

NUTRITION

Notes



Senior Services
OF WICHITA

January 2021

Published monthly for the clients of Meals on Wheels.

HOLIDAYS!



Meals on Wheels will be closed and will not deliver meals on:

New Year's Day - Friday, January 1st

Day after New Year's - Saturday, January 2nd

Martin Luther King Jr. Day - Monday, January 18th



We sent a nonperishable meal out on December 30th for you to use on New Year's Day. Saturday clients were sent frozen meals out on December 31st for use on January 2nd. Another meal will be sent prior to the January 18th holiday which you need to keep and use on the 18th.

Meal Cancellation During Bad Weather



There might be days this winter when we have to cancel meals because the roads or sidewalks are too hazardous for our senior volunteers. During bad weather, watch the television or call 267-0122 for meal cancellation information. If we cancel meals, use the nonperishable food that we already provided.

Please keep in mind - If roads are bad it takes much longer to deliver. On these days, it would shorten delivery time if you would be ready to answer the door. It would also be helpful if you could keep some ice melt on hand. If it is possible for you to stay safely inside your front door and throw out some ice melt on your porch or steps, this would help our volunteers accomplish your meal delivery.

Meals On Wheels Survey Gift Card Winner

The annual Meals on Wheels survey was distributed in November in your milk sack. A winner for the Dillon's gift card, Verda R., has been drawn from the respondents. We would like to thank everyone for completing and returning your survey. If you still have your survey, we have not finished tabulating the results so you can send it back to us. Your opinions and ideas are very helpful in planning the menus for 2021.

Christmas Gift Recipients

Earlier we included an article about possible Christmas donors in our newsletter. The gifts are here for the clients who were selected. Many of the gifts have been delivered; however, several people aren't answering their phones. In order to complete gift deliveries, please respond to our messages.



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.



LIEAP: Low Income Energy Assistance Program

This program might help you with a one-time payment toward your heating bill this winter. LIEAP is a federally funded assistance program that helps eligible households pay a portion of their home energy costs. The benefit amount varies based on household income, number of household members, the type of dwelling, and the type of heating fuel.

To qualify, you must meet these requirements:

- 1) be personally responsible for paying the heating fuel costs whether they pay the landlord, utility company, or the fuel vendor.
- 2) have made recent payments of at least \$80.00 toward their utility or heating costs.
- 3) not exceed household income limits (1 and 2 person limits are listed below). If you have a larger household, call 267-0122 for income limits.

1 person- maximum of \$1,383 gross monthly income

2 people- maximum of \$1,868 gross monthly income

Applications accepted: January 4, 2021 through March 31, 2021.

The Meals on Wheels program has some applications for the LIEAP program which we can mail to you. You can also apply online at www.lieap.dcf.ks.gov. For more information about this program or to request an application, call 267-0122.

Check Your Furnace/Heat Source: Prevent Carbon Monoxide Poisoning

Carbon monoxide is an odorless, colorless, poisonous gas that can cause illness and death. It is particularly important to be aware of this issue during the winter since this gas is produced when a fuel like natural gas, propane, gasoline, wood, or oil is burned. In addition, older adults with pre-existing conditions can have a lower tolerance so they could react to a smaller amount of this gas.

The initial symptoms of carbon monoxide (CO) poisoning are similar to flu without the fever. The symptoms are: headache, nausea, feeling tired or fatigued, dizziness, or short of breath after moderate exercise.

These symptoms are different from flu because:

- You feel better when away from home.
- Several in the home are sick at the same time.
- Symptoms occur or get worse after turning on a fuel burning device.
- Pets appear ill, sleepy, or lethargic.

The Cold Weather Rule

Effective: November 1, 2020 through March 31, 2021

The Kansas Corporation Commission wants Kansans to have utility services during very cold weather. Under the Cold Weather Rule, utility companies can't disconnect a customer when the local National Weather Service forecasts the temperature will be below 35 degrees within the following 48 hours. This rule applies only to residential customers of electric, natural gas, and water utility companies under the KCC's jurisdiction. To use the Cold Weather Rule, you must make payment arrangements with your utility companies.

If you are without heat, call Meals on Wheels at 267-0122. We might be able to locate a program to assist you.



