



MEALS ON WHEELS Newsletter

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

JULY 2023

JUNE TOTALS

DINING ROOMS

Meals served: 2,649

Total People served: 198

Average donation: 0.61

HOME DELIVERY

Meals delivered: 10,757

Total People served: 429

Average donation: 0.31

2023 YTD MEALS SERVED
81,906



THANK YOU CANYON BLOOMS!

For the beautiful
flower bouquets
that have been
donated to seniors
in our Home
Delivery program.



Canyon Blooms Farm is a non-profit organization that donates hundreds of vases of flowers to hospice patients, the women's shelter, Meals On Wheels and many more. For more information visit www.canyonbloomsyakima.com



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.

Cooling centers are a key resource in protecting people from heat-related illness and other complications caused by hot weather. Many regional cooling centers are set up across the state and are free to the public during heat events. Dial **2-1-1** to find cooling centers near you. Other key recommendations for heat safety include:

- **Staying indoors and in an air-conditioned environment as much as possible**
- **Keep your home cool**
- **Check on your friends, family, and neighbors**
- **Stay hydrated**
- **Keep outdoor pets safe**
- **Take frequent breaks**
- **Do not rely on a fan as your only cooling source**
- **If you notice symptoms of heat illness seek medical attention immediately.**

<https://doh.wa.gov/>

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/>

SAVE MONEY BY PREVENTING FOOD WASTE

Did you know that 30-40% of food produced in the US goes uneaten? From ugly fruits and vegetables that no one wants to buy, to the leftovers from last week's dinner, much of our food ends up getting thrown out. Think of all the energy and resources that go into producing food – the land, water, energy that it takes to grow, process, store, transport, and distribute our food. These tips can help you conserve resources and save you money!

Planning and Shopping

- Plan your meals around food you already have in your cupboard, fridge, and freezer.
- Keep a running grocery list when you run out of foods so you know exactly what you need when you go shopping.
- Buy in amounts that you know you will use.
- Buy from bulk bins. If you only need a small amount or want to try a new ingredient, this is the perfect way to avoid waste.

Food Storage

- Write the date on leftovers and opened packages so you don't have to guess how old the food is.
- Use clear containers. Keep track of what's in your fridge, with foods to eat first in plain sight.
- Label and freeze leftovers in individual portions if you know you won't eat them within a few days.
- Store fruits and vegetables properly so they last longer.

Cooking and Preparation Tips

- Soon after grocery shopping, prep foods to make it convenient for you to use them up throughout the week.
- Cook chicken or ground beef to use for several meals.
- Cut up raw vegetables for snacking or to use in recipes.
- Hard boil eggs for breakfasts.
- Wash and dry lettuce for salads (store with a dry paper towel to absorb moisture).
- Make a soup, casserole, or stir fry at the end of the week, using the odds and ends of foods that may otherwise get tossed.
- Get creative. For example, if you have too much fresh spinach, throw a handful into smoothies or chop it up and mix into soups, rice, or spaghetti sauce. Or search online for ideas.



A note for the "Clean Your Plate Club": Eating everything on your plate will not feed the starving children in another country. Instead, save the rest of your meal for later or serve yourself smaller portions. Overeating is not a recommended strategy to avoid food waste.



If you have dietary concerns, Chelsy 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 or Instagram:

<https://www.facebook.com/PeopleForPeopleWA>

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



Transportation

Providing transportation options for seniors, individuals with disabilities and the general public.

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.