



Meals-On-Wheels Newsletter

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

MARCH 2017

Food Safety for Home Delivered Meals

FEBRUARY NUMBERS

Hot or cold ready-prepared meals are perishable and can cause illness when mishandled. Proper handling is essential to ensure the food is safe to eat.

DINING ROOMS

The “Danger Zone”

Meals served: 2370
New seniors : 15
Unduplicated YTD: 336
Average Donation: 0.95

Leaving food out too long at room temperature can cause bacteria (such as *Staphylococcus aureus*, *Salmonella*, *E.Coli*, and *Campylobacter*) to grow to dangerous levels that can cause illness. Bacteria grow most rapidly in the range of temperatures between 40 °F and 140 °F, doubling in number in as little as 20 minutes.

HOME DELIVERY

Meals served: 4201
New seniors: 14
Unduplicated YTD: 219
Average Donation: 0.35

This range of temperatures is often called the “Danger Zone.” Perishable foods left at room temperature for more than two hours should be discarded. If temperatures are above 90 °F perishable foods should not be left out longer than one hour.

Discard food after one hour if the temperature is above 90 °F.

Refrigerate delivered meals if you don’t plan to eat them immediately. You can reheat them when you are ready to eat. Follow these steps to refrigerate delivered meals:

REFRIGERATOR STORAGE AT 40 °F OR BELOW

Cooked meat or poultry	3 to 4 days
Pizza	3 to 4 days
Luncheon meats	3 to 5 days
Egg, tuna, and macaroni salads	3 to 5 days

- Store food in a refrigerator at 40 °F or below
- Divide food or cut into smaller portions.
- Use shallow containers to store food.
- Remove any stuffing from whole cooked poultry before refrigerating.

Foods delivered cold should be eaten within 2 hours or refrigerated or frozen for eating at another time.

Reheating

FREEZER STORAGE AT 0 °F OR BELOW

Cooked meat or poultry	2 to 6 months
Pizza	1 to 2 months
Luncheon meats	1 to 2 months

- Reheat food to 165 °F using a food thermometer. Bring soup or gravy to a rolling boil.
- If using a microwave oven to reheat food, cover food and rotate the dish so that food heats evenly. This prevents any “cold spots” from harboring bacteria. Allow standing time. Consult your owner’s manual for complete instructions. Heat food until it reaches at least 165 °F throughout.

-www.foodsafety.gov.risk/olderadults



Home Deliver (HD) Driver

The driver for one of the HD routes is Dave Burke. He's been working for MOW for 4 years and enjoys delivering meals to homebound seniors while providing a safety check.

On Monday March 20th Dave had just delivered lunch to a senior who was waiting for him on his porch, as he was walking away the senior fell to the ground and stopped breathing. Dave called 911 and did CPR until the ambulance got there. Although he was shaken up from this experience he finished delivering meals and made sure that the rest of the seniors on the route were safe. Thank you Dave for your hard work!



FREE Oral Health Screening for Adults Ages 65 and Older

Grandview Senior Center

(812 Wallace Drive, Grandview)

May 16th, 2017

9 a.m. – 1 p.m.

To sign up call

(509) 426-2601

or Toll Free

(855) 426-2601

Would you like a \$20 gift card? Sign-up today for a free oral screening.

Receive a thorough screening of your teeth, gums, and/or dentures.

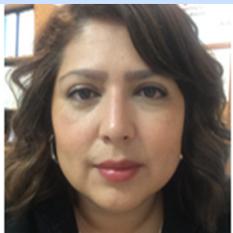
- 1 Sign-up for the screening (conducted by a Registered Dental Hygienist)
- 2 Come to the center for your private oral screening
- 3 Complete a short survey

TAKE HOME

- 1 Dental care supplies
- 2 \$20 gift card
- 3 List of local dentists

Washington Dental Service Foundation

Community Advocates for Oral Health



Lorena Fernandez

Meals-On-Wheels Manager

Thank you to all of our elected officials who came out to serve meals:
Union Gap: Mayor Roger Wentz, City Council Julie Schilling and Dave Butler
Selah: Council Russell Carlson **Sunnyside:** Don Day, City Manager
Yakima: Cathy Coffee and City Council Holly Cousens.
Grandview: Mayor Norm Childress, City Council Joan Souders, Gloria Mendoza, Dennis McDonald, Bill Moore, Gaylord Brewer, Javier Rodriguez and Mike Everett.

Friendly reminder that we'll be starting to sell raffle tickets to benefit the program in April, tickets can be purchased at our office in Union Gap (1008 W Ahtanum Rd. Ste 3) or the People For People office in Yakima (302 W Lincoln Ave).