

# NUTRITION

*Notes*



June 2022

Published monthly for the clients of Meals on Wheels.

**The Meals on Wheels Program wishes all fathers a:  
Happy Father's Day on June 19th**



## Meals on Wheels

Meals on Wheels is a program of Senior Services, Inc. - a private not-for-profit organization. Funding for the Meals on Wheels program comes from Federal, State, County and United Way dollars each year. However those dollars remain pretty much the same as they were 10 years ago. The cost of food and supplies has increased dramatically in the last 2 years. Feeding over 800 homebound seniors each day is our #1 priority but it is becoming difficult with the staggering price of doing business in 2022. We asked the Kansas Legislature for an additional \$3 million statewide - we would receive \$1.5 million if it's approved. We will be asking our Sedgwick County Commissioners for an additional \$300,000 to help us continue to serve the seniors in Wichita with a variety of programs, including Meals on Wheels.

Please consider contacting your County Commissioner to let them know how important the Meals on Wheels program is to you and how much you depend on the noon meal and the conversation with your volunteer. **They will appreciate hearing from you!**

**We will NOT be taking anyone off of**

Meals on Wheels. However if funding remains at the same level, putting new requests on a waiting list is the next step.

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### **DISTRICT 1: Pete Meitzner 316-660-9300**

East of Kellogg - West of Oliver - South of 125th and North of Edgemoor to McClean

### **DISTRICT 2: Sarah Lopez 316-660-9300**

North of 119th St. West - South of Douglas - East of 119th West - West of Hillside

### **DISTRICT 3: David Dennis 316-660-9300**

North of 119th - South of 125th St North - East of 407th St. West and West of Meridian

### **DISTRICT 4: Lacey Cruse 316-660-9300**

North of Douglas u to 29th St. - West of 119th St. - South of 125th St and East of Oliver

### **DISTRICT 5: Jim Howell 316-660-9300**

South of Kellogg - North of 55th St. South - East of Hillside - West of 159th St. East

## REMINDER: Shelf Stable Milk & Juice for the Summer

During the hot summer months, the milk cannot be kept cold enough during delivery. To replace the cold carton of milk we will serve shelf stable milk or a calcium fortified juice throughout the summer months.

### June Is National Dairy Month

The best source of calcium is milk because it offers 300 mg. per cup and it's readily absorbed. The recommended daily intake of calcium for persons 51 years and over is 1200 mg. for women and 1,000 mg. for men. Consult your physician before taking calcium supplements since they can create some health issues.

#### Besides just drinking milk, other ways to get dairy/calcium in your diet include:

- Substitute milk for water in soups, hot cereals, sauces, mashed potatoes, rice, pancakes and scrambled eggs.
- Eat 1.5 cups of cottage cheese
- Add cheese to soups, sandwiches, salads, and casseroles
- Top a baked potato with cheese, yogurt, or cottage cheese
- Eat yogurt or try a parfait of yogurt and fruit for a snack
- Snack on string cheese or 1.5 oz. of firm cheese
- Sprinkle Parmesan cheese on popcorn
- Make desserts count toward your calcium requirement by choosing a milkshake, pudding, custard, frozen yogurt, cream pie, or ice cream

#### Other foods containing calcium or fortified with calcium (check the label):

- Orange juice can have up to 346 mg per cup.
- Some breakfast cereals and oatmeal are also fortified.
- Broccoli, spinach and other greens, but they are not absorbed as well as calcium in milk.

## ASK OUR DIETITIAN

By LuAnn Soliah, Ph.D., R.D.



Please call Meals on Wheels at 267-0122 to submit your question.

### **QUESTION: Is it Okay to Snack?**

Yes, snacking is perfectly okay, but some good judgment needs to accompany snacking. You can never go wrong by eating an extra piece of fruit, cheese, raw vegetables, glass of milk, etc. But of course, most people like to snack on candy, salty snacks, ice cream, sodas, etc. All foods in moderation, even treats/sweets, but use prudence and judgment when selecting snacks.

Years ago, snacking was considered a detriment to a good diet, because children would eat large snacks of low quality and then, display fickle eating behavior at mealtime. Times have changed, and all of us can benefit from healthful snacking. We just have to remember our total daily intake is what counts, not an occasional snack or treat. Additionally, not everyone in modern times eats a 7:00 breakfast, a 12:00 lunch, and a 6:00 supper - so snacks can be helpful.

Here are examples of some good snacks: apples, bananas, granola bars, oranges, berries, nuts, bean dip, peanut butter and crackers, slice of toast, cheese slices, glass of milk, fruit juice, etc. You can certainly personalize the format of your snacking and feel like you are making a good decision.

Just remember, all foods in balance, moderation, variety, adequacy, and good taste. Enjoy your meals and enjoy your snacks.

## The Mediterranean Diet Has Merit

By LuAnn Soliah, Ph.D., R.D.

