

NUTRITION Notes



July 2017

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



Happy 4th of July!

The Meals on Wheels kitchen and office will be closed:

Monday, July 3rd & Tuesday, July 4th

On June 27th and 28th we sent the shelf stable meals for these holidays.

Food Poisoning: Summertime Issues

Ten years ago, the US Centers for Disease Control estimated that more than 76 million cases of foodborne illness occur in the United States yearly. The estimates are even higher now. There are several foods that are particularly dangerous during the summer.

Unwashed: leafy green salads, tomatoes, melons

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Dog Bites

Another volunteer was bitten this past week when a small dog pushed past their owner to get out the door.

What happens if your animal bites or scratches a delivery person? The Meal program has to report the scratch or bite to Animal Control even if the volunteer doesn't want us to do this. To prevent this from happening to your dog, please keep them contained away from your door during meal delivery (10 am until your meal arrives).

- All reported animal bites in Wichita are investigated by Wichita Police Department personnel at Animal Control.

- They will need information on your animal's vaccinations. The City of Wichita requires annual rabies vaccinations and yearly licensing of all dogs by pet owners. In Wichita and Sedgwick County all cats must also be vaccinated.

- Your animal will be quarantined which is a period of observation, either at home or at an approved location. This means that the animal suspected of a bite or scratch can be watched to determine if there is any danger of the animal transmitting the rabies virus. The quarantine period for most animals is 10 days from the date the exposure occurred.



Vitamin D: The New “Must Have” Vitamin

By Glenna Harrison, RDN, LD

Vitamin D (also known as cholecalciferol) is needed to aid the absorption of calcium and phosphorus to make strong bones. It is also a hormone as it can be converted to the active form in the skin when a person is in sunlight. The kidneys and liver are involved in changing the Vitamin D into an active form. Fifteen minutes in sunlight daily could provide you with the needed Vitamin D, however it's not always possible to get that 15 minutes of sunlight—and that's without any sunscreen protection over SPF 8.

Besides strong bones, we know that tissues in the brain, pancreas, and pituitary gland appear to be influenced by Vitamin D. More interestingly, the vitamin D hormone is capable of influencing development in some cancer cells, such as skin, bone, and breast cancer cells. Vitamin D also controls the growth of the parathyroid gland, aids in the function of the immune system, and contributes to skin cell development.

The deficiency for Vitamin D is rickets, poorly formed leg bones, large head, joints, and rib cage and a deformed pelvis. Another deficiency is osteomalacia or poorly-formed bones. Osteomalacia is more likely to occur in persons with kidney, stomach, gallbladder, cirrhosis of the liver, or intestinal disease when some of the intestine has been removed.

Milk, yogurt, and some ready-to-eat breakfast cereals are fortified with vitamin D to aid in meeting the dietary requirement. Other sources include fatty fish such as sardines, tuna, salmon, and small amounts in eggs, butter and liver.

In general, it's a little difficult to be sure that you get enough Vitamin D daily. Supplements come in D2 and D3 forms. D3 is the form to purchase and doctors usually recommend 1,000 IU per day. The Upper Level intake for vitamin D is 2,000 IU per day. Vitamin D is a fat-soluble vitamin and can be stored in the body. Very high amounts could be toxic and lead to kidney stones, vomiting, constipation, weakness, and confusion.

Has your doctor checked your Vitamin D level lately?



Call To Cancel When You Will Not Be Home

Meals on Wheels is reimbursed only for meals delivered to people who qualify. If you are in the hospital or anywhere else between 10 a.m. and 1 p.m., please call our office. When a family member, spouse or anyone else eats your meal, our meal program might have to bill for this meal as we can't bill our funding source.

Special Occasion & Memorial Gifts

Donations given in memory or in honor of someone special are a wonderful tribute.

When you give a donation to Meals on Wheels, a card is sent to the person you are recognizing or to the family of someone being remembered. The amount of the gift is not mentioned. Donations in any amount are appreciated.

Memorials in June:
Carl "Al" Erickson

Gift in Honor of:
Robert and Dorothy Bobbit

Food Poisoning: Summertime Issues

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These foods when not kept cold enough:

potato salad, macaroni salad, deviled eggs

Additional foods: burgers, raw sprouts, oysters, chicken, homemade ice cream and homemade Caesar dressing

Most of the above foods are on this list because they are not cooked to the proper temperature or held at the proper temperature. Leaving perishable food out in warm weather allows bacteria to flourish which can make you sick. Bacteria grow best between 40 and 140 degrees. Most food will only be safe on the table for two hours. If the air temperature is over 90 degrees, food becomes unsafe after only one hour. Once leftovers have been on the table that long, don't keep them -- throw them away.

