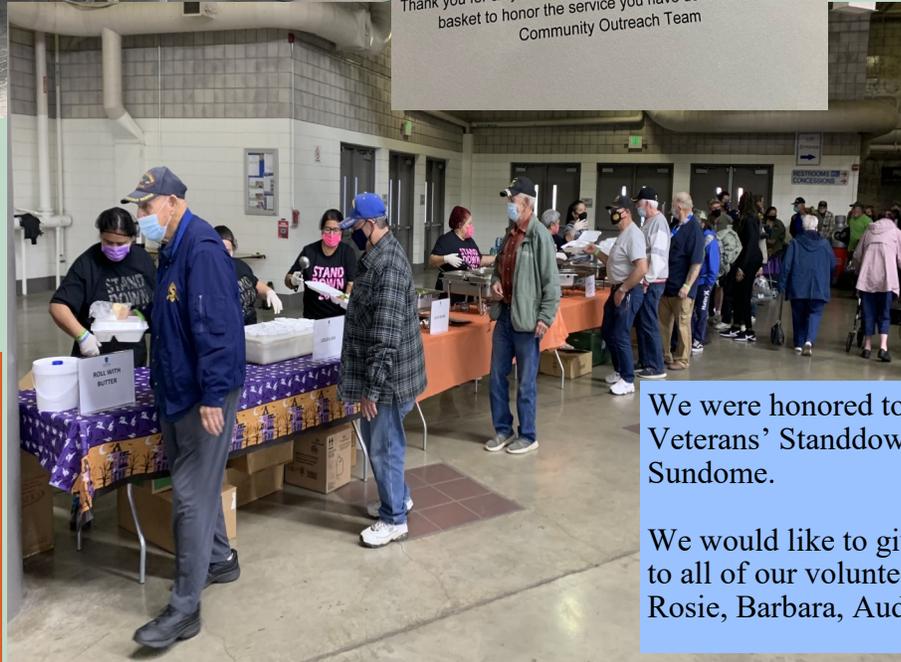


Thank you for all you do for the community. Please enjoy this gift basket to honor the service you have done this year.  
Community Outreach Team

We received this nice gift basket in the mail from the Community Outreach Team.

Thank you! Our team enjoyed all of the goodies in the basket.

(Pictured left to right) Vicky, Grisel & Carrie.



We were honored to have catered the Veterans' Standdown event at the Yakima Sundome.

We would like to give a big THANK YOU! to all of our volunteers: Blanca, Lindsie, Rosie, Barbara, Audi and Sergio Thank you

From our family to yours

**HAPPY HOLIDAYS!**

