



June 2019

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

The Meals on Wheels Program wishes all fathers a:



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.

Gift in Honor of All Volunteers

Summer Menu Items

Based on your favorable responses last summer, we will serve more cold meals, salads and sandwiches this summer. We can change the menu monthly to reflect the comments you provide so let us know if you enjoy these changes or if you'd like something else! Call 267-0122 with your comments.

Summer Drink Changes!

Meals on Wheels will stop the delivery of the cold cartons of milk starting June 1st. During the hot summer months, the milk cannot be kept cold enough during delivery. We do not want to risk your health and safety by serving milk that could be warm enough to cause food poisoning.

To replace the cold milk carton we will alternate between shelf stable milk on Tuesdays and Thursdays and a calcium fortified juice on Mondays, Wednesdays and Fridays. This pattern will continue throughout the summer.



Via Christi Hope

If you are a member of the PACE program called Via Christi Hope or if you are joining the program, you need to notify Meals on Wheels at 267-0122.

June Is National Dairy Month

Calcium is essential to preserve bone health. This mineral is also important for maintaining healthy blood pressure, muscle function and heart rhythm. Milk is the best source of calcium, offering 300 mg. per cup and it is readily absorbed. The recommended daily intake of calcium is 1200 mg. for persons 51 years and over to help prevent osteoporosis.

Besides drinking milk, other ways to get dairy products and therefore calcium in your diet include:

- Substitute milk for water in soups, hot cereals, sauces, mashed potatoes, rice, pancakes and scrambled eggs.
- Eat 1.5 cups of cottage cheese
- Add cheese to soups, salads, sandwiches and casseroles
- Top a baked potato with cheese, yogurt, or cottage cheese
- Eat $\frac{3}{4}$ cup yogurt for meals or try a parfait of yogurt and fruit for a snack
- Snack on string cheese or 1.5 oz. of firm cheese
- Sprinkle Parmesan cheese on popcorn
- Make desserts count toward your calcium requirement by choosing a milkshake, pudding, custard, frozen yogurt, cream pie, or ice cream

People with lactose intolerance or those wishing to cut back on their dairy intake should consider consuming these calcium-rich foods:

- Two-cup serving of kale or bok choy or broccoli
- One cup of collard greens or mustard greens or okra
- Chia seeds, sesame seeds, poppy seeds, or flax seeds

- Can of bone-in sardines or salmon
- One to two cups of beans—including Navy, Great Northern, Cannellini, Baby Lima and Soybeans like Edamame.

Other foods can be fortified with calcium (check the label):

- Orange juice can have up to 346 mg per cup.

Some breakfast cereals and oatmeal are also fortified.



Personal Safety: Tips To Avoid Fraud

According to the Federal Trade Commission, the following tips will help you spot and avoid a scam.

If you receive an unexpected request by text, phone call, or email, don't give out your personal information or send money. Always remember- a scammer will pretend to be someone you can trust like a government official, business representative or family member.

Don't believe your caller ID- scammers use technology to fake caller ID information. If you are unsure, just look up the actual number for the place you think called and use that number to call back.

Hang up on robocalls- if you answer and a recorded pitch is playing, don't press 1 to speak to a person or be taken off the list.

Don't pay upfront- even if they say you've won a prize.

Don't pay with a reloadable card, gift cards, or wire services like Western Union. Honest companies or the government won't require these payment methods.

More On Dietary Supplements

By Glenna Harrison, RDN, LD

Dietary Supplements do have a purpose:

- They may help improve nutrient deficiencies (as indicated by a blood analysis or a diet assessment) to a greater degree than food sources.
- They may help to increase intake of essential nutrients, after dietary sources improvements have already been made.
- They may offer necessary or efficient nutrient delivery when food sources are limited.

What to keep in mind when choosing a Dietary Supplement (DS)?

Dietary supplements are not regulated by the Federal Drug Administration (FDA), creating some concerns about purity, safety and efficacy. Supplements may contain banned substances even if unlisted on the label or ingredients may adversely interact with medication. Common ingredients in sport supplements such as stimulants or amino acids increase the risk of contamination with harmful or banned substances.

