



Meals-On-Wheels Newsletter

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

February 2017

JANUARY NUMBERS

DINING ROOMS

Meals served: 2699
New seniors : 29
Unduplicated YTD: 274
Average Donation: 0.68

HOME DELIVERY

Meals served: 4828
New seniors: 28
Unduplicated YTD: 208
Average Donation: 0.45

DID YOU HAVE THE HUMANA GOLD PLUS MEDICARE ADVANTAGE PLAN?

If so, your plan ended on 12/31/16. Because your plan cancelled on you, you have one-time special rights to replace your plan with either another Medicare Advantage Plan, or with a Part D and a Supplement (also known as a Medigap plan).

If you have not yet selected a plan, or you just have a Part D, you still have until 2/28/17 to select a replacement for Humana Gold Plus.

Call the RSVP/SHIBA office if you have questions or need help understanding your options. (509) 902-1114.

HOW TO UNDERSTAND AND USE THE NUTRITION FACTS LABEL

Sample Label for Macaroni and Cheese

1 Start Here → **Nutrition Facts**
Serving Size 1 cup (228g)
Servings Per Container 2

2 Check Calories **Amount Per Serving**
Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

3 Limit these Nutrients (Total Fat, Saturated Fat, Cholesterol, Sodium, Total Carbohydrate)

4 Get Enough of these Nutrients (Dietary Fiber, Protein, Vitamin A, Vitamin C, Calcium, Iron)

6 Quick Guide to % DV
• 5% or less is Low
• 20% or more is High

5 Footnote
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

- 1. The serving Size:** pay attention to the serving size, especially how many servings there are in the food package, then ask yourself “how many servings am I consuming?”
- 2. Calories (and calories from fat):** general guide to calories –40 is low –100 is moderate –400+ is high. The number of calories you consume determines the number of calories you actually eat..
- 3. Limit these Nutrients:** saturated fat, trans fat, cholesterol and sodium may increase your risk of certain chronic diseases like heart disease, some cancers, or high blood pressure. Keep your intake as low as possible.
- 4. Get enough of these Nutrients:** eating enough can improve your health and help reduce the risk of some of the previous discussed diseases and conditions.
- 5. Understanding the Footnote on the bottom of the nutrition facts label:** %DVs are based on a 2,000 calorie diet. This statement must be used on all food labels.



Grandview Senior Center Highlight

The dining room manager for the center is Elizabeth Moran, she's been working for MOW for 21 years. These are some of the activities the center offers to members; Mon: Pinochle 4:30– 6 p.m., Tue: Foot Care 8 a.m.-1 p.m., Wed: Senior Club meeting Thu: TOPS (Take Off Pounds Sensibly) 9:30– 10:30 a.m. & Bingo 10:30 –11:30 a.m.....

for more information please contact the center at (509) 882-9219. Meals are served Mon/Tue/Thur/Fri at 11:30 a.m.



Get more healthy food for you
and your family with

THE BASIC FOOD PROGRAM



WHAT IS BASIC FOOD?

Basic Food (formerly known as Food Stamps) is a USDA program that helps people make ends meet and improve their diet.

Questions about eligibility?

Ready to apply? Just call 2-1-1
or (877) 211-5445 for free
from any phone!

Increase your access to
healthy food today!

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



Lorena Fernandez

Meals-On-Wheels Manager (509) 426-2602

We're very excited for the events coming up in the next few months:

March: March For Meals-inviting local officials to serve meals at all dining rooms.

April: Volunteer Appreciation Luncheon

May: Senior Dinner & Dance and raffle winner announcement.



A big THANK YOU to everyone that helped with the Chipotle Fundraiser! We're now working on collecting donations for our annual raffle fundraiser. We can't wait for Spring to get here, we're tired of all this snow and ice and I'm sure you are too!