



# Meals-On-Wheels Newsletter

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

**JULY 2017**

**JUNE NUMBERS**

### **DINING ROOMS**

Meals served: 2751

New seniors : 29

Unduplicated YTD: 495

Average Donation: 0.99

### **HOME DELIVERY**

Meals served: 5141

New seniors: 8

Unduplicated YTD: 319

Average Donation: 0.47

*People of all ages need protein for strong, healthy bodies. Some older adults do not get the protein they need to maintain muscle mass, fight infection and recover from an accident or surgery. Here are a few tasty tips to pump up your protein intake:*

**Enjoy More Beans.** Add canned beans to salads, soups, rice dishes and casseroles.

**Make Your Crackers Count.** Spread peanut butter on your crackers and eat them along side soup, chili or salad.

**Pump Up Your Eggs.** Mix grated, low-fat cheese or extra whites into scrambled eggs.

**Cook with Milk.** Use fat-free or low-fat milk rather than water to make soup or oatmeal and add dry milk powder into fluid milk, cream soups and mashed potatoes.

## **Healthy Weights for Healthy Older Adults**

Men and women are living longer, enjoying energetic and active lifestyles well into their 80s and 90s. Study after study confirms eating well and being active can make a dramatic difference in the quality of life for older adults.

You are never too old to enjoy the benefits of improved nutrition and fitness. With nutrient-rich foods and activities with friends, you can feel an immediate difference in your strength, energy levels and enjoyment of life. In fact, as we get older, our food and activity choices become even more important to our health.

### *More Nutrients, Fewer Calories*

- As adults age, they need fewer total calories, but more nutrients, especially protein, B-vitamins and calcium. In terms of nutrition, you need to focus on quality not quantity. All your food choices, for every food group, need to be power-packed with more nutrients per calorie. For both optimal physical and mental health, older adults truly need to make every calorie count. For a healthy eating plan, choose foods from all the My Plate food groups.
- Retired people on limited incomes may have trouble buying enough nutrient-rich foods to meet all their nutritional needs. If this is a problem for you or someone you love, explore the options for senior meal sites, meals-on-wheels or supplemental nutrition assistance programs in your community.
- The golden years are definitely not the time for extreme diets or drastic weight loss. Your goal should be to eat better while eating less. Fad diets frequently eliminate entire food groups, which can lead to serious nutrient gaps. Rapid weight loss often leads to a loss of lean body mass, exactly the opposite of what older people need for good health.
- Aim for a stable weight as you get older. If you want to lose a few pounds, talk to your health provider or a registered dietitian nutritionist about the best plan for you. The right balance of foods and activities could help you lose a little fat, while maintaining strong muscles and bones.

<http://www.eatright.org/resource/food/nutrition/dietary-guidelines>

## Baked Berry Oatmeal

**\*2 cups old fashioned rolled oats**

**\*1 teaspoon cinnamon**

**\*2 eggs**

**\*1½ teaspoons vanilla**

**\*4 teaspoons butter or margarine, melted**

**\*¼ cup walnuts, chopped (optional)**

**\*1 teaspoon baking powder**

**\*¼ teaspoon salt**

**\*½ cup brown sugar**

**\*cups nonfat or 1% milk**

**\*2 cups cane berries, fresh or frozen**

**(raspberries, blackberries, marion berries)**

**Directions: 1. Preheat oven to 375 degrees. 2. In a medium bowl, mix together the oats, baking powder, cinnamon, and salt. 3. In a separate bowl, beat the eggs until blended; stir in brown sugar, vanilla, milk and melted butter. 4. Pour the wet ingredients into the dry ingredients and stir until well combined. 5. Add the berries and stir lightly to evenly distribute. Pour mixture into 2-quart baking dish. Sprinkle with chopped nuts if desired. 6. Bake for 20-30 minutes or until the top is golden brown. 7. Refrigerate leftovers within 2 hours. Makes about 6 cups Prep time: 15 minutes Cook time: 30 minutes**

## Summer Squash: Zucchini, Yellow Straightneck or Crookneck, Pattypan and Chayote

### Selection & Preparation

- ◆ Choose squash that are on the small side (unless you plan to stuff them), crisp and free of soft spots or wrinkled skin.
- ◆ One half pound makes about 1 1/2 cups of slices, serving about 2.
- ◆ Store in the refrigerator. Best if used within one week.
- ◆ Wash well. Do not peel, just cut off ends.
- ◆ Can be eaten raw or cooked.
- ◆ Slice raw and add to salads or as part of a cold vegetable platter.
- ◆ Steaming is a easy way to cook summer squash. Place slices in a pan with a small amount of water and cook for 5-8 minutes.



### Nutrition Facts

Serving Size: 1/2 cup sliced (any type)

Amount Per Serving

Calories 10

	% Daily Value
<b>Total Fat 0 g</b>	<b>0%</b>
Saturated Fat 0 g	0%
<b>Sodium 1 mg</b>	<b>0%</b>
<b>Total Carbohydrate 2 g</b>	<b>1%</b>
Dietary Fiber 1 g	4%
Sugars 1 g	
<b>Protein 1 g</b>	
Vitamin A	2%
Vitamin C	15%
Calcium	2%
Iron	2%
Folate 15 mcg	4%
Potassium 110 mg	
Magnesium 13 mg	

### Key Nutrients

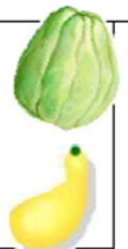
- ❖ **Vitamin C** - supports healthy gums, skin and blood.
- ❖ **Potassium** - to maintain a normal blood pressure.
- ❖ **Folate** - for healthy blood and research suggests that folate promotes a healthy heart and blood vessels.

### Cheesy Squash Casserole



- 1 1/2 cups chopped summer squash (any type)
  - 1/2 cup cracker crumbs
  - 1/2 cup shredded cheese
  - 1 tablespoon butter or margarine, melted
  - 2 tablespoons chopped onion
  - 1 egg, beaten
1. Combine all ingredients and mix well.
  2. Put in a greased baking dish, cover and bake at 350 degrees for 35-40 minutes or until done.

*Makes 2 - 3 Servings*



Lorena Fernandez  
Meals-On-Wheels Manager

*Thank you to everyone that attended the Chipotle Fundraiser on July 20th! All 845 vouchers have been disbursed, we are now preparing for the ALTC monitoring in August. Just a reminder that we're still looking for site representatives for Selah, Grandview and Sunnyside We meet once per quarter, if you're interested please call me at (509) 426-2602.*