

# NUTRITION

Notes



Senior Services  
OF WICHITA

April, 2016

Published monthly for the clients of Meals on Wheels and Roving Pantry

## What Happened To The Meal On March 2nd?

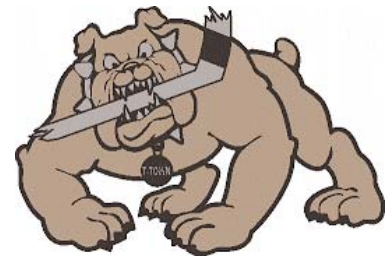
We apologize for any inconvenience caused by our inability to deliver meals on Wednesday, March 2nd. Many meal clients called us; however, some of you probably do not know why meals were not delivered. Late in the afternoon March 1st our large walk-in refrigerator quit working. It took a number of repairmen quite a while to determine that the compressor went out from what they believe was an electrical power surge. They couldn't get the part until around noon on the 2nd. Consequently, we had to reorder the cold items for the meals.

Television stations were asked to run a meal cancellation notice on the 1st. Since we are unable to call 950 people, we always try to notify you through television or radio.

When the meal program is unable to deliver, you should eat the nonperishable food supply we send out for emergencies. Another one day nonperishable food supply will be sent to replace the one you used on the 2nd. Please save this food supply (marked emergency meal) for the next time we are unable to deliver due to dangerous weather or any other emergency.

## Dog Issues

Who let the dogs out?  
Everyone tends to let their dogs out



more during spring and summer. However, this can present problems during meal delivery between 10 am to 1 pm. We have heard from many volunteers recently who were frightened by a dog running out the door or through the yard towards them. When we recruit volunteers, we tell them that they will not have contact with clients' pets since many volunteers don't own a pet, can't chase down an animal and they are particularly concerned about being bitten by a dog. If a dog bites a delivery person, we are required to turn this over to animal control. The City of Wichita Police Department Animal Control Section states that the law defines an animal bite as an actual or suspected abrasion, scratch, puncture, tear, bruise, or piercing of the skin caused by an animal. Your animal will be quarantined either at home, at a veterinarian or Wichita Animal Control. You could have to pay a fee or a fine.

For the safety and protection of your pet (even friendly ones), please keep them away from the door or delivery person. In addition, remember it is required by law to keep rabies shots for your animals current and to obtain a city license yearly.

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# Healthy Eating Dietary Guidelines

By Diane Greenleaf-Kisner, MS, RDN, LD, CDE

We all hear about healthy eating and know we should eat healthy but have you ever wondered where we get these guidelines on what we should eat to be healthy?

Starting in 1980, the U.S. Department of Agriculture and Health and Human Services developed the first Dietary Guidelines. The goal is to make recommendations about the components of a healthy and nutritionally adequate diet to help promote health and prevent chronic disease for current and future generations. These guidelines are revised every 5 years to incorporate the latest research and developments for healthy eating. These advancements have provided a greater understanding of the importance of healthy eating patterns as a whole. Therefore, healthy eating patterns is a focus of the 2015-2020 Dietary Guidelines.

What are the 2015-2020 Dietary Guidelines?

A healthy eating pattern within an appropriate calorie level includes:

- A variety of vegetables from all of the subgroups - dark green, red and orange, legumes (beans and peas), starchy and other
- Fruits, especially whole fruits
- Grains, at least half of them are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds and soy products
- Oils
- Limit saturated fats and trans fats, added sugars, and sodium

The Dietary Guidelines recommendations focuses more on types of fats instead of cholesterol. Saturated fats should be limited and replaced with unsaturated fats. Saturated fats are associated with an increased risk in cardiovascular disease. Saturated fats include butter, sour cream, cream cheese, bacon, lard, whole milk and other dairy products, and fatty meats. Unsaturated fats include nuts, peanut

butter, other nut butters, avocados, olives, olive oil, canola oil, peanut oil, vegetable oils, fish, salad dressings and margarine. To decrease saturated fats - limit bacon or sausage to 1-2 times/week, choose peanut butter over cream cheese, buy low fat or skim milk, use olive oil, canola oil or vegetable oil instead of shortening or butter when cooking.



Sodium should be limited to less than 2,300 milligrams per day or lower if recommended by your health professional. Meals on Wheels meals are less than 1,200 milligrams of sodium.

To lower sodium:

- Choose frozen or fresh vegetables
- If you use canned vegetables or beans, rinsing them can decrease the sodium by 25%
- Don't add salt to your foods
- Season with pepper, Mrs. Dash, garlic powder (instead of garlic salt), onion powder (instead of onion salt)
- If one meal is high in sodium, the other meals and snacks should be lower in sodium
- Add more fruits and lower salt vegetables to meals and snacks

Limiting added sugars is emphasized more with the new Dietary Guidelines. Research is finding out more about the negative effects of sugar on our body. Decrease the sugar you put in your coffee, tea, or cereal, try fruit or a sugar substitute instead. Limit candy, cookies and desserts and work to use fruit as a go to dessert.

Healthy eating is a process; make small changes at a time.

## Incontinence Supplies

A donation of a variety of incontinence supplies like pads, briefs and belted shields arrived recently. The supply is limited and the sizes are varied. If you use these items and would like to be added to the distribution list, call 267-0122. We will determine if we can meet your need.

