**NOVEMBER 2022**

**OCTOBER TOTALS**

**DINING ROOMS**
- Meals served: 2,327
- Total People served: 188
- Average donation: 0.45

**HOME DELIVERY**
- Meals delivered: 12,633
- Total People served: 502
- Average donation: 0.26

**2022 YEAR TO DATE MEALS SERVED 142,094**

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**HALLOWEEN FUN AT THE DINING ROOMS!**

- Sunnyside Senior Center
- Selah Civic Center

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**Take a Fresh Look**

**Basic Food**

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.

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**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://myplp.org/](https://myplp.org/)
EATING DURING THE HOLIDAYS

Every year, around this time, I like to share some holiday tips. I feel it is an important refresher to enjoy the holidays without food guilt, as well as being mindful of the food we are consuming. Below are some helpful tips that I have shared before, but also some new ones that I have added this year!

- **Hydrate.** When going to a holiday party, make sure you have had plenty of water throughout the day. Sometimes we can confuse hunger with thirst. This can cause us to be extra snacky when we really are craving a large glass of water.

- **Bring a healthy dish.** If you are contributing to the meal, try to bring one healthy dish so that you can be sure there is one healthy option to choose from.

- **Skipping does not create balance.** You may think if you skip a meal then it will save calories to splurge later. Unfortunately, this can backfire and often cause someone to consume more calories from over eating. Try a filling snack like an apple or nuts to help curb your appetite.

- **Talk more, eat less.** It’s easy to talk near the snack table. Try to catch up on life with friends and family away from the food so that you don’t start mindless snacking while you visit.

- **Eat veggies.** Fill up on the veggie first before eating anything else on your plate. This will start to suppress your appetite so that you will feel full sooner.

- **Enjoy every bite.** Eating your favorite holiday treats once a year, in **moderation**, will likely not make or break your waistline. Try to eat slowly and savor every bite!

- **Splurge wisely.** When dinner is served, try to only choose foods that are your FAVORITE and skip foods that you would likely eat year-round.

- **Get moving.** During the holidays we tend to consume more calories than we would during other times in the year. Grab the family and take a walk together before or after meals to help burn some extra calories that were consumed.

- **HoliDAY.** Last but not least... we are celebrating a holiDAY not holiMONTH. Enjoy the holidays but remember that every day is not a holiday. Try to get back on track with your healthy eating the day after the holiday or party.

Cyndi Balk
MOW Registered Dietitian (RDN)

*If you have dietary concerns Cyndi is available to talk with you, call our MOW office at (509) 426-2601 or toll free (855) 426-2601 for a referral.*

Check out our cooking videos on Facebook: [https://www.facebook.com/PeopleForPeopleWA](https://www.facebook.com/PeopleForPeopleWA)

BOLETIN DISPONIBLE EN ESPAÑOL A PEDIDO, LLAME A LA OFICINA DE MOW

The [#ShareTheLoveEvent](https://www.subaru.com/share) is back to help deliver meals and support America’s seniors!

For every new vehicle bought or leased between November 17 and January 3, Subaru of America and Subaru retailers will donate $250 when you choose #MealsOnWheelsAmerica as your charity of choice.

We are excited to announce that we have partnered with McCurley Subaru for the #ShareTheLoveEvent. If you or someone you know is in the market to purchase or lease a new Subaru, check out McCurley of Yakima at 506 Fruitvale Blvd. in Yakima or [https://www.mccurleysubaruyakima.com/](https://www.mccurleysubaruyakima.com/).

To learn more check out [https://www.subaru.com/share](https://www.subaru.com/share)
Choose meals and snacks with less saturated fat to help lower your risk for heart disease.

**Instead of saturated fat**  →  **choose unsaturated fat**

**Saturated fat**
is found in animal foods such as high-fat meats and full-fat dairy products. It is also in coconut, coconut oil, palm and palm kernel oil.

- Coconut oil
- Ice cream
- Bacon
- Butter
- Cheese

**Unsaturated fat**
is found in plant foods such as nuts, seeds, avocado, tofu, mayonnaise and liquid vegetable oils. It is also in fish, such as tuna, salmon, mackerel and sardines.

