



# MEALS ON WHEELS Newsletter

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

## DECEMBER 2020

### NOVEMBER TOTALS

#### DINING ROOM PICK-UP

Meals served: 3523

New people: 14

Average donation: 0.49

#### HOME DELIVERY

Meals served: 8290

New people: 31

Average donation: 0.30

*YTD TOTAL MEALS 131,634*



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.*

## CHAIR EXERCISES

Before starting any new fitness program or exercises check with your doctor to make sure it's safe for you. This is especially true if you've been feeling dizzy or if you have a chronic health condition like heart disease, diabetes, or asthma.

# Chair Activity B • I • N • G • O



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.

## Healthy Habits

It's almost January, and I think we can all breathe a sigh of relief at the New Year. There is no better time than now to get a fresh start on our health. Here are a few tips on how you can make small changes for a healthier lifestyle.

**Focus on the facts.** The Nutrition Facts, that is. Don't let healthy-sounding terms on food labels mislead you. Words like "whole-grain," "multigrain," "light," and "fat-free" don't tell the whole story. Check the Nutrition Facts label for serving size and calories per serving. Those are the facts, no matter what else the label says.

**Eat a rainbow of vegetables today.** The color of a vegetable is a clue to some of the nutrients inside. By eating a wide variety of colors, you will get a broad range of nutrients. A mix of color on your plate will make eating vegetables more appealing, too!

**Volunteer your time.** Becoming a volunteer can make an incredible impact on someone else's life — but have you ever considered all the ways that volunteering can impact your own wellness? Aside from giving our lives meaning and purpose, helping others lowers stress and adds movement to your day.

**Track your progress.** Studies show that those who track their activities regularly are likely to be more active in the future than those who do not. Try setting up a reminder on your phone to prompt you to complete it. It takes less than a minute to record your minutes or steps, and the payoff is well worth it!

**Try going plant-based for a day.** A plant-based diet is pretty much what it sounds like: a way of eating that emphasizes fruit, vegetables, whole grains, beans, and nuts and seeds over animal products such as meat, fish, poultry, milk and milk products, and eggs. For some, that's a vegan diet, while to others it may be some form of a vegetarian or flexitarian diet. But they all consist mostly of whole-plant foods.

These changes may seem small, but they can have a big impact on your life! Give them a try today!



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.***

## Share The Love EVENT Holiday Wish List

THANK YOU! to the Selah Neighbors Community Group for providing gifts to all homebound seniors on our Holiday Wish list.

Between now and January 4, Subaru of America, Inc. will donate \$250 to local senior nutrition programs like ours for every new vehicle purchased or leased, when the customer chooses Meals on Wheels as their charity of choice.

Learn more at [www.mealsonwheelsamerica.org/sharethelove](http://www.mealsonwheelsamerica.org/sharethelove)

