**JANUARY 2021**

**DECEMBER TOTALS**

**DINING ROOM PICK-UP**
- Meals served: 3671
- New people: 12
- Average donation: 0.45

**HOME DELIVERY**
- Meals served: 8842
- New people: 45
- Average donation: 0.31

**2020 TOTAL**
- MEALS SERVED 144,308

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**FROZEN MEAL PROCESS**

1. Food supplies are ordered by Julie and delivered to our office/warehouse in Union Gap on a weekly basis.

2. Food supplies are delivered by Sergio and Cindy on a daily basis to our 3 kitchens: Henry Beauchamp Community Center, Selah Civic Center and Grandview Senior Center.

3. Food is prepared by our 3 cooks, Denise, Imelda and Elizabeth.

4. Once the food is cooled down in the refrigerator it is then placed in 3-compartment containers and sealed. The meals are then placed in our blast freezers that freeze up to 160 meals in 20 minutes! The cooks and volunteers make appx 800-900 meals daily.

5. The frozen meals are then transported on a daily basis from the kitchens to the big freezer in our office/warehouse or stored in our Toppenish freezer.

6. In our Union Gap office/warehouse the meals are then placed in bags so that they can be ready for delivery or pick-up. We provide 7-day frozen meals to appx 500 seniors on a weekly basis.

**WE HOPE YOU ENJOY OUR MEALS!**

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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**

**Take a Fresh Look**

Basic Food

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.

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.
HEART HEALTH

How perfect is Heart Health month during February? I think most of us know that heart health is important, but did you know heart disease is the #1 killer of Americans. Yes, that’s right #1!!!

According to the American Heart Association, “Cardiovascular disease (heart disease and stroke combined) kills about 2,300 a day. Obesity in both youth and adults is at an all-time high, youth are being diagnosed with heart disease earlier than ever and people just ZIP codes apart can live 25 years less than their neighbors because of disparities in health. Consider the facts:

- Heart disease kills more people than all forms of cancer combined.
- Heart attacks affect more people every year than the population of Dallas, Texas.
- 83% believe that heart attacks can be prevented but aren’t motivated to do anything.
- 72% of Americans don’t consider themselves at risk for heart disease.
- And 58% put no effort into improving their heart health.”

On a positive note, heart disease is preventable in most cases. Something you can do to lower your chances of getting heart disease are as follows according to heart.org:

- Not smoking
- Maintaining a healthy weight
- Controlling blood sugar and cholesterol
- Treating high blood pressure
- Getting at least 150 minutes of moderate-intensity physical activity a week
- Getting regular checkups.

Let’s make February the month to a better and healthier you! Love your HEART!

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.
Check out our new cooking videos on Facebook: https://www.facebook.com/PeopleForPeopleWA

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People For People
2021 Holiday Schedule

If a holiday falls on a day that we are closed, meals will be delivered or can be picked up the next business day.

Following are the days we will be closed in 2021:

* Martin L. King Day—Jan. 18
* President’s Day-Mon. Feb. 15
* Memorial Day– Mon. May 31
* Independence Day (Observed) —Mon. July 5
* Labor Day—Mon. Sept. 6
* Veteran’s Day—Thu. Nov. 11
* Thanksgiving-Thu. & Fri. Nov. 25 & 26
* Christmas Day— Fri. Dec. 24
* New Year’s Day—Fri. Dec. 31

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.

We don’t add salt or sugar to any of our meals and cook most meals from “scratch”. All of the veggies that we use are frozen and we make our own sauces and soups.

We also try to limit the amount of processed foods we serve so that we can provide you with fresh and healthy meals.