

July 2021

Published monthly for the clients of Meals on Wheels.

HOLIDAY!



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

Independence Day - Monday, July 5th

Use the shelf stable meal package you received on July 1st for Monday, July 5th.



Requesting comments on our nonperishable holiday meal packs:

If you have comments or suggestions on what type of nonperishable food you would like to receive, please call 267-0122 to let us know. We will share this information with our dietitian to see if we can alter the food we serve in these packs and still meet the nutrient requirements.

JULY COVID DELIVERY UPDATES:

MEALS ON WHEELS DELIVERY PROCEDURES WILL CHANGE ON JULY 6TH.



The Meals on Wheels program continues to follow the guidelines provided by the Centers for Disease Control and Prevention (CDC) and the changes made by the State of Kansas regarding face coverings (masks).

As more of our volunteers and clients report that they have been vaccinated, they do not believe that it is necessary to wear a mask. It is also hard for volunteers to wear a mask during the summer due to the heat.

- Starting July 6th volunteers will not be required to wear face masks during delivery unless you post a sign on your door that you would like them to wear a mask. If you cannot make a sign, call

267-0122 and we will provide a sign for you to put on the door.

To reduce contact throughout the COVID pandemic, we have bagged your meal so we could hang it on your door knob. Now, many clients are leaving their doors open or coming to the door so it does not seem necessary to continue bagging your meals.

- Starting July 6th we will not bag your meal unless you call 267-0122 to request that we continue bagging your meal. However, we do not want volunteers entering your home. If you need the volunteers to enter your home, you must call 267-0122 to make sure that is listed on the route sheet. **Volunteers cannot leave meals without getting a response from you.**

Thank you for your assistance with the meal delivery process throughout the pandemic. Your safety has always been our priority.



Food Poisoning: Summertime Issues

If you do not eat your Meals on Wheels right away, please refrigerate it. Every year an estimated 1 in 6 Americans get sick from foodborne disease. Leaving perishable food out in warm weather allows bacteria to flourish which can make you sick. Bacteria grow best between 40 and 140 degrees. It is particularly important during the hot summer months to keep cold foods cold (in a refrigerator) until they are served. This is true for salad, pasta salad and potato salad. Bacteria prefers eggs, potatoes or other ingredients. Consequently, serve only the amount of salad that will be consumed within one hour.

According to the Centers for Disease Control and Prevention, the most common symptoms of food poisoning include upset stomach or nausea, vomiting, diarrhea. 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, bloody diarrhea, frequent vomiting that prevents keeping liquids down, or diarrhea that lasts more than 3 days.

People at higher risk:

- Adults 65 and older
- People whose immune system is weakened by health conditions like diabetes, liver or kidney disease, AIDS, or cancer.

If you are at higher risk, you should not eat:

- Undercooked or raw food from animals (beef, pork, chicken, turkey, eggs, or seafood)
- Raw or lightly cooked sprouts
- Unpasteurized (raw) milk or juice
- Soft cheese (queso fresco) unless it's labeled as made with pasteurized milk

Steps to prevent food poisoning:

- Refrigerate perishable food and leftovers within 2 hours (within 1 hour if it's hotter than 90°F outside). Keep your refrigerator 40 degrees or below.
- Wash hands, utensils, and kitchen surfaces often during and after food preparation.
- Keep fresh produce or other foods separate from raw meat, poultry, seafood, and eggs in your shopping cart and refrigerator. Use separate cutting boards and plates.
- Cook food to the right internal temperature to kill germs. Use a food thermometer to check.

Cook to the right temperature:

145°F	Steaks, roasts, chops of beef, pork, lamb, veal, raw ham & fish with fins
160°F	Ground meats like beef and pork; egg dishes like quiche
165°F	All poultry, including ground chicken and turkey
165°F	Leftovers and casseroles



Call if you won't be home!

We cannot leave your food unattended.



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



Summer Meals and Snacks

By Diane Greenleaf-Kisner, MS, RDN, LD, CDE

Remember that saying, “if you can’t stand the heat, get out of the kitchen”? The summer heat is upon us which can zap our energy and eating hot foods just don’t sound very appealing but we still need to eat. What should we do?