Athletes should use food first for the nutrients they need in order to protect themselves from a positive drug test, making them ineligible for competition.

The manufacturers and distributors are responsible for making sure their products are safe BEFORE they go to market. If the DS contains a NEW ingredient, manufacturers must notify the FDA about the ingredient prior to

marketing. However, FDA will only review for safety, not effectiveness of the supplement.

Manufacturers are required to produce DSs in a quality manner and ensure that they do not contain contaminants or impurities, and are accurately labeled according to current Good Manufacturing Practice(GMP) and labeling regulations. Third party testing groups are companies that conduct various levels of screening to promote safety and reduce your risk of having unsafe components in a DS. These companies may include the NSF (National Sanitation Foundation), Informed Choice, BSCG, USP and CL.

If a serious problem associated with a DS occurs, manufacturers must report it to FDA as an adverse event. FDA can remove dietary supplements off the market if they are found to be unsafe or if the claims on the products are false and misleading.

DS labels must include name and location information for the manufacturer or distributor. Contact them for any concerns you have with the supplement. You may also check with the FDA, NIH (National Institute of Health) or the USDA(US Dept. of Agriculture).

- Be leery of claims that sound too good to be true.
- Be aware that the term “natural” doesn’t always mean safe. Ask your healthcare provider if the supplement you are considering would be safe and beneficial for you in light of other medications you are taking.

References: FDA Food Fact on Dietary Supplements, USOC handout on Dietary Supplements,

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.
NEW MEAL ITEMS ARE UNDERLINED.

Suggested Donation
\$10 Monthly

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Fried Chicken Mashed Potatoes with Gravy Sweet Kernel Corn Mixed Fruit-Chutney Wheat Roll	4 Salisbury Steak & Onion Gravy Rice Pilaf Sugar Snap Peas Cinnamon Applesauce	5 Corndog Baked Beans Dilled Carrots Fruit Muffin Fruited Strawberry Gelatin	6 Sliced Turkey Breast Cornbread Stuffing Brussels Sprouts Hawaiian Roll Cranberry Packet	7 COLD MEAL Chicken Salad Wheat Crackers Pickled Beets Calico Salad Mixed Fruit Cup
10 Baked Ham Slice Candied Yams Cauliflower Buttermilk Biscuit Apple Slices with Peanut Butter	11 COLD MEAL <u>Chop House Steak Salad with Eggs</u> Spring Peas Pineapple Chunks Fruit Yogurt	12 Chicken-Fried Steak Mashed Potatoes & Gravy Roasted Zucchini Baked Pears	13 Swedish Meatballs Buttered Noodles Peas & Carrots Dinner Roll Grape Bunch	14 Roast Beef with Gravy Red Roasted Potatoes Green Beans Wheat Roll Peaches
17 Catfish Filet Mac & Cheese Turnip Greens Lemon Pudding Tartar Sauce Fresh Fruit Cup	18 Garlic Parmesan Chicken Breast 3 Bean Salad Garlic Biscuit Fruit Gelatin	19 <u>Sausage Strata</u> Stewed Tomatoes Hot Fruit Compote	20 Meatloaf Mashed Potatoes with Gravy Carrot Coins Dinner Roll Orange	21 COLD MEAL Italian Cold Cut Sub Lettuce & Tomato Macaroni Salad Cherry Vanilla Yogurt Apple
24 COLD MEAL Grilled Chicken Caesar Salad Whole Grain Roll Mandarin Oranges	25 Beef & Noodles Peas & Carrots Roll Fresh Banana	26 BBQ Pork Shank Au Gratin Potatoes Country Blend Vegetables Cherry Cobbler	27 Sweet and Sour Chicken with Oriental Veggies Fried Rice Spring Roll Cantaloupe Chunks	28 Roast Beef & Cheddar on Onion Bun Oven Curly Fries California Blend Vegetable Fruit Yogurt Strawberry Cup

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