



# MEALS ON WHEELS Newsletter

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

## OCTOBER 2019

### SEPTEMBER TOTALS

#### DINING ROOMS

Meals served: 2766

New people: 25

Average donation: 0.78

#### HOME DELIVERY

Meals served: 7113

New people: 36

Average donation: 0.26



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



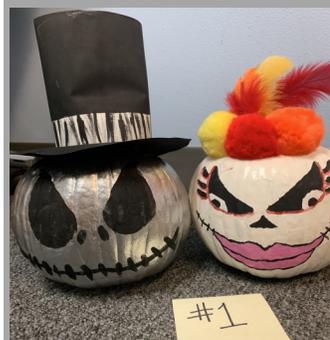
USDA is an equal opportunity provider, employer and lender. Basic Food is available to all regardless of race, color, national origin, sex, age, disability, region, or political belief.

### PUMPKIN DECORATING CONTEST

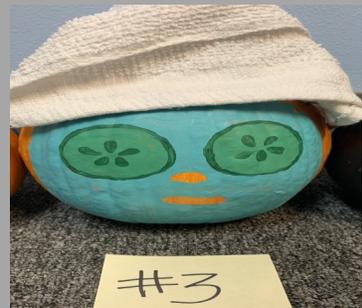
We recently had a contest between all 7 dining rooms. Each dining room decorated and sent in their winning pumpkin and PFP employees voted on the one they liked best, everyone did an awesome job.....AND THE WINNER IS #1!

**FIRST WINNER: #1 The Salvation Army**

**#3: Selah Civic Center**



**#2: Henry Beauchamp Community Center**



**SECOND WINNER  
#5: Grandview Senior Center**

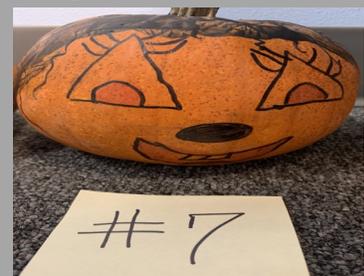


**#4: Union Gap Senior Center**

**#7: Sunnyside Senior Center**



**#6: Harman Senior Center**



### NOVEMBER CLOSURES:

- Monday 11/11 **CLOSED** in observance of Veteran's Day

- Thursday 11/28 and Friday 11/29 **CLOSED** in Observance of Thanksgiving



## Holiday Tips

It's the time of year where lots of holiday parties begin and lots of goodies are consumed. Although it's ok to splurge on some of your favorite foods that you don't usually eat year-round, it is good to be mindful of what and how much you consume. Below are some helpful tips to keep in mind while enjoying the holidays.

- **Bring a healthy dish.** If you are contributing to the meal, try to bring one healthy dish so that you can be sure there is one healthy option to choose from.
- **Skipping does not create balance.** You may think if you skip a meal then it will save calories to splurge later. Unfortunately, this can backfire and often cause someone to consume more calories from over eating. Try a filling snack like an apple or nuts to help curb your appetite.
- **Talk more, eat less.** It's easy to talk near the snack table. Try to catch up on life with friends and family away from the food so that you don't start mindless snacking while you visit.
- **Enjoy every bite.** Eating your favorite holiday treats once a year, in moderation, will likely not make or break your waistline. Try to eat slowly and savor every bite!
- **Splurge wisely.** When dinner is served, try to only choose foods that are your FAVORITE and skip foods that you would likely eat year-round.
- **Get moving.** During the holidays we tend to consume more calories than we would during other times in the year. Grab the family and take a walk together before or after meals to help burn some extra calories that were consumed.

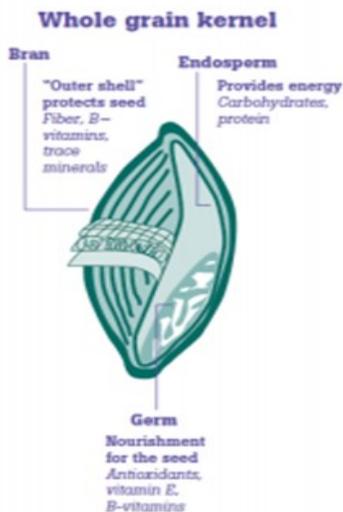


Cyndi Balk, MOW Registered Dietician

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

## Make Half of Your Grains Whole

Whole grains contain the entire grain kernel: the bran, germ, and endosperm.



### Some Examples of Whole Grains:

brown rice 

buckwheat 

bulgur (cracked wheat) 

oatmeal 

popcorn 

whole-wheat cereal 

muesli 

whole-grain barley 

whole-grain cornmeal 

whole rye 

whole-wheat bread 

whole-wheat crackers 

whole-wheat pasta 

whole-wheat sandwich buns and rolls 

whole-wheat tortillas 

wild rice 

whole cornmeal 

shredded wheat cereal 

### Whole Grain Tips— Check the ones you already do:

- Choose a whole grain, such as oatmeal, when you have hot cereal.
- Read the label on a cereal box to find the word "whole" listed with the first ingredient.
- For a change, try brown rice or whole-wheat pasta.
- When baking, substitute whole-wheat or oat flour for at least half of the flour in a recipe.
- Eat whole-grain crackers.
- Serve and eat whole grains every day with meals or as snacks. Popcorn, a whole grain, can be a healthy snack.