- Salmon
- Peanut butter
- Vegetable oil
- Avocado
- Tofu

**Nutrition Facts**

- Saturated Fat: 10g
- Trans Fat: 0g
- Cholesterol: 120mg
- Sodium: 610mg
- Total Carbohydrate: 20g
- Dietary Fiber: 2g
- Total Sugars: 5g
- Added Sugars: 0g

**Tips for eating less saturated fat:**

- Check the Nutrition Facts label on packaged foods. Aim for less than 20 grams of saturated fat each day.
- Choose lean proteins more often, such as beans and peas, tofu, poultry, fish and lean meats.
- Go light with cheese on pizza and sandwiches.
- Choose sweets like ice cream and brownies less often.
- Try a spread of nut butter, mayonnaise or avocado instead of butter or cream cheese.
**Lentil Taco Filling**

_Lentils provide protein and fiber and are easy to cook. Enjoy in tacos, wraps or salads._

**Makes** 2 cups   **Prep time:** 30 minutes  
**Cook time:** 30 minutes

- 2 teaspoons **vegetable oil**
- ½ cup chopped **onion**
- ½ cup chopped **bell pepper** (any color)
- 1 clove **garlic**, minced or ¼ teaspoon garlic powder
- ½ cup dried **lentils**, rinsed
- 4 ½ teaspoons **chili powder**
- 1 teaspoon **cumin**
- ½ teaspoon **oregano** (optional)
- 1 ¼ cups low-sodium **broth** (any flavor)
- ½ teaspoon **salt** (optional)

**Directions**

1. Wash hands with soap and water.
2. In a large skillet, heat oil on medium. Add the onion, bell pepper and garlic. Sauté until tender, about 3 minutes.
3. Add the lentils, chili powder, cumin and oregano, if desired. Cook and stir for 1 minute.
4. Add broth and bring to a boil. Reduce heat, cover and simmer until the lentils are tender, about 20 to 30 minutes. Add water, if needed, to keep the lentils just covered with liquid.
5. Uncover the skillet and cook until the mixture thickens and most of the water is gone, about 5 to 10 minutes. Add salt, if desired.
6. Refrigerate or freeze leftovers within 2 hours.

**Note**

Lentils come in different shapes and sizes and have different cooking times. Check the package or bulk bin for how long to cook the type you buy. Our photo shows green lentils.

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1/2 cup (144g)</th>
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<tbody>
<tr>
<td>Calories</td>
<td>140</td>
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<tr>
<td>% Daily Value</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>3.5g (4%)</td>
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<tr>
<td>Saturated Fat</td>
<td>0g (0%)</td>
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<td>0g</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
<td>400mg (17%)</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
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<tr>
<td>Total Sugars</td>
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<tr>
<td>Protein</td>
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<tr>
<td>Potassium</td>
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<tr>
<td>Vitamin A</td>
<td>49mcg (5%)</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>18mg (20%)</td>
</tr>
</tbody>
</table>

*The % Daily Value (%DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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**Adding Calories with Fat**

- **Health and dental conditions that come with aging can make it hard to eat enough calories to maintain muscle strength and body weight.**
- **Including more unsaturated fat is a helpful and healthy way to add calories.**
  - Add nut butter or tofu to smoothies.
  - Drizzle extra oil on salads and vegetables.
  - Add extra mayonnaise to tuna or chicken salad.
  - Add chopped nuts to hot cereal, muffins and salads.

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Food Net at 211. USDA is an equal opportunity provider and employer.
CROSSWORD PUZZLE FUN!
Finish both sides & show your driver or site manager for a prize by 12/23/22
Have fun!

