

# NUTRITION

*Notes*



December 2022

Published monthly for the clients of Meals on Wheels.

## HAPPY HOLIDAYS!



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

**Day After Christmas - Monday, December 26th**

To receive a meal to use the day after Christmas, the 26th - you must call to reserve a meal delivered on Christmas Day. (See Article Below)

**Day After New Year's - Monday, January 2nd**

You will receive a nonperishable meal replacement for the day after New Year's, January 2nd, prior to this holiday.

## CALL TO RESERVE A CHRISTMAS DAY MEAL that you can use for our holiday on Monday, December 26th.

Since Meals on Wheels is closed the day after Christmas, the 26th, we will not deliver meals. If you will be at home on Sunday, the 25th - Christmas Day, you can call Meals on Wheels at **267-0122** to reserve a hot meal. The Hebrew Congregation of Wichita will prepare and deliver a limited number of turkey dinners on Sunday, December 25th. The delivery time for this meal will be similar to normal delivery; however, these routes are smaller so you must be home all morning until your meal arrives.

**You must call 267-0122 to reserve this meal or you will not receive one.**

The reservation deadline is noon on December 14th (call only if you need a meal). To cancel your reservation, please call us before noon on the 22nd.

If you sign up for the Christmas Day meal, it is important that you are home to receive it. Meals on Wheels office staff will not be working on Christmas Day so the police will have to perform welfare checks if you don't answer during delivery.

## WEEKEND CLIENTS ONLY

**Meals on Wheels will be closed and will not deliver meals on:**

- Christmas Eve - Saturday, December 24th (we will deliver a meal for Saturday on Friday, December 23rd)
- Christmas Day - Sunday, December 25th (you must call 267-0122 to receive a hot meal on Christmas Day)
- New Year's Day - Sunday, January 1st (we will deliver your Sunday meal with Saturday, December 31st)

## ASK OUR DIETITIAN

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



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

### **QUESTION: Which Choice Is The Healthiest Fish?**

Fish consumption has been endorsed by numerous professionals, but are all fish selections equally healthy? Would it make a difference if the fish were fried fish sticks, grilled shrimp, or tuna sandwiches?

Researchers have studied this question and designed experiments that test the association between fish consumption and heart disease risk. They have reported that eating tuna or other broiled or baked fish was generally associated with a favorable heart risk profile. The blood values of omega 3 fatty acids are higher with higher fish intake and this is a favorable outcome. In contrast, eating fried fish was actually associated with unfavorable outcomes and absolutely no benefit in fighting heart disease.

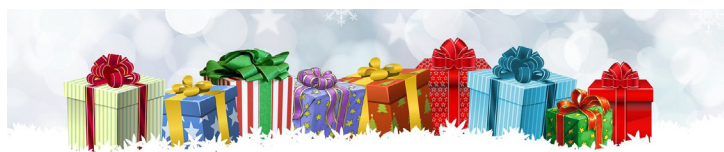
Another consideration is dietary pattern duration. Individuals who consistently eat fish and do so for several years are more likely to benefit from this pattern compared to individuals who start and stop their fish consumption.

The current recommendation is to aim for two fish meals per week. This may seem way too high to begin a dietary modification. Thus, aim for one meal per week and gradually work your way toward two meals/week. Try some new recipes, try some different fish choices and see what sauces and side dishes have the most

appeal to you and your family. Just remember, fried fish may be tasty, but it is not the most healthful preparation method to achieve heart health.

## Operation Holiday

If you called to request Operation Holiday and your Meals on Wheels caseworker completed an application, we will pick up the gift cards around December 13th. Then, the card will be mailed to you as soon as possible. The Meals on Wheels program is not responsible for replacement of these cards if it does not arrive in the mail.



## 2023 Medicare Health and Drug Plan Open Enrollment Period

### **Deadline – December 7th, 2022**

It's your last chance to join, switch, or drop your Medicare D Drug Plan or Medicare Health (Advantage) Plan for next year. If you're satisfied with the 2023 changes and coverages in your current plans, 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.

