

NUTRITION

Notes



November 2022

Published monthly for the clients of Meals on Wheels.

THANKSGIVING HOLIDAYS!



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

Thanksgiving Day - November 24th

Day after Thanksgiving - November 25th



You will receive 2 nonperishable meals prior to the holidays.
Keep these meals and use one on the 24th and one on the 25th.

———— *HAPPY THANKSGIVING!* ————

Daylight Saving Time Is Ending Sunday, November 6th!

Set your clocks back one hour before you go to bed on Saturday, November 5th. Otherwise, you might not be up in time to receive your meal on Monday.



Operation Holiday Program

This is a program of HumanKind Ministries that provides holiday help for people with low-incomes.

If you qualify, Operation Holiday will provide a gift card to you (1 per household).

To qualify, you must:

- Be age 18 or older and live in Sedgwick County.
- Be a member of the applying family (household) who meets the income guidelines.
- Not apply for another holiday program.

Maximum Gross Monthly Household Income (must be able to provide proof):

1 Person = around \$2,146

2 People = around \$2,903

(call for specific income limits)

Application period: November 1 - 30, 2022

To complete the online application: call Meals on Wheels at 316-267-0122.

**Happy Veterans Day
November 11th!**

**A special "Thanks" to all
our veterans!**



ASK OUR DIETITIAN

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



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

QUESTION: Why Are Pumpkins So Popular?

Pumpkins are popular because they are used in several dessert recipes, they are marketed heavily in the fall, and they are a diverse food. Many recipes, beverages, pies, bars, cookies, etc. use pumpkins. And fresh pumpkins are seasonal - thus, we tend to look forward to their emergence every fall.

The most delicious pumpkins tend to be "small." They can be enjoyed in soups, pies, coffees, casseroles, and purees. Even though most pumpkins are not served as squash-type side dishes, they can be combined with butter, onions, garlic, parsley etc. and served as a vegetable selection. However, most of us enjoy pumpkin in pies, cakes, cookies, bars, cheesecakes, etc

Pumpkins are also enjoyed for their decorative purpose. They come in different sizes, shapes, weights, and even different colors. What other plant is used for table decorations, front porch displays, and centerpieces in the fall - other than pumpkins and (perhaps apples)? Additionally, people are curious to see how large pumpkins can grow. Contests are held each autumn to see who can produce the largest pumpkin each year!

So, enjoy the pumpkins in the fall and see if you can find a new recipe that uses pumpkins in a delicious way.

Look For Our "Emergency Meal" Deliveries Because Winter Weather Is On The Way!

We delivered one "Emergency meal" on October 20th. Another one day nonperishable meal supply labeled "Emergency Meal" will be delivered in November. Save these meals for days when we cancel meals (normally due to bad weather).

If you eat this meal, we will not be able to bring out another on a day we have to cancel meals. This food does not need to be refrigerated. Please watch your television during bad weather (or call the meal program) to determine if we can deliver.

If you did not receive the emergency meal supply, please call 267-0122 to let us know.

2023 Medicare Health and Drug Plan Open Enrollment Period

October 15th - December 7th

It's time to join, switch, or drop your Medicare D Drug Plan or Medicare Health (Advantage) Plan. Each year you can change your Medicare health and/or drug plan. Things like cost, coverage, providers and pharmacies that are in their networks can change yearly. The open enrollment period is a time to review your plans and make changes if needed. If you're satisfied that your current plans will meet your needs for next year and the plan is still being offered, you don't need to do anything. You can compare 2023 plans online at [medicare.gov](https://www.medicare.gov). **If you have questions, call 267-0122 ext. 201 for Lisa.**

Safety Tip: Solicitation calls/literature regarding open enrollment may not be from an honorable source. Look up the phone number of legitimate sources and initiate the call before you share your Medicare information or social security number.

Why Are Vegetables Considered So Healthy?

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

Vegetables are consistently praised in modern nutrition texts because they do contribute multiple nutrition benefits. They also add color, appeal, texture, flavor, and variety to our snacks and meals! Vegetables help with disease management, such as: blood sugar control, dietary bulk for intestinal conditions, blood fat management, and possibly the reduction of calories through hunger delay.

