



# MEALS ON WHEELS Newsletter

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

## DECEMBER 2019

### NOVEMBER TOTALS

#### DINING ROOMS

Meals served: 3275

New people: 30

Average donation: 0.65

#### HOME DELIVERY

Meals served: 7559

New people: 31

Average donation: 0.26



## SHARING THE LOVE *this holiday season*

SUBARU OF AMERICA HAS BEEN SUPPORTING MEALS ON WHEELS AMERICA SINCE 2008.



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.



Thank you Karen, Tracy and Kyla Ray, and the Selah Community for donating towards our Subaru Share the Love wish list. Tamie, Mike and Bill (not pictured) delivered the gifts on December 24th.  
**Happy Holidays!**



# Nutrition Tips For Seniors

## 1) Protect Your Teeth

As we age many times we find that our teeth and gums change as well. If you are someone with dental problems you probably find that it is hard to chew your fruits, vegetables and meats. Unfortunately most of these foods that seniors struggle to eat are usually packed with nutrients. You don't have to miss out on those nutrients. Try eating foods that are softer like low sodium soups, canned meats in water and cooked or canned fruits and vegetables.

## 2) Herbs and Spices

Have you noticed your food doesn't have the strong flavors that they used to? As we age it can be harder to taste flavors. Medications that you are taking can sometimes change the flavor of your food as well. A simple way to enhance the flavor of your food is to add lots of herbs and spices to your food.

## 3) Vitamins and Supplements

Do you take vitamins or supplements? Food is the best way to get in nutrients but some times it can be hard to get in all we need through our food. Vitamins and supplements could affect your medications, so be sure to talk with your Doctor first to see if you need to be taking any vitamins or supplements for your health.

## 4) Throw It Out?

If you are unsure if your food is still good in your fridge, then you should probably throw it out. As we age our immune systems aren't as strong. If you eat food in your fridge that has gone bad it could be life threatening if you get sick. So if you are unsure if your food is safe to eat, steer on the safe side and throw it out.

## 5) Drink Your Liquids

Do you find it hard to remember to drink your fluids? Don't let yourself get dehydrated because it can land you in a hospital bed quickly. Try drinking fluids between each bite. Also avoid drinks with lots of sugar or salt in them. Remember caffeinated beverages like coffee do not count as a fluid source unless it is decaf.



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.*

## FOOD SAFETY TIPS FOR THE HOLIDAYS

- Cook food thoroughly: Meat, chicken, turkey, seafood and eggs can carry germs that cause food poisoning. Use a food thermometer to ensure these foods have been cooked to a safe internal temperature.
- Keep food out of the "danger zone": Bacteria can grow rapidly in the danger zone between 40deg and 140deg. After food is cooked, keep hot food hot and cold food cold. Refrigerate or freeze perishable food within 2 hours.
- Use pasteurized eggs for dishes containing raw eggs: Salmonella and other harmful germs can live on both the outside and inside of normal looking eggs.
- Do not eat raw dough or batter: Dough and batter made with flour or eggs can contain harmful germs, such as E.Coli and Salmonella.
- Keep food separated: Keep meat, chicken, turkey, seafood, and eggs separate from all other foods at the grocery store and in the refrigerator. Prevent juice from meats, chicken, turkey, and seafood from dripping or leaking onto other food by keeping them in containers or sealed plastic bags.
- Wash your hands: Before, during and after preparing food. Before eating food. After handling pet food or pet treats or touching pets. After using the toilet. After changing diapers. After touching garbage. Before and after caring for someone who is sick. Before and after treating a cut or wound. After blowing your nose, coughing or sneezing.

For more information visit: <https://www.cdc.gov/foodsafety/communication/holidays.html>