

# NUTRITION

Notes



August 2020

Published monthly for the clients of Meals on Wheels.

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



## **AUGUST UPDATES: MEALS ON WHEELS DELIVERY DURING COVID**

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.

We plan to deliver a meal Mondays, Tuesdays, Wednesdays, Thursdays, and Fridays through the month of August.

- **CONTINUE TO EXPECT CHANGES TO YOUR MENU.** Our food suppliers are still experiencing problems getting certain items or enough items to provide for 850 meal clients. Consequently, we may not be able to get what we ordered.
- **CHOICE meals will not be available during August.**
- **Weekend clients will receive a delivery on Saturday and Sunday during August.**

## **Summer Sandwich and Cold Meals**

In response to your previous comments requesting lighter or cold meals during the summer, we will continue our sandwich meals and cold meals during August. Please call **267-0122** to let us know if you would like us to continue any of these during the fall months. As we are working on our fall menus, we would appreciate any information on your preferences or your suggestions for these meals.



## **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 but don't have one 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.



Senior Services wishes to thank our devoted Roving Pantry clients for the continued donations through the COVID-19 crisis. Your support is deeply appreciated! Stay home and stay safe!

## August 3 is National Watermelon Day!

Here are some facts about this summertime treat.



1. **Watermelons Are Both A Fruit And A Vegetable.** Because of their sweet taste, watermelons are commonly considered a fruit. And they do grow like fruit, but watermelon is classified as part of a botanical family of gourds that includes other culinary vegetables.
2. **You Can Eat The Entire Fruit.** Watermelon rinds are edible—as well as full of nutrients with health benefits.
3. **They're Called Watermelons For A Reason.** They're 92 percent water, making them a perfect refresher for summer.
4. **They Come In 1200 Different Varieties.** Watermelons tend to be grouped into four main categories: seeded (or picnic), seedless, icebox (known as mini) and yellow/orange.
5. **The Seedless Ones Are Not Genetically Engineered.** Seedless watermelons are the result of Hybridization. Those white “seeds” you see in seedless slices are empty seed coats and safe to eat.
6. **Watermelons Can Grow To Be Really, Really Big.** The heaviest watermelon to weighed in at 350.5 pounds.
7. **Watermelons Can Help Prevent Cancer.** Watermelons are a great source of lycopene, an antioxidant that's been shown to reduce the risk of several types of cancers, including prostate, lung, and stomach.
8. **Farmers In Japan Have Perfected The Art Of Growing Them In Odd Shapes.** In Japan, farmers have been growing cube-shaped watermelons for the past 40 years. More recently, farmers have grown watermelon in the shape of hearts as well as pyramids and human faces.
9. **One South Carolina Family Kept An Heirloom Variety Alive For Almost 100 Years.** The unusually sweet Bradford was one of the most sought-after varieties of watermelon the South has ever seen. But its soft skin made it hard to transport. It would have disappeared had the Bradford family not kept it alive.

10. **They're The Official State Vegetable Of Oklahoma.** In 2007, the Oklahoma State Senate honored its then-14th biggest crop by voting 44-2 to make it the state vegetable. (Why not fruit? That distinction was already given to the strawberry.)

**Source:** <https://www.mentalfloss.com/article/81904/10-refreshing-facts-about-watermelon>

## Benefits of Eating Watermelon

Melons are a good source of potassium, a mineral that helps protect your cardiovascular system and regulate nerve function. Potassium deficiency can cause numbness, tingling or even night time leg cramps. One cup of watermelon has around 170 mg of potassium. Nutritionists at the University of Texas Southwestern Medical Center have found that eating melons like cantaloupe and watermelon lowers blood pressure. When the amino acid L-citrulline in watermelon is digested and converted, it relaxes blood vessels which improves circulation and reduces blood pressure. This amino acid is also helpful in fighting diabetes by regulating glucose metabolism and it also has an anti-inflammatory effect.

Watermelon is low in sodium, has no fat or cholesterol and contains less than 50 calories in one cup. It provides calcium, magnesium, and is rich in water content. Because watermelon is so dense in water and rich in nutrients, it helps you feel full. However, if you are counting carbohydrates, measure watermelon carefully because one cup has 9.6 grams sugars and 12 grams total carbohydrates.

Watermelon contains Vitamin A, Vitamin C, and lycopene which are important antioxidants that fight free radicals. Lycopene (produces watermelon's pink/red hue) can be helpful in reducing cholesterol levels. Watermelon has the highest concentration of lycopene found in any fruit or vegetable (even more than tomatoes). Vitamin A is useful to maintain eye health.

