MEALS ON WHEELS

Newsletter

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

MARCH 2023

FEBRUARY TOTALS

DINING ROOMS
Meals served: 2,311
Total People served: 192
Average donation: 0.69

HOME DELIVERY
Meals delivered: 10,450
Total People served: 441
Average donation: 0.28

2023 YTD MEALS SERVED
27,122

Meet our awesome cooks!

Imelda—Cooks for Harman Center, The Salvation Army and Selah Civic Center sites

Denise—Cooks for Union Gap Senior Center, WA Fruit Community Center & Henry Beauchamp Community Center sites

Elizabeth—Cooks for Sunnyside Senior Center and Grandview Community Center sites

In addition to cooking for the dining room sites, they also make the frozen meals that are used for the weekend/holidays and home delivery program.

On a daily basis they each make over 300 meals!

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

Basic Food

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.

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://mypfp.org/](https://mypfp.org/)
March is National Nutrition Month. During the month of March, the Academy of Nutrition and Dietetics (AND) creates a theme to help improve our nutrition. According to AND, “This year's theme is "Fuel for the Future." Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment.” AND has also created steps to slowly make positive changes to your health. Below are the steps created by the AND that correlates with this year’s theme. I hope you give it a try and see if there is anything you can change in your life to create healthier habits.

**Week 1: Eat with the environment in mind.**
- Enjoy more plant-based meals and snacks.
- Purchase foods with minimal packaging.
- Buy foods in season and shop locally when possible.
- Start a container or backyard garden to grow food at home.

**Week 2: See a Registered Dietitian Nutritionist (RDN).**
- Ask your doctor for a referral to an RDN.
- Find an RDN who specializes in your unique needs.
- Learn how nutrient needs may change with age.
- Receive personalized nutrition information to meet your health goals.

**Week 3: Stay nourished and save money.**
- Plan your meals and snacks.
- See what food you have at home before purchasing more.
- Use a grocery list and shop sales when purchasing food.
- Learn about community resources such as SNAP, WIC and local food banks.

**Week 4: Eat a variety of foods from all food groups.**
- Include your favorite cultural foods and traditions.
- Eat foods in various forms including fresh, frozen, canned and dried.
- Avoid fad diets that promote unnecessary restrictions.
- Practice gratitude for your body by giving it the fuel it needs.

**Week 5: Make tasty foods at home.**
- Learn cooking and meal preparation skills.
- Try new flavors and foods from around the world.
- Find creative ways to use leftovers rather than tossing them.
- Create happy memories by eating with friends and family when possible.

Cyndi Balk, MOW Registered Dietitian (RDN)

*If you have dietary concerns Cyndi is available to speak 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

BOLETIN DISPONIBLE EN ESPAÑOL A PEDIDO, LLAME A LA OFICINA DE MEALS ON WHEELS

People For People provides safe and reliable transportation that impacts the health and quality of life in our rural communities.

We are here to help with your transportation needs. Whether you need our door-to-door service (if you are not using Medicaid), fixed-route services, or require assistance with a Medicaid eligible trip.

To determine your eligibility and to make a reservation call the transportation department at (509) 457-1111 or Dial 2-1-1 for more information.