

# NUTRITION

Notes



Senior Services  
OF WICHITA

August 2019

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

## New Choice Menu Items

Starting in September we will begin rotating several new choice meals on Tuesdays and Thursdays. The meals that will be rotated through the month are:

Chicken Dinner  
Mashed Potatoes & Gravy  
Vegetable  
Fruit

Roast Beef Dinner  
Mashed Potatoes & Gravy  
Vegetable  
Fruit

Loaded Potato Meal  
with Meat  
Vegetable  
Fruit

Broccoli & Cheese Soup  
Mini Bread Bowl  
Salad  
Fruit

Loaded Potato Soup  
½ Turkey/Cheese Sandwich  
Fruit

Turkey & Gravy  
Stuffing  
Green Beans  
Fruit

Biscuit & Sausage Gravy  
Bacon  
Scrambled Egg  
Fruit

Cheeseburger on Bun  
Seasoned Potatoes  
Fruit

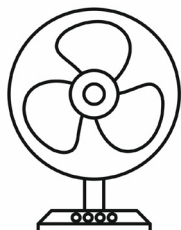
If you are interested in participating in the Choice meals, you must call 267-0122. We will let you know if this option is available to you.

## Fall Menu

Autumn begins September 23rd which is just around the corner. We are already considering which menu items would be preferred by our participants this fall. Please call 267-0122 to discuss your preferences or suggestions for these menus.

### Need A Fan?

The Meals on Wheels program has received several donated 20 inch box fans. We are distributing these to meal participants who need a fan and can't afford to purchase one. If you are in this situation, call your Meals on Wheels caseworker at 267-0122 to see if we can provide one.



PEACE OF MIND. INDEPENDENCE.  
GROCERY DELIVERY SERVICE.

## ROVING PANTRY

can deliver your grocery order  
to your home so you can stay  
independent.

Call [316-267-4378](tel:316-267-4378) for more  
information.

## Food Safety: Summertime Issues

According to the Centers for Disease Control and Prevention, the most common symptoms of food poisoning include: upset stomach, stomach cramps, nausea, vomiting, diarrhea, and fever. Remember to drink plenty of fluids to prevent dehydration if you experience diarrhea or vomiting. Visit your doctor or seek medical attention if your symptoms are severe, including: a fever over 102°F, blood in your stools, frequent vomiting that prevents keeping liquids down, or diarrhea that lasts more than 3 days.

### **Foods most likely to cause illness:**

- Raw foods of animal origin like raw or undercooked meat, poultry, eggs, unpasteurized (raw) milk, and raw shellfish.
- Fruits and vegetables- the safest fruits and vegetables are cooked; the next safest are washed. Avoid unwashed fresh produce.

### **Cooking temperatures help avoid illness:**

Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture. To reduce the risk of food poisoning, it's important to reheat leftovers to 165 degrees Fahrenheit. If you reheat your Meals on Wheels meal, please use this guideline.

### **Other cooking temperature guidelines:**

- o 145°F for whole cuts of beef, pork, veal, and lamb (then allow the meat to rest for 3 minutes before carving or eating)
- o 160°F for ground meats, such as beef and pork
- o 165°F for all poultry, including ground chicken and turkey
- o 165°F for leftovers and casseroles
- o 145°F for fresh ham (raw)
- o 145°F for fish with fins cook until flesh is opaque

## Refrigeration Guidelines

Bacteria can multiply rapidly if left at room temperature or in the "Danger Zone" between 40°F and 140°F. Leaving perishable food out in warm weather allows bacteria to flourish which can make you sick. It is particularly important during the hot summer months to keep cold foods cold (in a refrigerator) until they are served. If you do not eat your Meals on Wheels meal immediately, please put it in the refrigerator right after it is delivered.

- Keep a refrigerator thermometer inside your refrigerator at all times!
- Keep your refrigerator between 40°F and 32°F, and your freezer at 0°F or below.
- Refrigerate fruits, vegetables, milk, eggs, and meats within 2 hours. (Refrigerate within 1 hour if the temperature outside is above 90°F.)
- Divide warm foods into several clean, shallow containers with lids so they will chill faster.
- Store raw meat on the bottom shelf away from fresh produce and ready-to-eat food.
- Throw out foods left unrefrigerated for over 2 hours.
- Thaw or marinate foods in the refrigerator.
- Freezing is usually an option to extend the shelf life of many perishable foods.

**Important: WHEN IN DOUBT, THROW IT OUT!**



## **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 July:**

**Faye C Payne**

**Velma Borresen**

**Gift in Honor of All Volunteers**

## The Importance Of Protein Intake For Seniors

By Kyle Huxford RDN, CSG, LD

Protein helps to keep our muscles strong, which is important for maintaining the balance and mobility needed to continue to live as independently as we age. Yet, we may not focus on getting enough of this important nutrient and for the recommendations on exactly how much protein older adults need vary. The current recommended dietary allowance (RDA) for protein is 0.8 grams per kilogram (g/kg) of body weight a day for adults over 18 (In a 200 pound man this would be 72 grams per day or 54 grams per day in a 150 pound woman). However, research is showing that higher levels may be needed for adults over the age of 65.

