

# NUTRITION

Notes



August 2022

Published monthly for the clients of Meals on Wheels.

## **COVID CASES ARE ON THE RISE IN WICHITA**

It is difficult for volunteers to wear a mask and breathe in the summer heat. However, we are strongly encouraging them to wear a mask during delivery. In order to reduce the spread of COVID, please do not ask volunteers to enter 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 are not supposed to leave meals without getting a response from you. During these 100 degree days, it is helpful if they do not have to wait long periods of time at the door.
- If you test positive for COVID, call the meal program at 267-0122.

## **AUGUST 22ND - Meals on Wheels will not deliver meals.**

Consequently, we will send out an "Emergency Meal" for you to use on 8/22/22. In an effort to reduce equipment malfunctions, we will have several new pieces of kitchen equipment installed that day so we will be unable to prepare the meal.

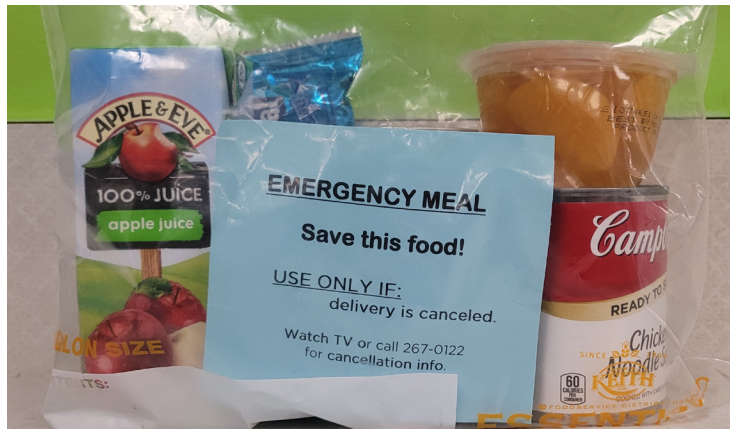
**Important Information:** our monthly menu can change when we are not able to deliver like on July 26th or if our food supplier can't get enough of a product.

## **What happened to your meal on Tuesday, July 26th?**

Meals on Wheels was not able to deliver meals on July 26th because the machine that seals the meals broke down. We had to wait on a part before it could be repaired.



Periodically, nonperishable "Emergency Meals" are sent out so you will have something to eat on days when we have an unavoidable issue that prevents us from preparing or delivering your meal. Please save these meals labeled "Emergency Meal" so you will have one available when we can't deliver. In addition, since we only serve 1 meal a day, it is a good idea to have extra food available. When we ask you to use an emergency meal like on the 26th, watch for a replacement to be sent out.



## ASK OUR DIETITIAN

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



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

### **QUESTION: Are Vitamin Supplements Worthwhile?**

Vitamins are defined as nutrients that the body cannot make, and they are needed in tiny amounts (milligrams and micrograms). Our food and beverages must provide the nutrients in the needed amount or we develop a deficiency disease. Approximately 30% of the US population takes vitamins on a regular basis. But are they really needed? *The answer is "that depends."*

**Vitamin A:** Vitamin A is a very important vitamin, but it is found in meat, eggs, dairy, fish and cheese. It would be rare to be low in vitamin A.

**B Vitamins:** There are eight B vitamins. Most of the B vitamins are abundant in the American diet, but there are a few exceptions. For example, folic acid may be in short supply for individuals who do not consume green, leafy vegetables or routinely eat fruit and vegetables. Vitamin B12 is abundant in our diet, but several individuals have difficulty absorbing this vitamin. Additionally, some vegetarians completely avoid animal products - this practice places them at risk for B12 deficiency. However, oral supplements are available over the counter.

**Vitamin C:** Most individuals receive plenty of vitamin C in their diet - assuming they routinely consume fruits and vegetables high in Vitamin C.

**Vitamin D:** Americans tend to be low in vitamin D. This is especially true for the elderly, people who work long hours indoors, sun avoiders, and individuals who live in cloudy, cold, foggy, northern climates.

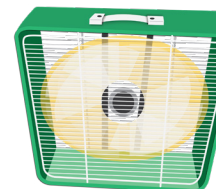
**Vitamin E:** Vitamin E is abundant in the American diet because it is found in numerous food sources.

**Vitamin K:** Under normal circumstances, vitamin K is adequately consumed.

Thus, our vitamin intake is crucial for good health, but most Americans are doing just fine with their vitamin intake. Nevertheless, there are a few exceptions (Vitamin D, B12, and folic acid). Consider improving your diet, before automatically beginning a vitamin supplement routine.

## 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 because they do not 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.



## SUMMER ENERGY SAVING TIP

Running a fan or ceiling fan is much cheaper than running your air conditioning. The air flow creates a wind chill effect that helps you feel more comfortable. Running one 24 hours a day for an entire month would only cost about 5 dollars on your electric bill but turn them off when you leave the house.

Check out [evergy.com](http://evergy.com) for more "ways to save".