Are you familiar with the Mediterranean Diet and what does the term mean? The title, Mediterranean Diet, comes from the traditional eating pattern from the Mediterranean region of Europe. It is an eating pattern that emphasizes whole grains, olive oil, nuts, seeds, vegetables, fruit, beans, lentils, fish, and avocado oil, etc.

The Mediterranean Diet is a plant-based eating pattern, but it does allow for a generous intake of high-quality, heart-healthy fats and oils. It de-emphasizes, poultry, pork, beef, fried foods, and dairy. Similarly, this eating pattern would minimize desserts, candy, sodas, and salty snacks. So, you can see there is quite a difference between the Western based eating pattern and the Mediterranean eating pattern.

The reason the Mediterranean eating pattern has merit and is receiving “nutritional praise” is the fact that it seems protective against heart disease. The potent antioxidant content of the common foods consumed are potentially the reason the diet has merit. It is also a balanced diet with many key nutrients from the plant kingdom. Our dietary goals should be good taste, good health, familiar foods, and easy food availability and preparation. Fortunately, the Mediterranean eating pattern is attainable. Most of the foods on the above list are readily available in our grocery stores and the foods are certainly familiar to us.

Here are a few clues to tilt your diet toward the Mediterranean eating plan:

1. Purchase some high quality olive oil and use it in cooking and salad dressing production.
2. Eat two or more seafood meals/week.
3. Add an extra serving of fruits and vegetables to every lunch and dinner menu.

4. Explore some recipes that use seeds, beans and lentils.
5. Try to limit some of the traditional sweets, salty snacks, soda, and treats from your diet.

Give it a try and you just might experience vitality, food enjoyment, and meal pleasure.



## Want To Stop Getting Telemarketing Calls?



The National Do Not Call Registry can limit the telemarketing/unwanted sales calls you receive.

You can put your cell or landline phone on the Do Not Call Registry at no charge. If your number(s) are on the list, then telemarketers aren't supposed to call your number, and if they do, you can call the FTC. This will not stop calls from charities, political groups, debt collectors, legitimate survey groups or companies that you've called. File a complaint at 1-888-382-1222 regarding calls from scammers or robocallers.

**To register by phone:** call from the phone number that you want to put on the list. Call 1-888-382-1222 (TTY: 1-866-290-4236).

**Register online:** [www.donotcall.gov](http://www.donotcall.gov)  
You must respond to their confirmation e-mail within 72 hours.

## SPECIAL OCCASION & MEMORIAL GIFTS

Donations given in memory or appreciation of someone special are a wonderful way to honor someone.

**Memorials in May:**  
Gary Rikli

**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

**June 2022 - 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>
		1 Spaghetti with Meat Sauce Roasted Zucchini Garlic Breadstick Fruited Gelatin	2 Chicken & Broccoli Stir Fry over Rice Oriental Veggies Peaches Rocky Road & Fortune Cookies	3 Potato Pollock Curly Fries Buttered Broccoli Wheat Roll Rosy Applesauce
6 Chicken Tenders with Ranch Potato Wedges Green Peas Dinner Roll Sliced Pears	7 Biscuits & Turkey Sausage Gravy Scrambled Egg Hash Brown Patty Fruit Yogurt	8 Sweet & Sour Pork over Rice Glazed Carrots Hush Puppies Mandarin Oranges	9 Beef Enchiladas Spanish Rice Fiesta Corn Diced Papaya	10 Pizza Pocket Green Beans Berry Compote Chocolate Mousse
13 Smothered Pork Chop Scalloped Potato Breaded Tomatoes Mandarin Orange Fluff	14 Stuffed Cabbage Rolls over Rice Yellow Squash Triple Berry Crisp Craisins	15 <u>COLD MEAL</u> Chicken Salad Sandwich Green Pea Salad Assorted Chips Seasonal Fruit	16 Chili Cheese Dog on Bun Tater Tots Diced Beet Salad Warm Spiced Pear Crisp	17 <u>Chimichurri Chicken</u> Cilantro Lime Rice Calif. Veggies Wheat Roll Pineapple Tidbits
20 Pineapple Glazed Ham Sweet Potato Casserole Green Beans Wheat Roll Sliced Peaches	21 <u>COLD MEAL</u> Turkey Sandwich Lettuce, Tomato, & Onion Three Bean Salad Fruit Yogurt Fresh Apple Slices	22 Chicken Parmesan over Noodles Peas & Carrots Garlic Breadstick Fruited Gelatin	23 BBQ Pork Riblette Macaroni & Cheese Seasoned Broccoli Cherry Fruit Pie	24 <u>COLD MEAL</u> Tuna Salad on Croissant Coleslaw Strawberries & Bananas Chocolate Cake
27 Chicken Teriyaki Rice Pilaf Oriental Veggies Hush Puppies Mandarin Oranges	28 Beef Stew Scandinavian Veggies Wheat Roll Strawberry Yogurt	29 Creamy Chicken Spaghetti Squash Medley Wheat Roll Fruited Gelatin	30 Grilled Hamburger on Bun with Mustard Potato Wedges Mixed Veggies Blushing Pears	New menu items are underlined.

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

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