



# Meals-On-Wheels Newsletter

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

**JUNE 2017**

MAY NUMBERS

## DINING ROOMS

Meals served: 2956  
New seniors : 51  
Unduplicated YTD: 467  
Average Donation: 0.88

## HOME DELIVERY

Meals served: 5291  
New seniors: 38  
Unduplicated YTD: 311  
Average Donation: 0.37

**WE ARE STILL ACCEPTING APPLICATIONS FOR THE Senior Farmers Market Vouchers for those that haven't received any in 2017.**

To be eligible you must meet all of the following:

- 1.) Be 60 years old or older (or 55+ if Native American and/or Alaska Native)
- 2.) Household monthly income must be below:  
\$1,859 for 1 person or  
\$2,504 for 2 people (add \$644 for each additional person)
- 3.) Resident of WA State and live in Yakima County (outside of Yakama Reservation)

Applications are available at:  
MOW office, People For People office, all of our dining rooms and on our website @:  
[www.mealsonwheelsyakima.com](http://www.mealsonwheelsyakima.com)

## **Strawberry Basics**

*Strawberries are an excellent source of vitamin C that helps our bodies heal.*

- For best flavor and texture, plan to eat or freeze strawberries very soon after picking.
- To store for 1 to 3 days, refrigerate without washing or removing the green cap.
- Keeping the berries dry helps delay spoilage.
- Wash strawberries under cool running water just before serving. Drain. Remove caps by twisting or cutting them off.
- For longer storage, freeze cleaned, whole berries on a baking sheet. When firm, transfer to a freezer bag or container. Label and date. Use within a year for best quality.



## **Store Well/Waste Less**

Choose shiny, firm strawberries with a bright red color. Berries at room temperature should smell like strawberries. attached green caps help berries stay fresh longer.

Choose local berries when possible. They may be riper and more flavorful. Peak season is May, June and July. Smaller amounts are also available through September.

Avoid dull, shriveled, mushy or moldy berries. Size of the berry doesn't matter. Small berries can have great flavor.

Frozen berries may be a good choice for best flavor when strawberries are not in season. Look for those with no sugar added.



[www.foodhero.org/monthly-magazine](http://www.foodhero.org/monthly-magazine)

# Cooking with Strawberries [www.foodhero.org](http://www.foodhero.org)

## Strawberry Salsa

### Ingredients:

- 1 1/2 cups fresh strawberries, chopped small
- 1/2 jalapeno pepper, minced
- 1/4 cup onion, minced
- 2 Tablespoons cilantro, finely chopped
- 1 1/2 teaspoons lime juice

### Directions:

1. Mix all ingredients together in a bowl.
2. Flavors will blend if refrigerated for 30 minutes before serving.
3. Refrigerate leftovers within 2 hours.

Makes 2 cups

## Banana Berry Smoothie

### Ingredients:

- 1 cup sliced banana (1 medium banana)
- 1 cup frozen strawberries (unsweetened)
- 1 cup nonfat or low-fat (1%) milk
- 1 cup orange juice

### Directions:

1. Place all ingredients in a blender.
2. Blend until smooth. If too thick, add a more before serving small amount of cold water and blend again.
3. Refrigerate leftovers within 2 hours.

Makes 4 cups

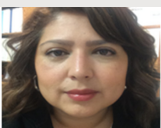
# CAUSE AN EFFECT



Make dinner a selfless act by joining us for a fundraiser to support People For People Meals-On-Wheels. Come in to the Chipotle at **1905 South First Street Ste 102** in Yakima on **Thursday, July 20th** between **4:00pm** and **10:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 50% of the proceeds will be donated to People For People Meals-On-Wheels.



If placing an order online during your fundraiser, please note you must choose the pay in-store option and inform our cashier of your participation before paying. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.



Lorena Fernandez  
Meals-On-Wheels Manager

*Please let your friends and family about our next fundraiser at Chipotle. We will be closed July 3rd and 4th in observance of Independence Day, we wish you all a Happy and Safe 4th. THANK YOU to our veterans who have made sacrifices for our country and our freedom.*