More food safety tips to follow this summer:

- Remember to make sure hot and cold foods are kept separated, and raw meats are separated from cooked or ready-to-serve foods.
- Keep cold foods cold (in a refrigerator) until they are served. This is also true for salad, pasta salad and potato salad. Contrary to common belief, mayonnaise is not the culprit that causes spoilage. The bacteria prefer the eggs, potatoes or other ingredients. Serve only the amount of salad that will be consumed within one hour.
- Fresh fruits with thick coverings, such as watermelons and apples, will keep for several days at room temperature. Once they are cut, treat them like other perishable foods. If they are not eaten within one to two hours, discard them.
- Casseroles should be cooked to an internal temperature of 165 degrees and held at 140 degrees.
- Hot fried chicken should be served and eaten within one or two hours after cooking or purchasing. Cold fried chicken needs to be kept below 40 degrees until it is served, just like other cold foods.
- Rare beef can be cooked to 140 degrees, however, hamburgers should always be cooked to 165 degrees. Ground meat has more surface area than steaks or chops and should always

be cooked to a higher temperature. Poultry should be cooked to an internal temperature of 160 degrees.

- Hot dogs and other pre-cooked meats should be cooked/grilled to 165 degrees. Bring a meat thermometer along to test as you cook.
- Cookies, breads, rolls and crackers can safely be kept at any temperature; just keep them covered for freshness.

Want to Save Money on Your Electric Bill?

- Turn off everything not in use — lights, computers, etc.
- Many electrical devices such as DVD players, TVs, computers and phone or game chargers, can't be switched off completely (they consume electricity) without unplugging them or turning off a power strip.
- Computers should be shut down when not used for 2 hours or longer. Otherwise, use the "sleep" or "energy saver" mode. Screen savers don't save energy and can prevent your computer from going into "energy saver" mode.
- Increase daytime thermostat in the summer, even one degree helps.
- Install a programmable thermostat and program it to increase temperatures at night or when you are away. It takes the same amount of time for the temperature to reach 70 degrees whether the thermostat is set at 70 degrees or at 90 degrees.
- It will feel cooler when fans move the air. Remember to turn them off when the room is unoccupied to save energy.
- Inspect, clean or change furnace filters once a month.
- Routine cleaning/maintenance on the air conditioner can reduce operating costs.
- Replace incandescent light bulbs with CFLs or LEDs. Efficient lighting uses a fraction of the energy and lasts longer. Leaving an incandescent light on actually uses more energy than turning it off and on as needed. Turning CFLs on and off frequently can shorten the life of the bulb.
- Keep light fixtures clean. Dust can obstruct light output by as much as 25%.

-Westar Energy

(continued next month)

Meals are delivered between 10 a.m.-1:00 p.m.

Suggested donation:
\$10.00 monthly

JULY, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>HOLIDAY</p> <p>Shelf-stable food was provided.</p>	<p>4</p>  <p>HOLIDAY</p> <p>Shelf-stable food was provided.</p>	<p>5</p> <p>Cheeseburger on Bun Steak Fries <u>Pinto Bean Casserole</u> <u>Cherry-Berry Cobbler</u></p>	<p>6</p> <p>Teriyaki Chicken Wild Rice Broccoli Hawaiian Sweet Roll Apricots</p>	<p>7 Cold Meal</p> <p>Turkey & Cheese on Croissant Frito Chips Lettuce & Tomato Veg. Pasta Salad Strawberry Applesauce</p>
<p>10</p> <p>Spaghetti & Meatballs Green Beans Garlic Roll Pears</p>	<p>11</p> <p>Chicken Strips Twice Baked Potato Cauliflower & Cheese Sauce Apple Slices</p>	<p>12</p> <p><u>Ground Turkey Taco Burrito</u> Corn Salad Mexican Pasta Pineapple Fluff Sour Cream Packet</p>	<p>13 Cold Meal</p> <p>Ham Salad Sandwich Low Salt Chips Peaches Carrot Raisin Salad Brownie</p>	<p>14</p> <p>Roast Beef Mashed Potatoes & Gravy Wax Beans Dinner Roll Plums</p>
<p>17 Cold Meal</p> <p>Turkey/Egg Chef Salad Pea Salad Grapes Rice Krispy Treat</p>	<p>18</p> <p>Beef & Noodles Calico Corn Roll Butterscotch Pudding</p>	<p>19</p> <p><u>Root Beer Pulled Pork Bun</u> Glazed Carrots Baked Beans "Cherry Pie" Fruit Salad</p>	<p>20 Cold Meal</p> <p><u>Chow Mein Tuna Salad</u> Cucumber Dill-Salad Bread Melons</p>	<p>21</p> <p>Cheese Omelet Hash Browns Hot Fruit Waffle Syrup & Butter</p>
<p>24</p> <p><u>Beans and Turkey Sausage</u> Hominy Corn Muffin Nectarine</p>	<p>25</p> <p>Salisbury Steak Mac & Cheese Green Bean Casserole Roll Fresh Fruit</p>	<p>26</p> <p><u>Chicken Fried with Wild Rice</u> Peas Vanilla Pudding Mandarin Oranges</p>	<p>27</p> <p>Turkey A La King Over Biscuit Broccoli Peach Crisp 3 Bean Salad</p>	<p>28 Cold Meal</p> <p>"Italian" Deli on Hoagie Lettuce, Tomato Macaroni Salad Coleslaw Tropical Fruit Salad</p>
<p>31</p> <p>Beef Hot Dog on Bun Hot Potato Salad Applesauce Coleslaw Cookie</p>				

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

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