

Roving Pantry

*Shopping and Delivery
From Our Hearts
to Your Home*



December 2020



HERE'S HOW IT WORKS

November 19, 2020, through January 4, 2021, for every new Subaru vehicle purchased or leased, Subaru of America donates \$250 to the customer's choice of participating charities. Meals on Wheels is one of four national participating charities and has been since the inception of the event. Through this event, as a member of Meals on Wheels America, **Senior Services** will receive a share of the donations from Subaru vehicles sold at participating Subaru Retailers.

This season Share the Love with anyone you may know who is in the market for a new car. If they choose a new Subaru, remind them to select Meals on Wheels as their charity of choice.

For the 13th year running, the Meals on Wheels national network is participating in **The 2020 Subaru Share the Love Event**. Over the past twelve years, Subaru and its retailers have helped Meals on Wheels deliver more than 2.3 million meals nationwide to seniors in need.

Why does Subaru support Meals on Wheels? Too many seniors are struggling to stay independent and healthy. One in four seniors lives alone in isolation and one in seven seniors might not know when their next meal will come. This is simply unacceptable, which is why **Senior Services** provides the nutritious meals, friendly visits and safety checks to the seniors of Wichita. This vital support keeps seniors in their own homes, where they want to be.

**EVERYDAY FOODS
TO IMPROVE YOUR**

**Immune
System**



Citrus Fruits



Vegetables



Pineapple



Ginger



Garlic



Berries

Recipe of the Month:

Figure-Friendly Fruit Pizza Recipe

- 1 tube low-fat refrigerated sugar cookies
- 8 oz container of low-fat cream cheese
- 8 oz container of fat-free cool whip
- 6 oz container of thick and creamy fruit-flavored, fat-free yogurt *optional
- Assorted fruits

Preheat oven to 350. Press out a roll of sugar cookie dough into a pizza pan. Place into the oven for about 10-12 minutes and then let cool. Meanwhile, in a large bowl combine cream cheese & Cool Whip. Stir in yogurt if using. Spread cream mixture over cool cookie crust and refrigerate for 3 hours. Prepare the fruit you will need. I used 5 kiwis, ½ c. blueberries, 1 can of sliced peaches, 1 container of strawberries, and 1 c. pineapples. Arrange the fruit in the desired pattern. Cover and refrigerate until ready to serve.



Pantry Protocol

To speed up our service to you, **please have your grocery orders ready on your assigned day before 10am.** Our goal is to deliver quality service to all of our clients. If you ever have a problem with your order, such as receiving wrong items, being overcharged, any questions or any suggestions to improve our service, please **call us at 267-4378.** Please note: All returned checks will be charged a \$15 service charge. Please send your coupons to us with your driver. We will use them to help all of our clients save money on their orders.

If an emergency arises **AFTER** you have placed your order and you know you will not be home to receive your order, please call Dillions at 681-6830 and leave me a message the day or night **BEFORE** your scheduled delivery day. Thank you for your cooperation.

- *Ashlee Calaoagan*

Seasonal Fruits and Vegetables

Here is a list of fruits & vegetables that should be plentiful during December. May we suggest you consider these items when placing your grocery order?

Apples	Grapes	Pineapples	Squash
Avocados	Green Beans	Plums	Sweet Potatoes
Beans	Green Onions	Potatoes	Tangerines
Broccoli	Kale	Radishes	Tangelos
Brussel Sprouts	Kiwi	Rhubarb	Tomatoes
Cabbage	Lemons	Salad (pre-bagged)	Turnips
Carrots	Lettuce	Spinach	
Cauliflower	Limes		
Celery	Mushrooms		
Corn on the Cob	Okra		
Cranberries	Onions		
Cucumbers	Oranges		
Dried Onions	Parsley		
Eggplant	Parsnips		
Garlic	Pears		
Grapefruit	Peppers		