The number one thing we need to do in the summer heat is to drink. Keeping hydrated in the heat, even if we are indoors most of the time, is very important. Try to drink at least 8 glasses of fluid each day, more if you are outside and sweating. Water is the number one beverage but other fluids can count also. If it is hard to get in the fluids, fill a pitcher of water, keep it in the refrigerator and drink from it all day, it should be empty by the end of the day. If you drink something else, take that amount from the water pitcher. To give that water flavor, add slices of lemons and limes or other fruit or add a little juice in the water for extra flavor.

Cool summer meals and snacks include:

- Sandwiches are great this time of year – choose whole grain bread, add deli meat, low fat cheese, leftover meats or peanut butter. Top with mayo, mustard, avocado and lettuce and tomato. Add cut up veggies or slices of tomato to round out that meal.
- Tomatoes and peppers are abundant this time of year – add to cottage cheese with a side of fruit. Very refreshing!
- Cucumbers are also in season – make a cucumber, onion and vinegar salad, add a grilled hamburger patty or chicken breast and oh so good!
- Salads are so nice and refreshing – try a variety of lettuces, add your other favorite vegetables. Make enough for several meals. Add some protein such as deli meat, canned tuna, boiled egg,

beans, cottage cheese, cheese or leftover meats and low fat salad dressing. A side of crackers and fruit and you have a satisfying meal.

- Yogurt with fruit or added fruit with low fat granola and a few nuts makes a very light breakfast.
- Boil several eggs at one time and add to a salad or eat with some cut up vegetables and/or fruit for a great snack.
- Sliced peaches with a dollop of yogurt for an afternoon snack is refreshing.
- Freeze grapes and other fruit and eat for a wonderfully cool snack. Add a few nuts or a slice of cheese for staying power.
- Freeze yogurt and let thaw a little for a slushy, nutritious snack.
- Smoothies are great this time of year – Blend fruit, yogurt or milk with ice and you have a quick cool breakfast or snack.

Take advantage of the fruits and vegetables that are in season and add a protein for a great meal or snack. Great protein sources are lean meats, chicken, turkey, fish, cottage cheese, cheese, beans, nuts, peanut butter, yogurt and eggs.

Stay cool for the summer!



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 June:
Zachary Reece Walls

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
New menu items are underlined.			1 Tuna Noodle Casserole Peas Dinner Roll Mandarin Oranges	2 Pepperoni Pizza Bake Pasta Salad Italian Green Beans Fruit Cup
5 Closed Independence Day Use Meal Provided	6 Hot Dog on Bun Baked Beans Mixed Veggies Fruit Cup	7 Roasted Chicken Thighs Hash Brown Obrien Broccoli and Cheese Cherry Cobbler	8 Biscuits and Turkey Sausage Gravy Sausage Patty Scrambled Eggs Oven Potatoes Fruit Cup	9 Pork Chops Mushroom Gravy Steamed Rice Green Beans Fresh Fruit
12 Crispy Chicken Sandwich Tater Tots Cinnamon Peaches	13 Beef Pasta Casserole Vegetable Medley Buttered Pears	14 Lemon Pepper Fish Rice Pilaf Carrots Dinner Roll Strawberry Cup	15 <u>Honey Garlic Chicken</u> Stir Fry Vegetable Blend Dinner Roll Peach Cup	16 <u>COLD MEAL</u> Chicken Cesar Salad California Ranch Veggies Wheat Bread Chunky Fruit
19 Chicken Taco Casserole Spanish Rice Dutch Apple Cobbler	20 Meatloaf Cheese and Sour Cream Mashed Potatoes Green Beans Dinner Roll Seasonal Fruit	21 <u>COLD MEAL</u> Chicken Bacon Ranch Pasta Salad Three Bean Salad Breadstick Apple Rings	22 Baked Chicken Roasted Baby Bakers Peas and Carrots Blueberry Pie Smash Fruit Cup	23 Cranberry Apple Chicken Salad with Crackers Macaroni Salad Cucumber Onion Salad
26 Chicken Tenders Seasoned Mashed Potatoes Cream Gravy Cut Corn Cherry Crisp	27 Cheeseburger Casserole Zucchini Garlic Bread Fruit	28 Roasted Turkey Cornbread Dressing Poultry Gravy Carrots Wheat Bread Fruit Chunks	29 Smoked Sausage with Pepper & Onion Topping Dirty Rice Corn Bread Muffin Peach Cup	30 Cheesy Beef Pizza Steamed Broccoli Cranberry Poached Pears

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