



MEALS ON WHEELS

Newsletter

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

JULY 2019

JUNE TOTALS

DINING ROOMS

Meals served: 2482

New people: 28

Average donation: 0.78

HOME DELIVERY

Meals served: 6518

New people: 26

Average donation: 0.20



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.

Hello! Recently I've had some people ask me how many home delivery routes we have, where our kitchens are located and what kitchens prepare meals for which dining rooms. I thought I'd give a brief explanation to these great questions.

Home Delivery (HD) Routes (We have around 270 people on HD)

- 1.) Grandview/Mabton/Sunnyside/Outlook area– 7-day frozen meal deliveries on Mondays
- 2.) Granger/Zillah/Buena area– 7-day frozen meal deliveries on Mondays.
- 3.) NW Yakima area– 7-day frozen meal deliveries on Wednesdays.
- 4.) SE Yakima and Union Gap area– 7-day frozen meal deliveries on Wednesdays.
- 5.) North Yakima, Moxee, Terrace Heights area– 7-day frozen meal deliveries on Wednesdays
- 6.) West Valley, Cowiche, Tieton, Naches, Gled, Selah area– 7-day frozen meal deliveries on Thursdays.
- 7.) NW Yakima area: Hot meal deliveries on M/T/Th/F
- 8.) SE Yakima & Union Gap area: Hot meal deliveries on M/T/Th/F

+ 7 day frozen meals that are picked up in our office on Wednesdays and throughout the week at the dining rooms.

Kitchens:

1.) Henry Beauchamp Community Center (HBCC) cooks for SE HD Hot meal route, Union Gap Senior Center, The Salvation Army and HBCC.

Cook: Denise Sundberg

2.) Selah Civic Center cooks for NW HD Hot meal route, Harman and Selah Centers.

Cook: Imelda Hernandez

3.) Grandview Senior Center cooks for Sunnyside and Grandview senior centers.

Cook: Elizabeth Moran

All cooks also make HD frozen meals that are sent to people on our home delivery routes, they each cook around 200 meals per day M-F!

Lorena Fernandez,
Meals On Wheels Manager
(509) 426-2601

Summer Vegetable and Pasta Salad

3 Cups of Whole Wheat Pasta

1 Cup of Chopped Broccoli

1 Cup of Peeled & Diced Cucumbers

1 Cup of Sliced Summer Squash

3/4 Cup of Zesty Italian Salad Dressing

Directions: Cook pasta according to package directions. Rinse with cold water, place in large bowl. Add remaining ingredients and mix well. Refrigerate leftovers within 2 hours

Notes: Use any colorful veggies you have on hand such as cherry tomatoes, carrots, peas, onions, etc. You can also add protein such as chicken or garbanzo beans.

www.foodhero.org



Top 10 health benefits of garbanzo beans:

- 1.) Lowers Cholesterol:** Just 2 cups of chickpeas contain your entire daily value of dietary fiber. Better yet, they pack both soluble and insoluble fiber, the latter of which helps lower LDL cholesterol.
- 2.) Promotes Weight Loss:** Anyone who has gone on a diet knows that hunger pangs can weaken even the strongest willpower. The challenge is to lower your caloric intake without walking around with stomach always on your mind. Enter chickpeas. 1 cup contains just 269 calories, but half your daily value of fiber and 30% of your protein, both of which monitor the insulin that causes your body to store fat.
- 3.) Skin Protection:** Chickpeas are common in many warm and sunny climates, which is good news for those who eat them. That's because they act like a natural sunblock, with high levels of a nutrient called manganese. Just one cup of cooked chickpeas contain 85% of your daily value of the mineral, which functions as an antioxidant in skin cells.
- 4.) Immune Booster:** Folk wisdom suggests you reach for the vitamin C when you feel a cold coming on. Researchers are much more skeptical about the efficacy of fighting the common cold. They, however, almost unanimously endorse zinc. Zinc inhibits replication of rhinoviruses, the bugs responsible for cold. Chickpeas contain up to 23% of your daily zinc, as well as 64% of your daily copper requirements.
- 5.) Digestive Health:** Fiber helps keep your digestive system working. It is the part of plants that doesn't dissolve. That's why doctors suggest 40% of your diet come from fiber-rich foods, which definitely includes chickpeas.
- 6.) Regulates Blood Sugar:** Unfortunately, more and more people struggle with type 2 diabetes. If you are one of the millions of people across the world who need to regulate blood sugar, incorporate legumes like chickpeas into your diet. Doctors recommend starchy legumes and vegetables for their phytochemicals and fiber. Chickpeas digest slowly without spiking blood sugar and lower hemoglobin A1C levels.
- 7.) Energy Boost:** 1 cup of garbanzos contains 64% of your daily copper and 26% of your daily iron. These two minerals work together as a super team to keep you energized. Iron needs copper to blend with red blood cells and stave off anemia. Meanwhile, copper transfers energy from cars to cells and keeps you feeling full for longer.
- 8.) Build Muscle:** "You can't get enough protein on a vegetarian diet!" This fiction doesn't hold ground, as many vegetarian athletes and bodybuilders know. Proteins are made from 20 different amino acids, and its true that not all of them are found in plants. These amino acids provide the building blocks in muscle that allow for contraction. And when your muscle contracts, it grows. 1 cup of chickpeas contains 1/3 of your recommended protein value.
- 9.) Nervous System Health:** The protein in chickpeas also helps with nervous system health. Protein amino acids affect neurotransmitters in the brain and help them function properly.
- 10.) Important Antioxidant Effects:** Chickpeas are an important source of selenium, a mineral that supports liver enzyme function and detoxifies cancer-causing compounds from the body. Chickpeas are also a source of folate, which helps in formation of cancer preventing cells in the body.

<https://www.healthfitnessrevolution.com/top-10-health-benefits-chickpeas-garbanzo-beans/>



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.