



MEALS ON WHEELS Newsletter

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

MAY 2022

APRIL TOTALS

DINING ROOM PICK-UP

Meals served: 2,427
Total People served: 108
Average donation: 0.42

HOME DELIVERY

Meals served: 10,556
Total People served: 433
Average donation: 0.26

**2022 TOTAL
MEALS SERVED 52,376**



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

It's that time of year again when we can start to buy fresh local produce from our farmers markets. Have you been to one before? If not here are a few reasons to checkout your local markets.

- **The Taste:** The fruits and vegetables you buy at the farmers market are the freshest and tastiest available. Fruits are allowed to ripen fully in the field and are brought directly to you—no long-distance shipping, no gassing to simulate the ripening process, no sitting for weeks in storage. This food is as real as it gets—fresh from the farm.
- **Support Family Farms:** Family farmers need your support, now that large agribusiness dominates food production in the U.S. Small family farms have a hard time competing in the food marketplace. Buying directly from farmers gives them a better return for their produce and gives them a fighting chance in today's globalized economy.
- **Know where your food comes from:** A regular trip to a farmers market is one of the best ways to connect with where your food comes from. Meeting and talking to farmers and food artisans is a great opportunity to learn more about how and where food is produced.
- **Learn cooking tips, recipes and meal ideas:** Few grocery store cashiers or produce stockers will give you tips on how to cook the ingredients you buy, but farmers, ranchers, and artisans at the farmers market are often passionate cooks with plenty of free advice about how to cook the foods they are selling.

Head to your local farmer market this weekend and check out all that they have! Here are some fruits and veggies that you might see this time of year: beets, lettuce, carrots, peas, radishes, herbs, asparagus, strawberries and blueberries.



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://myfpf.org/>

Senior Farmers Market Nutrition Program (SFMNP)

Provides fresh fruit and vegetables to lower-income seniors with the goal of improving their health and nutritional status. It also supports local farming by increasing the use of farmers markets and roadside stands.

To be eligible for the \$80 (\$4 increments) SFMNP check, you must meet all of the following:

- » You must be 60 years old or older (or 55+ if you are Native American /Alaska Native)
- » You must be a resident of Washington State and live in Yakima County (Outside of the Yakama Reservation)
- » Your income must be below 185% of Federal Poverty Level. That means:
 - o \$25,142 annual or \$2,096 monthly income for 1 person
 - o \$33,874 annual or \$2,823 monthly income for 2 people
 - o For larger households, add \$728 for each additional person

How to apply:

- » Call 2-1-1 or 1-877-211-5445 to set up an appointment to apply and pick up the voucher.
- » Vouchers will be given out on a first come first serve basis for those that qualify



Chicken Chowder

- *2 teaspoons vegetable oil *1/2 cup chopped onion *1/2 cup diced or grated carrot
- *2 1/2 cups low-sodium chicken broth *1 cup diced potato (fresh or frozen) *1/2 teaspoon thyme
- *1/2 teaspoon garlic powder *1/2 cup (4 ounces) cooked and diced chicken *1/2 cup low-fat milk
- *1 Tablespoon all-purpose flour *1/4 teaspoon red wine vinegar (optional) *Salt & Pepper to taste

- In a medium saucepan, sauté onion and carrot on medium heat until softened, about 3 minutes. (add other veggies such as broccoli, carrots, leeks, celery, etc.)
 - Add broth, potato, thyme, garlic powder and salt. Bring to a gentle boil and simmer until the potatoes are soft, 15 to 20 minutes.
 - While potatoes are cooking, stir flour and milk together in a small dish.
 - Add chicken to the saucepan and stir 1 to 2 minutes until heated through.
 - Slowly add milk mixture and stir as the soup thickens. Boil gently for 2 to 3 minutes.
 - Before serving, add vinegar and pepper, if desired. Refrigerate leftovers within 2 hours.
- Makes 2 servings



<https://www.foodhero.org/recipes/chicken-chowder-two>