In our older years, we are at risk of sarcopenia which is the loss of muscle mass, strength and function. The essential amino acids in protein are key nutrients for muscle health, but older adults are less responsive to low doses of amino acid intake compared to younger people. A 2016 study from researchers at the departments of Food Science and Geriatrics at the University of Arkansas found that this lack of responsiveness can be overcome with higher levels of protein consumption. The study says that protein levels in the range of 30 to 35 percent of total caloric intake may prove beneficial as protein provides 10-15% of our total energy production. In our older years, it may become more and more difficult to obtain these levels of protein intake.

It is important to make sure protein is available for each meal, for example:

Breakfast: Eggs, Greek yogurt, Cereal with nuts and seeds, protein shake (be sure and use a brand that doesn't have high sugar or other additives)

Lunch: Turkey or chicken sandwiches (roll with cheese and lettuce for a low carb option!), stew or soup with meat as the main ingredient are also good options.

Dinner: Grilled or baked fish, chicken or even steak. Add cheese to food for a flavorful punch with lots of protein.

All meals provided by Senior Services of Wichita have at least 30g of protein for each meal, some have much more. Use these tips in addition to your daily meal and you'll be hitting your Recommended Daily Allowance in no time!

### Summer energy saving tips provided by Westar Energy

- Get rid of or unplug the spare fridge in the garage. A hot summer garage combined with an old inefficient fridge is a recipe for wasting energy and high energy bills.
- Install a programmable thermostat. Keep thermostat settings at the highest temperature that you are comfortable at. The smaller the difference between your indoor and outdoor temperature, the lower your overall cooling bill will be.
- Move air with ceiling fans or use natural ventilation whenever possible.
- During hot, humid times, seal up the house and air-condition around the clock (set the thermostat and leave it).
- Run the bathroom exhaust fan while showering to reduce humidity.
- Be sure the clothes dryer is sealed and vented to the outside.
- Have air-conditioners or heat pumps serviced. Change filters once a month or when needed.
- Close window shades and curtains on sun exposed windows.
- Minimize heat in the kitchen by grilling outdoors and using the microwave instead of the oven or stove.
- Set water heater to 120°F. Drain a quart of water every 3 months to remove sediment.

**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

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

Monday	Tuesday	Wednesday	Thursday	Friday
NEW MEAL ITEMS ARE UNDERLINED			1 Beer Battered Fish Broccoli and Cheese Paprika Potatoes Orange	2 Chicken over Rice with Gravy Mixed Vegetables Peach Compote
5 <u>Beef Barbacoa</u> Taco on Corn Tortilla <u>Fresh Pico</u> Brown Beans Strawberry Chutney	6 Honey Mustard Popcorn Chicken Mac & Cheese Vegetable Blend Grapes	7 <b>COLD MEAL</b> Turkey & Swiss on Bun Potato Chips Lettuce/Tomato Cold California Ranch Salad Cranberry Sauce Packet	8 Layered Beef Enchilada Marinated Vegetable Salad Corn-Elote Style Banana Pudding	9 Ham and Cheese Bake Capri Blend Vegetables Apple Cobbler
12 Swiss Steak with Tomato, Onion, and Peppers Roasted Baby Yukon Potatoes Wheat Roll	13 Cabbage Rolls Diced Carrots Buttermilk Biscuit Strawberry Cup	14 Sausage, Egg & Cheese on Bun Potato Wedges California Blend Vegetables Mixed Fruit Chutney	15 Chicken Pot Pie with Vegetables over Puff Pastry Spinach Hot Apple Rings	16 Meatloaf with Sauce Garlic Mashed Potatoes Country Blend Vegetables Cherry Pie
19 Red Beans & Rice with Beef Sausage Breaded Tomatoes Roasted Squash Blend Chocolate Cake Bites	20 <u>Blueberry Waffle</u> Syrup Turkey Bacon <u>Southwest Cheese</u> <u>Omelet</u> Country Fried Potatoes Orange	21 Ground Beef Hash Brown Skillet Green Beans Hot Fruit Compote	22 Hamburger Cottage Fries Lettuce, Onion, Tomato, Pickle Peach	23 <b>COLD MEAL</b> Turkey & Egg Chef Salad Bagel Bites with Cream Cheese Chilled Pears
26 BBQ Boneless Pork on Bun Green Beans Spiced Pears	27 Shepard Pie Green Beans Harvard Beets Grapes	28 Turkey Ala King Snap Peas Buttermilk Biscuit Berry Cobbler	29 Chicken Chop Suey Steamed Rice Oriental Blend Vegetables Mandarin Oranges	30 Spaghetti & Meat Sauce Italian Blend Vegetables Garlic Bread Apple Slices & Peanut Butter

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