



MEALS ON WHEELS Newsletter

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

APRIL 2022

MARCH TOTALS

DINING ROOM PICK-UP

Meals served: 3470

Total People served: 146

Average donation: 0.44

HOME DELIVERY

Meals served: 10,051

Total People served: 419

Average donation: 0.30

**2022 TOTAL
MEALS SERVED 39,393**



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.

Hydrate

Summer is quickly approaching! This is the time of year when we need to be extra careful about not getting over heated or dehydrated. Here are a few tips to stay hydrated during the hot summer months.

1. Add flavor to your water with one or more of these: lemons slices, orange slices, cucumber slices, strawberry slices, pineapple pieces, or mint.
2. Grab a drink of water every time you get out of your chair. That could be when you get back from the bathroom, grabbing a snack from the kitchen or putting something away.
3. Drink a glass of water before every meal.
4. Set an alarm to go off ever couple hours to remind you to drink your water.
5. Have a water bottle with you at all times. This will make it easier for you to track intake, as well as being more convenient when you need to drink your water.
6. Switch from regular coffee to decaf.



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.

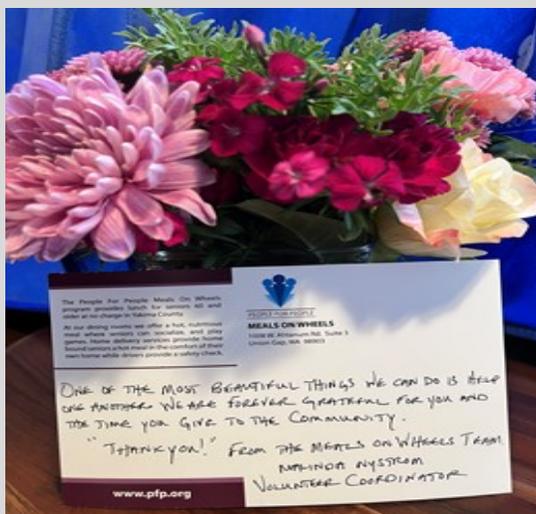
Check out our cooking videos on Facebook:
<https://www.facebook.com/PeopleForPeopleWA>

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://myppf.org/>

THANK YOU TO OUR VOLUNTEERS!

April is volunteer appreciation month. In 2021 we had 26 volunteers who donated 4,301 hours. For April Volunteer Appreciation month all of our 2021 volunteers received goody bags.



THANK YOU to the following businesses who donated goody's for the volunteer bags: Outback Coffee, Yakima Theatres, Applebee's, Major's Drive-in, Cowiche Canyon Kitchen and Icehouse, Red Lobster, Red Robin, MOD Pizza, Rush Coffee, Jean's Cottage Inn, Dutch Brothers, Olive Garden, Ray's Meats and For Heaven's Cake

DID YOU KNOW?

Our meals must meet 1/3 of the Dietary Reference Intake (RDI) for Older Adults; therefore all of our meals must contain:

- **1 serving of meat or alternate** (3oz of lean meat, fish or poultry, or 8oz of alternate such as beans, cheese, soy, peanut butter, nuts or tofu)
- **2 servings (4oz each) of vegetables or fruit substitute**
- **1 serving (4oz each) of fruit or vegetable**
- **2 servings (4oz each) of bread or alternate** such as pasta, rice or cereal
- **1 tsp of fortified margarine or butter**
- **1 serving (8oz) of milk or milk alternate** such as yogurt, cheese or ice cream.



We don't add salt or sugar to any of our meals and most are cooked from "scratch". Most of our veggies are frozen, not canned and we make our own sauces and soups.

We also try to limit the amount of processed foods we serve so that we can provide you nutritious meals.