

NUTRITION

Notes



March 2019

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

March For Meals

March For Meals is a national campaign to raise awareness of senior nutrition. On March 22, 1972, President Nixon signed into law a measure that amended the Older Americans Act and established a national nutrition program for seniors 60 years and older. As a result, senior nutrition programs like ours promote March for Meals in their local communities. The focus is to celebrate the importance of senior nutrition and ensure that our seniors are not forgotten.

As a result, you may see different business and professional groups or the local media delivering meals at different times throughout the month. These individuals need to understand the importance of Meals on Wheels to the seniors we serve as they can be beneficial in raising awareness and funding for the meal program.

LENT Meals

If you want an alternate meal on Fridays during LENT, call 267-0122 to request one. These meals will only be available on Ash Wednesday and on Fridays until 4/19/19.

Some of the meals provided on Fridays during Lent are appropriate for Lent so you will not receive an alternate.

You will not receive a "Lent" meal unless you call to reserve one.

DAYLIGHT SAVINGS TIME RETURNS - MARCH 10TH.

MOVE CLOCKS FORWARD 1 HOUR SATURDAY EVENING, MARCH 9



LIEAP Deadline - March 29th

LIEAP (Low Income Energy Assistance Program) deadline is March 29, 2019. This program provides a one-time per year benefit that helps eligible households pay a portion of their home energy costs. For more information, call 267-0122.



Attention! Please Note



You can leave a message or meal cancellation information on the answering machine (available 24 hours every day) by dialing **267-0122**. Leave

your message after the agency message plays.

Meal Cancellation During Bad Weather

If it is too dangerous for our senior volunteers to deliver due to bad weather like the recent ice storms that glazed the streets and walkways, we may cancel meal delivery. Watch the television for meal cancellation information.

If we cancel meals, use one of the 2 day nonperishable meal supply that we provided on 2/26/19.

Please try to keep some ice melt on hand. If you can stand safely inside your door and cast the ice melt outside over your porch or entry, it would be very helpful to volunteers. In addition, if you believe that your walk or ramp is too dangerous for delivery, you can call to cancel your meal on those days.

SPECIAL OCCASION & MEMORIAL GIFTS

Donations given in memory or appreciation of someone special are a wonderful way to honor someone. 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 February:
Vera Pajares

Gift in Honor of All Volunteers

**PEACE OF MIND. INDEPENDENCE.
GROCERY DELIVERY SERVICE.
ROVING PANTRY**

can deliver your grocery order to your homes so you can stay independent in your own home. Call [316-267-4378](tel:316-267-4378) for info.

Homestead Refund

For homeowners: This refund is a rebate of a portion of the property taxes paid on a Kansas resident's home. The refund is a percentage of your general property tax paid excluding specials.

The maximum refund is \$700.00.

Only one claim can be filed.

To qualify:

You must be a Kansas resident (living in Kansas) for all of 2018 and have a total household income of \$35,000 or less.

You must also meet one of the following:

- Were born before January 1, 1963
- Were blind or totally and permanently disabled all of 2018
- Have a dependent child who lived with you all of 2018 and who was under the age of 18 all of 2018.

To receive this refund, Kansas Homestead claims (form K-40H) and Kansas Property Tax Relief claims (K-40PT) can be filed electronically.

**The filing deadline is
April 15, 2019.**



What? I Need Zinc In My Diet?

By Glenna Harrison, RDN, LD

Zinc is a mineral that contributes to Good Nutrition for you. How does it help you?

Zinc is necessary to support many bodily functions such as:

- DNA production and function
- Protein metabolism, wound healing, and growth
- Immune function
- Development of sexual organs and bone
- Storage, release, and function of insulin
- Cell membrane structure and function
- Component of an enzyme that aids in the prevention of oxidative damage to cells.
- May decrease the length of a common cold illness if taken with beginning symptoms of a cold

Symptoms of zinc deficiency,

include: acne-like rash, diarrhea, lack of appetite, reduced sense of taste and smell, and hair loss. In children and adolescents with zinc deficiency, growth, sexual development and learning ability may also be hampered.