**Source:** [www.healthyhubb.com](http://www.healthyhubb.com)

## Sodium Intake In Seniors

By Kyle Huxford, RDN, CSG, LD

Nearly all Americans eat too much salt (sodium). Most of the salt comes from eating processed foods (75%), or adding salt to food while cooking and using the salt shaker at meals (5% to 10%). On average, the more salt a person eats, the higher his or her blood pressure. Eating less salt is an important way to reduce the risk of high blood pressure, which may in turn reduce the risk of heart disease, stroke, congestive heart failure, and kidney damage. To reduce the amount of sodium in your diet, eat less processed food and use less salt while cooking and at the table. Other lifestyle changes such as exercise, losing excess weight and staying hydrated may prevent or delay getting high blood pressure and may help lower elevated blood pressure.

Here are some tips for eating less salt:

- When you're choosing packaged foods, check the sodium content on the Nutrition Facts label. Focus on the milligrams of sodium in each serving. Use the percent Daily Value (% DV) to help limit your sodium intake. Five percent DV or less is low and 20% DV or more is high. You don't want to exceed a total of 65% DV for sodium from all foods in a day. Sixty-five percent DV is 1,500 milligrams of sodium. Meaning your DV is 2300 mg per day!
- Compare sodium content for similar foods. This can really make a difference. Use the Nutrition Facts label to select brands that are lower in sodium.
- When you're preparing food at home, use herbs and spices to add flavor to your foods. Don't salt foods before or during cooking—and limit use at the table.

All meals provided by Senior Services of Wichita average less than 800 milligrams of Sodium, if you use this as a starting point for planning your meals, you'll be well on your way to lowering your sodium intake and blood pressure!

**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.

### REMINDER:

It is important that dogs (even friendly dogs) are secured away from the door during meal delivery (10 am until your meal arrives).



**What happens if your animal bites or scratches a delivery person?**

Your meal service could be terminated.

### Food Safety: Summertime Issues

Food poisoning peaks during the summer due to warmer temperatures. 1 in 6 Americans get sick from eating contaminated food. Bacteria multiplies rapidly at room temperature (between 40°F and 140°F.) Leaving perishable food out in warm weather allows bacteria to grow which can make you sick. Symptoms of food poisoning include: upset stomach /cramps, nausea, vomiting, diarrhea, and fever. It's very important during hot weather to keep cold foods in a refrigerator until served. **Put your delivered meal in the refrigerator immediately, if you don't eat it.**

### Foods most likely to cause illness:

Raw foods of animal origin like raw/ undercooked meat, poultry, eggs, unpasteurized milk, and raw shellfish.

Fruits and vegetables - the safest fruits and vegetables are cooked; the next safest are washed. Avoid unwashed fresh produce.

## 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:**

Helga Perry

**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

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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
3 Ham O'Brien Creamed Spinach Cherry Applesauce	4 <u>COLD MEAL</u> Turkey and Cheese on Bun Coleslaw Mixed Fruit	5 Braised Beef Tips in Gravy Over Rice 5 Way Vegetables Peach Cobbler	6 Chicken Fajitas with Grilled Vegetables Corn and Black Beans Raspberry Chimi	7 Pork Chops Mashed Potatoes with Gravy Green Beans Spiced Applesauce
10 <u>COLD MEAL</u> Egg Salad Roll Broccoli Salad Fruit	11 Beef Lumberjack Soup with Vegetables Corn Muffin Cinnamon Pears	12 Alaskan Pollock Au Gratin Potato Wedges and Cheese Sauce Mixed Fruit	13 Pork Loin with Honey Roasted Apples Red Potatoes Green Beans	14 Western Burger Green Beans with Onion Warm Peaches
17 Meatloaf Mashed Potatoes Mixed Vegetables Poached Pears	18 Creamy Chicken Over Wild Rice Asparagus with Pimento Apple Cranberry Struedel	19 Chili Frito Pie with Beans Sweet Kernel Corn Berry Pears	20 <u>COLD MEAL</u> Chicken Caesar Salad Garlic Croissant Fruit Salad	21 Root Beer Pulled Pork Peas and Carrots Apple Cobbler
24 Sausage Gravy Biscuit with Patty Carrots Blueberry Crisp	25 Cranberry BBQ Beef Meatballs Scalloped Potatoes Vegetable Blend Tapioca & Mandarin Chutney	26 Ham Slices with Sweet Potatoes Brussels Sprouts Baked Apples	27 Southern Fried Catfish Mac and Cheese Vegetable Blend Pineapple with Cake	28 Spaghetti with Meat Sauce Peas and Onion Pears
31 Chicken Fried Steak Mashed Potatoes with Gravy Broccoli Mixed Berry Crisp				New menu items are underlined.

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