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

THKCARTARECCOS
FOOTBALLREWSAY
ATELAMPFGFWLAY
SSBALSGLNIHAWH
CNAIOAONMIGELE
IOSCLGBMINNPRD
TTELELIYIONTY
SNBIENIHEONGUR
AIMGSSALLNUMR
NMLBIINERILSHI
MDLIFNTSIDSOUUC
YACNGNIKIHSEVS
GBSGCESKATINGX
BZNPRINTFACINGND

Archery
Badminton
Baseball
Billiards
Climbing
Fishing
Football

Golf
Gymnastics
Hiking
Hunting
Pool
Racing
Running

Skating
Skiing
Soccer
Swimming
Tennis
Track
Volleyball
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Baking    Bell    Blizzard    Blizzard
February  Fireplace  Gloves  Hibernate
Boots     Cider     January  Parka
December  Snowflake

Scarf    Shovel    Skate    Skis
Slippery  Snow
Join the Fun!

Decrease your risk of falls and improve your balance!

Location:
WA Fruit Community Center
602 N 4th St
Yakima, WA

For more information
Denisse Rodriguez
denisser509@gmail.com
or (509) 910 0038

with questions or to enroll.

Enhance®Fitness is a group exercise class that improves your balance, flexibility, bone density, endurance, coordination, and mental sharpness and decreases your risk of falling.

Join us for a life of better health.
This invaluable service is funded by a partnership between WA State Department of Health and Southeast WA Aging and Long Term Care

Sign up today!

Classes are
Mondays, Tuesdays, and Thursdays
10:00 am to 11:00 am

No fee to attend
No Costo Para Asistir-Gratis
Unase a la Diversion!

Disminuye el riesgo de caídas y mejore su balance!

Ubicación:
Centro de Comunidad WA
Fruit en Parque Miller
602 N 4th St Yakima, WA

Para más información de como inscribirse o preguntas llame a Denisse al (509) 910-0038 o correo electrónico denisser509@gmail.com

Enhance®Fitness es una clase de ejercicio a grupales que mejora su equilibrio, flexibilidad, densidad ossea resistencia, coordinacion y agudeza mental y disminuye el riesgo de caídas.

Únase con nosotros para una vida de mejor salud

Este valioso servicio esta financiado por una asociación entre el Departamento de Salud del Estado de WA de Envejecimiento y Atención a Largo Plazo del Sureste de WA (ALTC).

Firmese Ahora!

Clases son Lunes, Martes, y Jueves
10:00 am to 11:00 am
Union Gap Senior Center Activities

*Monday-Friday 9am-12pm: card games, puzzles, paint, and/or color

*Tuesdays & Fridays 9am-10:45am: Penny Bingo

*Coming Soon: Exercise Class on Mondays, Wednesdays & Thursdays from 10am-11am (Funded by a partnership between WA State Department of Health and Southeast Washington Aging and Long Term Care)

Exercise Instructor Lee

*Monday-Friday 11am-11:30am: Lunch is served by Meals

On Wheels, register for meals at (509) 426-2601 by 3pm.

(Funding for Meals On Wheels 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)

COME JOIN US!! GET INVOLVED

AND STAY HEALTHY!!

1000 Ahtanum Rd. Union Gap (Inside Ahtanum Park-no parking fee)
Centro de Mayores de Union Gap-Actividades

*Lunes-Viernes 9am-12pm: juegos de cartas, rompecabezas, pintura y/o color

*Martes y viernes 9am-10:45am: Penny Bingo

*Próximamente: Clase de ejercicios los lunes, miércoles y jueves de 10am-11 am. (Financiado por una asociación entre el Departamento de Salud del Estado de Washington y Southeast Washington Aging and Long Term Care)

Instructor de ejercicio, Lee

*Lunes-Viernes 11am-11:30am: El almuerzo es servido por Meals On Wheels, regístrese para comer antes de 3pm, llame a (509) 426-2601.

(Los fondos para Meals On Wheels son proporcionados por la Ley de Estadounidenses Mayores y los Servicios de Envejecimiento y Discapacidad del Estado de Washington a través de una subvención de la Conferencia de Gobierno de la Oficina de Envejecimiento y Cuidado a Largo Plazo del Sureste de Washington)

VEN Y UNETE CON NOSOTROS!

PARTICIPA Y MANTIENETE SALUDABLE!

1000 Ahtanum Rd. Union Gap(Adentro del parque Ahtanum-no costo estacionar)