



MEALS ON WHEELS Newsletter

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

JULY 2022

JUNE TOTALS

DINING ROOM PICK-UP

Meals served: 2,251
Total People served: 180
Average donation: 0.31

HOME DELIVERY

Meals served: 12,500
Total People served: 520
Average donation: 0.47

**2022 TOTAL
MEALS SERVED 81,589**

Helpful Summer Tips

Summertime is the best time of year to get delicious produce. Vegetables and fruits that are in season can be higher quality than those that are out of season. In-season fruits and vegetables usually cost less, too!

Be sure to check out your local farmers market for some great deals this summer!

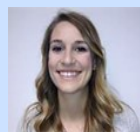
Staying hydrated is equally as important. Tips for staying hydrated include:



- Always carrying a water bottle with you.
- Adding fruit to water to give a fresh taste.
- Eating fruits and vegetables that have a high-water content as snacks. Melons and citrus fruits have a high-water content.

• Freeze fruits to make them last longer and eat them as a refreshing snack. Fruits that freeze well include bananas, grapes, melons and oranges.

Blend frozen fruits together into a smoothie. You can add additional healthy ingredients like Greek yogurt or a cup of milk for added nutritional value.



Cyndi Balk, MOW Registered Dietician (RDN)
*If you have dietary concerns Cyndi is available to talk with you,
call our MOW 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>

BOLETIN DISPONIBLE EN ESPAÑOL A PEDIDO, LLAME A MOW

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.

HAVE YOU HEARD? WE ARE HOLDING A 5K & 10K WALK/JOG/RUN ON 9/17/22

**ALL PROCEEDS BENEFIT THE PEOPLE FOR PEOPLE
MEALS ON WHEELS COMMERCIAL KITCHEN PROJECT**

FOR INFORMATION ABOUT THE EVENT PLEASE VISIT: <https://myfpf.org/cowichebrewrun/>



5K & 10k

September 17, 2022

9:00 am - 2:00 pm

**Run, jog, or walk through orchards, hops, farms,
and beautiful scenery that surrounds you
as an individual or a team!**



**Cowiche Creek Brewery
514 Thompson Road
Cowiche, WA**