

NUTRITION

Notes



May 2020

Published monthly for the clients of Meals on Wheels.

NEW UPDATES: CORONAVIRUS (COVID-19) CHANGING MEALS ON WHEELS DELIVERY

The Meals on Wheels program continues to follow the guidelines provided by the Centers for Disease Control and Prevention (CDC), the Kansas Department of Health, our funding sources and government officials.

Changes to your delivery:

- beginning Monday, May 4th, we are adding Fridays to our delivery schedule.
- You will not receive a hot meal on Mondays so continue to use the nonperishable meals we have delivered. You will receive a hot meal Tuesdays, Wednesdays, Thursdays, and Fridays throughout the month of May.

We will deliver a nonperishable meal for you to use on Friday, May 1st and Monday, May 18th and 25th. You need to use one of the nonperishable meals labeled "Emergency" that we have already delivered for Mondays- the 4th and 11th. Watch your local television station for any changes to this plan.

- **CHOICE meals will not be available during May.**
- **Both weekend meals will be delivered on Saturday throughout May. No Sunday delivery.**

If you ate or gave away the "Emergency" food bags we sent out in March and April, you will need to have something else to eat on the days that we are not able to deliver a hot meal. The meal program will not replace the "Emergency" food.

If you have been diagnosed with COVID-19 or you are experiencing a fever with respiratory symptoms, please notify the meal office at 267-0122.



HOLIDAY!



The Meals on Wheels kitchen and office will be closed for:

Memorial Day Monday, May 25th

Prior to the holiday you will receive a shelf stable meal package. Use this meal on Monday, May 25th.

Armed Forces Day - May 16th

A special "Thank You" to all veterans but especially to those veterans receiving meals!

Summer Shelf Stable Milk & Juice

Starting the first of June, Meals on Wheels has to stop the delivery of the carton of cold milk. During the hot summer months, we cannot keep the milk cold enough during delivery. We do not want to risk your health or safety by serving milk that could be warm enough to cause food poisoning. Based on your comments last summer we will alternate a calcium fortified juice and shelf stable milk. This schedule will be followed until September.



Senior Services wishes to thank our devoted Meals on Wheels clients for the continued donations through the COVID-19 crisis. Your support is deeply appreciated! Thank you again, stay home and stay safe!

Container Gardening An Easy & Affordable Way for Seniors to Obtain Fresh Produce

Container gardening is ideal for those with little or no garden space. It's easier to grow plants in larger containers because they hold more soil, which stays moist longer. Light-colored containers keep the soil cooler than dark containers. However, whatever container you choose, drainage holes are essential. When preparing your containers decide where they will be located and move them into position before filling and planting. If keeping them watered during the day is a problem, look for sites that receive morning sun but get shaded during the hottest part of the day, even if you're growing plants for full sun. If your container is too deep, you can put a layer of gravel or Styrofoam in the bottom to reduce the amount of potting soil required. Almost any vegetable, flower, or herb can grow successfully in a container. Larger containers will accommodate a single tomato plant or several smaller vegetables such as broccoli or cabbage. Plant a salad garden with colorful lettuces, dwarf tomatoes, chives, and parsley. Try a pizza garden, with different types of basil, plus tomatoes and peppers. Don't let soil in containers dry out completely, as it is hard to rewet. Mulch can help retain moisture, but keep it an inch or so away from plant stems.

Source: <https://www.goodhousekeeping.com/home/gardening/a20707074/container-gardening-tips/>

For COVID-19 safety- both for you and our volunteers:

Your meal will arrive in a plastic bag and will be hung on your door knob. The volunteer will knock and ring your doorbell before putting the meal on your door knob. They will back up six feet while waiting for you to open the door. This change reduces personal contact and observes the 6 foot distance requirements. Do not ask/expect volunteers to enter your home- any changes must be approved by the meal office at 267-0122. Your compliance is required to continue meal delivery.



Need help getting groceries to your house?

**Call Roving Pantry:
267-4378**

Roving Pantry is a grocery shopping and delivery service for homebound seniors 60 and older. The Roving Pantry delivers each week day and is capable of adding more clients on to the service immediately. The program takes orders over the phone then shops for and delivers to the home on a designated day of the week. The program shops at 5:00 am at the Dillons located at Douglas & Hillside. The delivery driver will utilize safety precautions like gloves, sanitizer and social distancing. There is a small delivery fee that will not exceed \$5.00 based on income. While the service is based on need and not income levels, many of our clients do not pay a delivery fee. All food and other items are still subject to availability within the store.