Need help getting groceries to your house?
Call Roving Pantry:
267-4378

Getting Fruits and Vegetables During the Winter

By Kyle Huxford, RDN, CSG, LD

It can be a tough task to try and get your daily servings of fruits and vegetables during the winter and early spring months. The weather is cold and not much in our area is harvesting produce. However, you might not realize how many fruits and vegetables are in season during December, January and February. As well as the items below, you can always enjoy any fruit or vegetable year-round; fresh, frozen or canned it all counts!

Beets

Beets are in season in temperate climates fall through spring, and available from storage most of the year everywhere else. Fresh beets are often sold with their greens still attached. Beets are wonderful roasted and made into a salad.

Broccoli

It can be tough to remember that broccoli has a season since it can be grown year round in temperate climates.

Brussels Sprouts

Brussels sprouts grow on a stalk, and if you see them for sale that way snap them up—they'll last quite a bit longer than once they're cut. Grab some, roast with olive oil and salt and pepper.

Carrots

Carrots are available from winter storage from local growers in many areas and fresh in warmer and temperate regions. You will find them in a range of colors, from the typical orange to purple and white. Carrots are, of course, delicious raw, but equally as good when roasted or even grilled.

Cauliflower

Although cauliflower may be grown, harvested, and sold year-round, it is by nature a cool weather crop and at its best in fall and winter and into early spring. Look for heads that are void of any brown or soft spots.

Grapefruit

Grown in California, Texas, Florida, and Arizona, grapefruit comes into season in January and stays sweet and juicy into early summer.

Mandarin Orange and Orange

Both of these fruits are sweet and juicy in winter and add sunny brightness to winter eating.

Winter Squash

Squash of all sorts come into season in early fall and usually last well into winter. Look for acorn, butternut, Hubbard, spaghetti, and kabocha, to name just a few.

Call if you won't be home!



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

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 letter 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 December:

Gary Rikli
Maxine Armstrong
Eural Lyles Jr
Bertha Morris
Arthur Deqrafemcoe
Rose Sprague

Gift in Honor of:

Irene McColm

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

January 2021 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.

Monday	Tuesday	Wednesday	Thursday	Friday
New menu items are underlined.				1 Closed New Year's Day Use The Meal Provided
4 Chicken & Dumplings Peas & Carrots Dinner Roll Mandarin Orange Fluff	5 Pork Schnitzel German Potato Salad Braised Red Cabbage Breadstick Fresh Fruit	6 Beef Burgundy Egg Noodles Spinach Wheat Bread Blonde Brownie	7 <u>Pork Meat Pie</u> <u>Buttered Cabbage</u> <u>Baked Honey Apples</u>	8 Santa Fe Chicken with Corn Tortilla Topping Spanish Rice Squash Medley Fresh Fruit
11 Baked Fish Seasoned Succotash Diced Beets Wheat Roll Blueberry Lemon Cookie	12 Chicken Stir Fry Brown Rice Buttered Carrots Egg Roll Pineapple with Cherries Fortune Cookie	13 Meatloaf Mashed Potatoes with Gravy Brussels Sprouts Whole Grain Roll Rosy Pears	14 Rosemary Chicken Breast Yams Italian Green Beans Wheat Bread	15 Hamburger on Bun Roasted Red Potatoes Baked Beans Spiced Peaches
18 Holiday Martin Luther King Jr. Day Use The Meal Provided	19 Beef Enchiladas with Red Sauce Mexican Rice Pinto Beans Frosted Spice Cake	20 Chicken Breast Florentine Parsley Bowtie Pasta Carrots Dinner Roll Berry Parfait	21 Spaghetti with Meat Sauce Roasted Garlic Broccoli Fruit Crisp Snickerdoodle Cookie	22 Beef Taco Nacho Salad with Chips Spanish Rice Ranchero Beans Fresh Fruit
25 Arroz con Pollo Roasted Corn and Peppers Wheat Roll Escalloped Apples	26 Chicken Fried Steak with Mashed Potatoes and Cream Gravy Buttered Kernel Corn Fresh Fruit	27 Beef Cabbage Rolls California Blend Vegetables Baked Pears Hot Cocoa	28 Ham and Beans Broccoli Cornbread Fresh Fruit	29 Braised Swiss Patty Potato Medley Capri Blend Vegetables Blueberry Cobbler

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