## The Importance of Staying Hydrated this Summer

By Kyle Huxford, RDN, CSG, LD

As the mercury starts to rise and we start to find shelter under a shade tree or the cool air conditioning, a silent, deadly issue may be showing its head: dehydration. Dehydration is a frequent cause of hospitalization for seniors. As adults, we lose more than eighty ounces of water daily just through normal activity. Severe dehydration can become life threatening to older adults because there is no longer enough fluid in the body to carry blood to the organs. The most important way to prevent dehydration is to make sure you are drinking enough liquid. Remember, caffeinated beverages cause frequent urination and promote dehydration. Water can also be found in many fruits and vegetables, so including them as part of a nutritionally sound daily diet will help with staying hydrated as well. Include fruits like melons, berries, apples, oranges and peaches. Vegetables such as lettuce, cucumbers, celery and cauliflower are also good.

### Benefit 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.

Watermelon is also 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. The Vitamin A, Vitamin C, and lycopene in watermelon are important antioxidants that fight free radicals.

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

## Possible Help for Summer Cooling Costs:

Project Deserve is a program that provides financial assistance toward energy costs of current Kansas Evergy customers with active service in their name. Assistance is available only one-time (in a rolling 12 month period) if you qualify. Assistance is determined based on the following information and the availability of funds.

### To receive up to \$300, you must:

- Be 65 years or older
- OR**
- Receive permanent disability income from SSI or SSD

### To receive up to \$100, you must meet income eligibility: (examples below)

Your **total net** household income must meet the income eligibility guidelines. For example, a one person household must be below \$1,473 a month and a two person household below \$1,984.

You will need these items to determine your eligibility:

- Verification (within the past 30 days) for each source of income in the household.
- Current utility bill
- One other utility or phone bill in your name at the address on the application.

Center of Hope determines eligibility based on need and household income. They can be reached at 316-219-2121 or online at [centerofhopeinc.org](http://centerofhopeinc.org)

Meals on Wheels also has copies of the Project Deserve application. If you would like one, call 267-0122.

## Donations to Meals on Wheels

Donations are always appreciated and very helpful. You can also give donations in memory or appreciation of someone special. This is a wonderful way to honor someone.

**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 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 Breaded Chicken Wings Broccoli Rice Casserole Fruit & Nut Trail Mix	2 <u>COLD MEAL</u> Pimento Cheese Sandwich Beef Jerky Stick Carrot & Raisin Salad Fresh Green Grapes	3 Biscuits & Gravy Scrambled Egg Sausage Patty Hash Browns Apple Strudel	4 <u>COLD MEAL</u> Turkey & Cheese Sandwich Three Bean Salad Ranch Pasta Salad Fresh Kiwi	5 <u>Open Faced Poutine Burger</u> Parslied Buttered Carrots Fruit Cobbler
8 Berry Topped Pancakes Ham, Egg & Cheese Scramble Hashbrowns	9 Beef Stuffed Peppers over Brown Rice California Blend Veggies Dinner Roll Sliced Peaches	10 <u>COLD MEAL</u> Southwest Chicken Salad with Tort Strips Mexican Street Corn Diced Mango Flan	11 BBQ Rib Patty Scalloped Potatoes Creamed Corn Cornbread Fruit Cup	12 Beer Battered Cod Seasoned Potato Wedges Buttered Peas Fruit Crisp
15 BBQ Chicken Legs Over Rice Pilaf Green Beans Hot Spiced Peaches	16 <u>COLD MEAL</u> Tuna Salad on a Croissant "Cook's Choice Pasta Salad" Baby Carrots Seasonal Fresh Fruit	17 Pineapple Glazed Ham Sweet Potato Casserole Seasoned Greens Wheat Roll Pineapple Tidbits	18 <u>COLD MEAL</u> Turkey Salad on a Lettuce Bed Coleslaw Potato Salad Fig Newton Dried Banana Chips	19 Beef Hot Dog on Bun Macaroni & Cheese Peas with Pimento Mixed Fruit
22  <b>No Meal Delivery</b>  Use Meal Provided	23 Chicken Fried Rice Soy Sauce Egg Rolls Hush Puppies Oriental Veggies Mandarin Oranges	24 <u>COLD MEAL</u> Ham Salad on a Slider Bun Potato Salad Marinated Carrots Fruited Yogurt Parfait	25 Beef Stroganoff over Egg Noodles Peas & Carrots Wheat Roll Fruit Craisin	26 Chicken Tenders with Ranch Baked Beans Parsley Buttered Cauliflower Wheat Roll Fruit Cup
29 Teriyaki Chicken over Rice Pilaf Brussels Sprouts Warm Spiced Pear Crisp	30 <u>COLD MEAL</u> Avocado Chicken Salad on Pita Cucumber & Onion Salad Wheat Thins Seasonal Fresh Fruit	31 Tacos Al Pastor Black Beans Fiesta Blend Corn Cherry Strudel		          New menu items are underlined.

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