National Strawberry Month May 2020

JUICY TIDBITS ABOUT STRAWBERRIES

- Strawberries are high in Vitamin C
 - Eating eight strawberries is all it takes to consume 140 percent of a child's recommended daily intake of Vitamin C. They also supply high levels of polyphenols, an antioxidant, as well as vitamins and fiber. They're also fat, sodium and cholesterol free. Plus — they're low in calories, which makes them a great snack.
- You can find them all over the U.S.
 - Strawberries are grown in all fifty states. Their peak season lasts April through June.
- They're related to a popular flower
 - Strawberries belong to the Rosaceae flowering plant family, which is also the family of the rose.
- Strawberries aren't berries
 - Fruits that fall into the berry category have seeds on the inside, not the outside.

Source: <https://nationaltoday.com/national-strawberry-month/>

Food Safety During A Pandemic

By Kyle Huxford, RDN, CSG, LD

During these uncertain times, it is important to continue to practice safe preparation and storage of food. Whether you receive all meals from a service like Senior Services of Wichita or prepare a portion of your own food, there is a bulk of information available to help keep you safe. Currently there is no evidence to support transmission of COVID-19 associated with food. Before preparing or eating food, it is important to always wash your hands with soap and water for 20 seconds for general food safety. Throughout the day, wash your hands after blowing your nose, coughing or sneezing, or going to the bathroom.

In general, because of poor survivability of these coronaviruses on surfaces, there is likely very low risk of spread from food products or packaging that are shipped over a period of days or weeks at ambient, refrigerated, or frozen temperatures. You should always handle and prepare food safely, including keeping raw meat separate from other foods, refrigerating perishable foods, and cooking meat to the right temperature to kill harmful germs. Raw meats have different safe minimum cooking temperatures to kill foodborne illnesses.

- Poultry: 165
- Ground beef, pork and lamb: 160
- Beef, pork or lamb roasts, steaks and chops: 145
- Fish: 145

You can cook to these safe cooking temperatures a number of ways and use a meat thermometer to check your progress. Once you are finished eating, storing leftovers properly is the next step in food safety. Bringing your food items down to less than 40 degrees in four hours will prevent the development of any foodborne illness after preparation.

Following these steps may add some additional time to your food preparation, but this will minimize any chances of foodborne illness in your home!



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.

The Meals on Wheels program wishes all mothers a: Happy Mother's Day - May 10th

For Mother's Day this year, it might be hard to celebrate with your loved ones. However, that doesn't mean you are alone. Remember, your loved ones and friends are thinking about you and want you to stay safe. So, during this quarantine, find ways to celebrate this special day in your own way. Watching your favorite movie, reading a good book, phoning a friend or loved one may be good options. This may be a great time to reminisce by organizing your photos and adding comments or recording stories about important moments in your life to share your legacy. You might want to check out virtual rides or tours that are available online. Artists and celebrities are also online sharing free, live programs with participants. Search on social media for art classes, book clubs, concerts or in-house fitness classes. The local school system shared this website: <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>. It might be a good time to take a moment each day to write down one thing you are grateful for or make a list of what you look forward to or want to do once life returns to normal.

Take care of yourself through this difficult time.



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

May 2020 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.

Monday	Tuesday	Wednesday	Thursday	Friday
New menu items are underlined.				1 Use Emergency Meal Provided on April 30th
4 Use an Emergency Meal Previously Provided	5 Meatloaf Mashed Potatoes with Gravy Seasoned Green Beans Dinner Roll Cherry Pie Bites	6 Oven Baked Pork Chop Mixed Vegetables Cranberry Sauce Fruit Cobbler	7 Roasted Boneless BBQ Chicken Parslied Potatoes Snap Peas Spiced Peaches	8 Creamy Southwest Chicken Soup Biscuit Applesauce
11 Use an Emergency Meal Previously Provided	12 Mushroom & Onion Steak Mashed Potatoes with Gravy Brussels Sprouts Assorted Roll Fruit Cup	13 Ham and Bean Medley Dill Carrots Corn Muffin Fresh Fruit	14 <u>COLD MEAL</u> Tuna Vegetable Pasta Salad Kale Crunch Slaw Mixed Fruit	15 Hamburger on Bun with Cheese Lettuce, Tomato and Onion Oven Fries Cherry Cobbler
18 Use Emergency Meal Provided	19 Beef Pot Pie Green Beans with Tomato Mixed Berries	20 Baked Potato with Pulled Chicken Winter Veggies Hot Cinnamon Apple Rings	21 Swedish Meatballs Buttered Pasta Noodles Brussels Sprouts Assorted Roll Fruit Cup	22 Chicken and Noodles Over Mashed Potatoes Steamed Broccoli Peach Crisp
25 CLOSED MEMORIAL DAY (Use meal provided)	26 Cabbage Rolls with Sauce Vegetable Blend Bread Cottage Cheese & Pineapple in a Cup	27 Sloppy Joe on Bun Potato Wedges Mixed Vegetables Apple Cobbler	28 Chicken ala King with Vegetables Over Puff Pastry Mini Egg Roll Berry Crisp	29 Beef Goulash Mixed Vegetables Garlic Bread Baked Pears

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