



MEALS ON WHEELS Newsletter

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

DECEMBER 2024

NOVEMBER TOTALS

DINING ROOMS

Meals served: 3,140

Total People served: 231

Average donation: 0.21

HOME DELIVERY

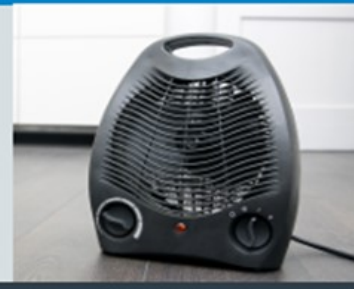
Meals delivered: 11,293

Total People served: 434

Average donation: 0.25

2024 YTD MEALS SERVED
155,223

Portable Heater Fire Safety



Follow these portable heater tips to help prevent winter fires and to stay safe this winter season.

Place space heaters on a solid, flat surface. Keep them at least three feet from things that can burn.



Check your space heater for cracked or damaged cords and plugs. Plug space heaters directly into wall outlets, don't use an extension cord or power strip.



For more information and free fire-safety resources, visit
www.usfa.fema.gov.



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add image.



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 (ALTC) 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/>



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.

WINTER SOUPS

Winter is the perfect time for a comforting bowl of soup, especially after being out in the cold or when feeling under the weather. Instead of reaching for canned soup, why not give yourself the gift of home-made, healthy soup? It's simple to make, nourishing, and can provide many health benefits.

10 Benefits of Homemade Soup

1. **Easy to Prepare** – Soup can be a simple, one-pot meal with minimal clean-up.
2. **Inexpensive Ingredients** – Soup can be made with potatoes, canned beans and vegetables, and in-season produce.
3. **Reduce Food Waste** – Use up leftover veggies and pantry items you have on hand.
4. **Unlimited Options** – The flavor combinations are endless and you can customize your soup to suit your dietary preferences.
5. **Good Source of Veggies** – Load up on vitamins and minerals with a variety of vegetables.
6. **Boost the Fiber** – Add beans or lentils for a fiber boost that supports digestion.
7. **Control Sodium** – Homemade soups allow you to manage salt intake while adding potassium-rich ingredients like sweet potatoes and leafy greens.
8. **Enhance Immunity** – Many soup ingredients, such as garlic, ginger, and turmeric, are known for their immune-boosting properties, helping to keep you healthy during cold and flu season.
9. **Provide Hydration** – Soups are naturally hydrating due to their liquid base.
10. **freeze Leftovers** – Make extra and freeze for easy future meals.



Chelsy Leslie, Meals On Wheels Dietitian. If you have dietary concerns, she is available to speak with you. Call our MOW office at (509) 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

VEGGIE MINISTRONE SOUP

- | | |
|--------------------------------|-----------------------------------|
| -2 Tbsp olive oil | -1 can diced tomatoes |
| -1 diced yellow onion | -1 can of white or kidney beans |
| -2 diced carrots | -1 can green beans |
| -2 diced celery ribs | - 4 cups vegetable broth |
| -3 grated garlic cloves | -1 tsp dried oregano & thyme |
| -1/2 cup chopped fresh parsley | -3/4 cup of elbows or shell pasta |

1. Heat oil in large pot over medium heat. Add onion, carrots, celery and cook, stirring occasionally, for about 8 minutes, until vegetable begin to soften.
1. Add the garlic, tomatoes, beans, green beans, broth, oregano and thyme. Cover and simmer for 20 min.
2. Stir in the pasta and cook, uncovered, for 10 more minutes, until the pasta is cooked through.
3. Season with salt and pepper to taste. Garnish with parsley and parmesan cheese.

<https://www.loveandlemons.com/minestrone-soup/>



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.

Transportation

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