



# MEALS ON WHEELS Newsletter

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

## SEPTEMBER 2019

### AUGUST TOTALS

#### DINING ROOMS

Meals served: 3014

New people: 20

Average donation: 0.74

#### HOME DELIVERY

Meals served: 7054

New people: 33

Average donation: 0.24

**Did you see us at the Sunfair Parade on Saturday, September 21st? We had a lot of fun handing out Krispy treats and candy! We'd like to give a big THANK YOU to our volunteers: Josh, Abram and**

**Cheyenne, and our MOW team: Dave, Denise and Lorena who helped hand out treats.**



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.*

**As requested by numerous people here is our recipe for the Vegetable Noodle Casserole, enjoy!**

**Serves 14**

#### **Ingredients:**

- 1 can (10-3/4 ounces) low sodium condensed cream of chicken soup,
- 1 can (10-3/4 ounces) low sodium condensed cream of mushroom soup (can substitute with cream of broccoli),
- 1 cup low fat sour cream
- 1 cup shredded cheddar cheese, divided
- 1/2 teaspoon pepper
- 1 cup breadcrumbs (optional)
- 1 package (16 ounces) wide egg noodles, cooked and drained
- 1 package (16 ounces) frozen Normandy Blend veggies

#### **Directions**

1. Preheat oven to 350°. In a large bowl, combine soups, sour cream, 3/4 cup cheese and pepper. Stir in noodles and vegetables.
2. Pour into a greased 13x9-in. baking dish. Sprinkle with remaining cheese and breadcrumbs. Cover and bake 45-50 minutes or until heated through.

**Nutrition Facts:** 3/4 cup: 234 calories, 6g fat (3g saturated fat), 41mg cholesterol, 481mg sodium, 34g carbohydrate (4g sugars, 3g fiber), 10g protein.

## Pumpkin Season

Pumpkin season is here! It used to be that people would deck their houses out in all fall decorations. Although that still maybe be true for some, most people are filling their pantries with fall food favorites. I am sure you have all seen the stores rolling out something “pumpkin” the past month. Although pumpkin flavor has no benefits, actual pumpkin is packed full of nutrients. So, let’s take a closer look at pumpkins.

- It screams FALL!
- It's easy to cook/bake with (you crack open a can!) Just make sure that it's only pumpkin puree and not pumpkin pie filling. Yes, even I have made this mistake.
- It's shock full of vitamins and minerals (vitamins A, C, potassium, and more)
- It's tastes amazing with the right spices in it. It's so versatile you can make it a savory dish or a sweet dish
- It's full of FIBER. When it comes to nutrients, pumpkin contains more fiber than kale and is full of iron and heart-healthy magnesium.



Cyndi Balk, MOW Registered Dietician

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

### THAI CURRY PUMPKIN SOUP <https://www.healthyseasonalrecipes.com/15-minute-thai-pumpkin-soup/>

- 2 teaspoons coconut oil
- 3 cloves garlic, minced
- 2 teaspoons Thai red curry paste
- 2 cups vegetable broth such as Imagine No-chicken Broth
- 2 15-ounce cans pumpkin puree
- 1 14-ounce can light coconut milk
- 2 tablespoons pure maple syrup, dark or amber or brown sugar
- 2 tablespoons lime juice
- 1 ¼ teaspoon salt
- ¼ cup chopped cilantro
- ¼ cup chopped scallions



Washington Connection is a website offered by DSHS to assist people in applying for benefits. Washington Connection offers a fast and easy way for families and individuals to apply for a variety of services such as Food, Cash, Child Care, Long Term Care, and Medicare Savings Program.

Individuals that are age 65 or older, blind or disabled may also apply for medical assistance.

Go to <https://www.washingtonconnection.org/home/> and click “See If I Qualify” to get started.

**INSTRUCTIONS:** Heat oil in a large heavy-bottomed soup pot over medium-high heat. Add garlic, and cook, stirring until the garlic is fragrant but not starting to turn brown. Stir in curry paste until hot and then immediately add broth to stop the garlic from toasting too much. Add pumpkin, coconut milk, maple, lime juice and salt and whisk until smooth. Increase heat to high and bring to a simmer, stirring often. Serve hot garnished with cilantro and scallions. Serves 8

**NUTRITION: SERVING SIZE: 2 cups**

**CALORIES: 107**

**SUGAR: 8 g**

**SODIUM: 521 mg**

**FAT: 4 g**

**SATURATED FAT: 3 g**

**CARBOHYDRATES: 16 g**

**FIBER: 4 g**

**PROTEIN: 1 g**