Zinc is better absorbed in the body if eaten with some animal protein. Cereals and grains contain zinc, but the presence of phytates and fiber can decrease the absorption of the mineral zinc. If milk is a large part of the diet, the calcium might decrease some of the zinc absorption. To correct this concern, a person could increase his/her zinc intake or take the zinc two hours or more after milk intake. Zinc also competes with copper and iron for absorption.

Good sources of zinc include:

- Oysters
- Lean beef, pork, and lamb
- Peanuts
- Special K cereal
- Wheat germ

- Black-eyed peas
- Cheese
- Rice

Can you take in too much zinc? Yes, with some of the same effects of zinc deficiency showing up as problems also of too much zinc. One symptom is decreased HDL, the good cholesterol. We don't want that kind of cholesterol decreased because it helps get rid of the bad cholesterol in the body. Zinc improves healing in the body, but a high, continuous intake of zinc may begin to interfere with copper absorption which is needed in blood production. So, high amounts shouldn't be taken continuously. Take a break from a zinc supplement every 2-3 weeks. Other symptoms of too much zinc are: diarrhea, cramps, nausea, vomiting and depressed immune system function especially if intake exceeds 2 grams per day. The Daily Value used on food and supplement labels is 15 milligrams.

So, like many other nutrients, zinc is important for good nutrition, but control the amount you take and when you take it.

1. Wardlaw, Gordon M., Contemporary Nutrition, 5th ed, McGraw Hill Pub, New York 2013.
2. Zelman, Kathleen, MPH, RDN, "Zinc" in Food and Nutrition, Jan-Feb 2019.

REFRESH. RECHARGE. RETURN



In-Home Respite Care

provides rest & relief for 24 hour caregivers of a senior loved one to give the caregiver a much needed break. For more information call **316-267-1771 ext.233.**

LET US KNOW WHAT YOU THINK! PLEASE MARK YOUR MENU AT THE END OF THE MONTH AND SEND IT BACK TO US:

Cross through items you don't like.

Circle items you do like.

Put a star in front of items you want to see more often.

Suggested Donation
\$10 Monthly

March 2019 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.

Monday	Tuesday	Wednesday	Thursday	Friday
New menu items are underlined.				1 Tater Tot Casserole Green Beans Hot Appleberry Crisp
4 Meatloaf Mac & Cheese Broccoli Apple	5 Corn Dog Sweet Potato Fries Mixed Vegetables Peach Parfait Ketchup/Mustard	6 Crusted Fish Paprika Potatoes Brussels Sprouts Fresh Kiwi Lemon Juice Tartar Sauce Cookie	7 Egg & Cheese Omelet Turkey Sausage Link Buttermilk Biscuit Mixed Berries V8	8 Pork Tenderloin AuGratin Potatoes Buttered Corn Roll Hot Cranberry Peach Compote
11 Turkey Swiss on Sourdough Cottage Potatoes Hot Applesauce 3 Bean Salad	12 Fried Chicken Mashed Potatoes & Gravy Oregon Blend Vegetables Dinner Roll Strawberry Cup	13 Ham Slice Baked Beans Spinach Poached Pears Biscuit	14 Minute Steak Scalloped Potatoes California Blend Vegetables Banana	15 St. Pat's Corned Beef Brisket Country Potatoes Cabbage Corn Muffin Pistachio Salad Rice Krispy Treat
18 Parmesan Chicken Veggie Rice Pilaf Oriental Blend Coleslaw Pineapple Brownie	19 Egg & Cheese Sandwich Oven Fried Potatoes Mixed Vegetables Banana	20 Swiss Steak with Tomato & Onion Potatoes Dill Carrots Wheat Roll Pears	21 Cabbage Roll Croissant Green Beans Spiced Apple Rings	22 <u>Shrimp Po Boy</u> French Fries Oriental Blend Vegetables Strawberry Cup
25 <u>Beef Italian</u> <u>Cavatappi Pasta</u> Italian Blend Vegetables Garlic Roll Strawberries	26 Polynesian Chicken with Pineapple Slice Parslied Potatoes Mango Slices	27 Smothered Pork Chop Baked Potato Beets Muffin Peaches	28 Beef Teriyaki Brown Rice Asian Coleslaw Fortune Cookie Mandarin Orange	29 Tuna & Cheese Pasta Casserole Peas Wheat Roll Cherry Cobbler

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