



MEALS ON WHEELS Newsletter

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

AUGUST 2020

JULY TOTALS DINING ROOMS

Meals served: 3745

New people: 17

Average donation: 0.65

HOME DELIVERY

Meals served: 8677

New people: 31

Average donation: 0.31

YTD TOTAL MEALS: 98,592



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, religion, or political belief.



Why is it important to eat vegetables?

Eating vegetables provides health benefits — people who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body.

Nutrients

- Most vegetables are naturally low in fat and calories.
- Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C.
- Diets rich in potassium may help to maintain healthy blood pressure. Vegetable sources of potassium include sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.
- Dietary fiber from vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as vegetables help provide a feeling of fullness with fewer calories.
- Folate (folic acid) helps the body form red blood cells. Women of childbearing age who may become pregnant should consume adequate folate from foods, and in addition 400 mcg of synthetic folic acid from fortified foods or supplements. This reduces the risk of neural tube defects, spina bifida, and anencephaly during fetal development.
- Vitamin A keeps eyes and skin healthy and helps to protect against infections.
- Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C aids in iron absorption.

Health benefits

- As part of an overall healthy diet, eating foods such as vegetables that are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.

<https://www.choosemyplate.gov/eathealthy/vegetables/vegetables-nutrients-health>

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.

Apple Season

I can't believe summer is almost over. That also means fall is just around the corner and almost apple season. I love apples because they are packed with fiber and high in vitamin C and A. Apples are also very versatile so you can eat them in a variety of ways. The easiest way to eat them is fresh/raw. If you want to add a little extra flavor you can sprinkle some cinnamon on them or dip them in peanut butter for a little added protein. You can also peel, core, cook and mash the apples to make a delicious applesauce. I love to make toast with peanut butter and then dip pieces of my toast in the apple sauce! Lastly one of my favorite ways to eat apples is dried/dehydrated. It's a nice crunchy snack and also hits the sweet tooth a bit. I challenge you to adventure out and try 3 new ways to use apples in your diet.

Apple Cinnamon Oatmeal

<https://barefeetinthekitchen.com/apple-cinnamon-oatmeal/>

Servings: 5 servings

Ingredients

- 2 cups rolled oats
- 3 3/4 cups water
- 3 small sweet apples or 2 cups apple pieces diced small
- 1/2 teaspoon kosher salt
- 1/2 teaspoon cinnamon
- dash of nutmeg
- 1/4 cup plus 1-2 tablespoons brown sugar, adjust to taste
- Butter a teaspoon or so for on top of each serving

Optional: chopped pecans just a sprinkling for serving each bowl



Instructions

1. Combine the oats, water, apples, cinnamon and nutmeg in a medium size saucepan.
2. Bring to a boil over medium high heat, stirring occasionally. As soon as it boils, reduce heat to low and simmer for just a few minutes, until the oats are soft and the apples are tender.
3. Remove from the heat and add brown sugar to taste.

The sweeter the apples, the less brown sugar you will need. Scoop into serving bowls and top with butter and pecans if desired. Enjoy!

Nutrition: Calories

134kcal | Carbohydrates: 27g | Protein: 3g | Fat: 1g | Sodium: 180mg | Potassium: 167mg | Fiber: 4g | Sugar: 8g | Vitamin A: 40IU | Vitamin C: 3.5mg | Calcium: 23mg | Iron: 1.1mg



Cyndi Balk, MOW Registered Dietician

If you have dietary concerns Cyndi is available to talk with you, call our office @ (509) 426-2601 or toll free (855) 426-2601.

Pandemic EBT (P-EBT) has been extended until September 11, 2020. This is available for children whose schools closed due to COVID-19. Apply by September 11, 2020! Do you have grandchildren that receive free or reduced school lunch or know of a family that is struggling to feed their children during the COVID-19 pandemic?

Because schools have been closed due to COVID-19, families in Washington state have food benefits available to them to help buy groceries while children have been home from school. Called Pandemic EBT, or P-EBT, these food benefits are available to families with children in grades K-12 who are eligible for schools' free or reduced-price meal programs. The Public Charge rule does not apply to P-EBT benefits and will not impact immigration status

The Department of Social and Health Services received federal approval to implement P-EBT and is partnering with the Office of Superintendent of Public Instruction to distribute these benefits.

Families who prefer to apply by phone, who need an interpreter or who have other questions about P-EBT benefits can call the DSHS Customer Service Contact Center at 877-501-2233 between 8 a.m.-5 p.m. M-F (except observed holidays), apply online at washingtonconnection.org or by calling **2-1-1**, M-F, 8am-5pm.