The FDA states that diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases. In some ways, vegetables are superior to fruit because of the low calorie level and high fiber content of most vegetables. The goal is to consume 2.5 cups of vegetables per day. This amount may seem overwhelming at first, but a person could always begin with a lower amount and work toward the goal.

There are five categories of vegetables. They are as follows:

1. dark green vegetables
2. red and orange choices
3. dry beans and peas
4. starchy choices
5. other selections such as onions, zucchini, bean sprouts, avocado, and the cabbage vegetable family

In nutrition terms, the vegetables provide fiber, folate, potassium, vitamin A, vitamin C, some iron, and many other nutrients. Currently, the science of nutrition is certainly moving toward a plant-based diet. Each of us should attempt to find ways/recipes/food choices that are leaning toward these recommendations.

The Cold Weather Rule

Effective: November 1, 2022 through March 31, 2023

The Kansas Corporation Commission oversees the provisions of the Cold Weather Rule for all Kansas utility companies. A utility shall not disconnect a customer's service between the dates listed above when the local National Weather Service forecasts that the temperature will drop **below 35 degrees** or will be in the mid-30s or colder within the following 48-hour period.

Utilities must send a written notice 10 days in advance of disconnection of service.

To prevent service interruptions when the temperature is **35 degrees or above** or to have service restored - you must comply with the following:

- Inform the utility if you are unable to pay the bill in full.
- Provide sufficient information to initiate a monthly payment agreement.
- Pay 1/12 of the total account balance including fees plus any required deposit installment.
- Enter into an 11-month payment plan to pay the remainder of the account balance, plus the current bill. You may select the Average Payment Plan.
- Apply for federal, state and/or local energy assistance funds.



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

November 2022 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <u>COLD MEAL</u> Ham Salad on a Lettuce Bed Bacon Ranch Pasta Salad Pretzel Sticks Fresh Green Grapes	2 Waffles with Warm Fruit Topping Hash Browns Turkey Sausage Links Hard Boiled Eggs	3 Beef Lasagna Bake Buttered Corn Garlic Breadstick Mixed Fruit	4 Potato Crusted Pollock Rice Pilaf Mixed Vegetables Warm Spiced Pear Crisp
7 White Chicken Chili Baby Carrots Cornbread Hot Spiced Peaches	8 Beef Goulash Parslied Cauliflower Wheat Roll Fruit Craisin	9 Loaded Baked Potato Soup Green Beans Garlic Knots Tropical Fruit	10 Chicken Tetrazzini Buttered Peas Wheat Roll Rosy Applesauce	11 Catfish with Tartar Macaroni & Cheese Sliced Carrots Fruit Danish
14 Meatloaf Mashed Potatoes & Gravy Green Beans Wheat Roll Apple Slices	15 BBQ Pork Riblette Scalloped Potato Seasoned Corn Wheat Roll Fruited Yogurt	16 <u>Garlic Parmesan Chicken Breast</u> over Long Grain Rice Broccoli Wheat Roll Diced Peaches	17 Beef Hot Dog on Bun Baked Beans Green Beans Emerald Pears	18 <u>COLD MEAL</u> Tuna Salad on a Croissant Coleslaw Seasonal Fruit Fudge Round Cookie
21 Beef Chili with Beans Sliced Carrots Oyster Crackers Apple Crisp	22 BBQ Roasted Chicken Potato Wedges Buttered Peas Wheat Roll Fruit Cup	23 Turkey w/ Gravy Cornbread Stuffing Green Bean Casserole Wheat Roll Cranberry Sauce	24 Closed For Thanksgiving Use Meal Provided	25 Closed For Thanksgiving Use Meal Provided
28 Chicken Parmesan over Noodles Buttered Corn Wheat Roll Fruit Craisin	29 Salisbury Steak Mashed Potatoes with Gravy Green Beans Wheat Roll Fruited Jello	30 Biscuit & Sausage Gravy Scrambled Eggs Hashbrown Patty Sausage Links Fruit Yogurt		New menu items are underlined.

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

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