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## It's Tax Time!

Please encourage everyone who files a Kansas Income Tax Form to support meal programs by contributing \$1.00 or more on line 37 on the K-40 Form. This line is titled Senior Citizens Meals on Wheels Contribution Program and this program helps fund our Meals on Wheels program. Every dollar goes to help meal programs.

## Homestead Property Tax Refund

This refund is a rebate of a portion of the property taxes paid by homeowners. The maximum refund is \$700.00. Only one claim can be filed per household. The refund is not available for renters.

### To qualify:

You must have been a Kansas resident for all of 2015 who owned and occupied a house or mobile home. Have a total household income of \$34,000 or less, and you

- were born before January 1, 1960  
OR
- you were blind or totally and permanently disabled all of 2015  
OR
- you have a dependent child who lived with you all of 2015 and who was under the age of 18 all of 2015 and born before January 1, 2015.  
OR
- you are a disabled veteran (50% or more disability), or the surviving spouse (who has not remarried) of a disabled veteran, or the surviving spouse of an active duty military personnel who died in the line of duty and not remarried.

To claim this refund you must complete form K-40H. The K-40H form filing deadline is April 15, 2016. (Source: KSRevenue.org)

## Search your recipes!

Would you like to see your favorite recipe served by Meals on Wheels? Please use our self-addressed envelopes to send in your favorite recipes to Meals on Wheels for consideration. We are always looking for new menu items!

## National Volunteer Week:

### April 10-16

The meal program relies on volunteers to deliver your meals. Without them we would not be able to transport 950 meals every weekday. Please take a moment during National Volunteer Week to thank your volunteers for their service.

## Weekend Meals

There are currently a limited number of openings for weekend meal service. Meal service 7 days a week is reserved for clients who have the greatest difficulty preparing meals and those who don't have any family support. This service is limited to approximately 50 people. If you believe you have a need for meals 7 days a week, call 267-0122 to discuss this possibility with your caseworker.

## Via Christi HOPE

If you are a member of the PACE program called Via Christi HOPE or if you are joining the program, your Meals on Wheels service could change. Please call Meals on Wheels at 267-0122 to discuss these changes.

## Memorials

June Ast  
Tuy Le Tran  
Anita Kling  
Billy Bobo  
A. E. Poole  
Daniel L. Schuster  
Virginia Stuever  
Hazel Hale  
Sherril "Sherry" Rush

## We Listen To Your Comments!

Call us any time at 267-0122 with suggestions for improving Meals on Wheels. You can also mark your comments on your menus and return them.

Meals are delivered between 10 a.m. - 1:00 p.m.  
Please be home or call 267-0122.

Suggested donation:  
 \$10.00 monthly

## April, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
New items are underlined on the menu.				1 Chicken Tacos Lettuce/Tomato/ Salsa Mexicali Corn Tropical Fruit Brownie
4 Spaghetti Pie Seasoned Peas Tossed Salad with Dressing Peaches & Cream	5 BBQ Pulled Pork on Bun Ranch Style Beans Coleslaw Apples & Raisins	6 Chicken Stew Broccoli Biscuit Fruited Jello	7 <u>Salmon Noodle Casserole</u> Coined Carrots Tropical Fruit Oatmeal Cookie	8 Beef Patty with Brown Gravy Scalloped Potatoes Green Beans Bread Pears
11 Chicken with Mushroom Gravy Rice Pilaf Seasoned Broccoli Dinner Roll Mandarin Oranges	12 Ham & Beans Seasoned Spinach Corn Muffin Pineapple Tidbits	13 Meatloaf Mashed Potatoes with Gravy Carrots Wheat Roll Strawberry Cup	14 Stuffed Peppers Seasoned Corn Mini Croissant Apricots	15 <u>Crustless Veggie Mini Quiche</u> Roasted Potatoes <u>Creamy Crunchy Pea Salad</u> Muffin Fresh Fruit Cup
18 Roast Turkey with Cranberry Sauce Sweet Potatoes Green Beans Hearty Wheat Roll Rosy Applesauce	19 Southwest Chicken Steamed Broccoli Muffin Spring Fruit Mix	20 Breaded Fish Filet Roasted Potatoes Vegetable Blend Fruit Cocktail Dinner Roll	21 Ham & Swiss Mac & Cheese Casserole Cauliflower Tossed Salad with Dressing Hot Fruit Compote	22 Sloppy Joe on Bun Baked Beans Potato Wedges Carrot/Raisin Salad Sugar Cookie
25 Cheese Stuffed Shells Italian Vegetables Tossed Salad with Dressing Warm Fruit Cobbler Garlic Biscuit	26 Sweet & Sour Meatballs Seasoned Noodles Oriental Vegetables Mandarin Oranges Fortune Cookie	27 Pork Roast Scalloped Potatoes Vegetable Blend Wheat Dinner Roll Tropical Fruit	28 Baked Chicken Wild Rice Blend Capri Vegetables Fruited Jello Muffin	29 Hamburger on Bun Oven Fried Potatoes Tossed Romaine Salad & Dressing Cinnamon Apples

IF YOU DO NOT EAT YOUR MEAL WHEN IT ARRIVES-----REFRIGERATE IMMEDIATELY