## Meals on Wheels Survey

We were not able to send the survey in November. Consequently, it will be sent in December. Please, help us by completing and returning your survey as soon as possible. Your honest opinions and ideas are appreciated. If you do not receive a survey in your milk sack, call **267-0122** and we will send one to you.

## Holiday Turkey: Facts and Figures

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

Chicken and turkey are the most commonly consumed poultry selection in the United States. Turkey is the favored meat for a holiday meal. It provides high quality protein, iron, and several B vitamins, and it has very little fat - depending on the preparation method. Turkey has a cholesterol content similar to other lean meats.

Poultry production is abundant in Georgia, Alabama, Arkansas, North Carolina, and Mississippi. There are guidelines in place for the humane treatment of the birds in the grow-out houses. Antibiotics can be used to treat illnesses, but hormones are not permitted for use in the poultry industry.

Turkey can be cooked by either dry or moist cooking methods. Dry methods are broiling, frying, roasting, and baking. Moist methods (poaching, steaming, stewing, braising, cooking in the bag) are best reserved for older, less tender cuts of meat. Moist, slow heat is needed to make the turkey meat tender and palatable. Most turkeys sold in the grocery store are considered young and tender. Thus, dry cooking methods are suitable.

To stuff or not to stuff the turkey? How many times have you been a part of this discussion? It is generally not a good idea to stuff a turkey. The reason for this caution is because bacteria can survive in the turkey and cause a food borne illness to occur. And remember, poultry should reach at least 165 degrees F during the final stages of cooking.

Enjoy your holiday meal, but use good judgment while cooking, serving, and re-heating the leftovers. Happy Holidays.

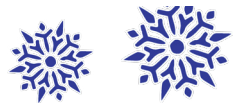


## NEW DONATED ITEMS

- ENSURE OR ENSURE TYPE DRINKS
- INCONTINENCE PRODUCTS LIKE DEPENDS
- A FEW LAP/SMALL BLANKETS
- 1 - QUAD CANE
- 1 - 5 CUP COFFEE MAKER
- 1 - 1X FEMALE ROBE
- 1 - SIZE 11- MALE SLIPPER
- 1 - SIZE 11/12- MALE SLIPPER
- 1 - SIZE 7/8 FEMALE SLIPPER
- 2 - SIZE 9/10- FEMALE SLIPPER
- 1 - MEDIUM MALE JACKET
- 1 - XXL FEMALE JACKET
- 1 - XL 15/17- PULL ON FEMALE TOP
- 1 - XL SWEAT SHIRT
- 1 - LARGE MENS SWEATPANTS
- 3 - 4X T-SHIRTS

If you need any of the items listed above and you have difficulty purchasing them, call **267-0122**. Our donated supply is limited to the items listed above so there is no guarantee that you will receive an item.

## Meal Cancellation During Bad Weather



Meal delivery may have to be cancelled due to winter weather. If this occurs, watch the television or call 267-0122 for meal cancellation information. We sent 2 nonperishable meals for you to use if we cancel meals.

## SPECIAL OCCASION & MEMORIAL GIFTS

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

### Memorials in November:

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

**December 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>
New menu items are underlined.			1 Chili Cheese Dog on Bun Seasoned Peas Cherry Cobbler	2 Tuna Noodle Casserole Sliced Carrots Garlic Knots Applesauce
5 Hamburger Gravy over Mashed Potatoes Green Beans Cornbread Sliced Peaches	6 White Chicken Chili Seasoned Corn Garlic Breadstick Rosy Applesauce	7 Beef Cabbage Bake Baby Carrots Wheat Roll Warm Fruit Compote	8 Fish Sandwich with Ketchup Mac & Cheese Coleslaw Warm Spiced Pears	9 Ham & Beans Turnip Greens Cornbread Cherry Craisin
12 <u>Pasta e Fagioli Soup</u> Italian Green Beans Blackberry Cobbler	13 Sausage Egg & Cheese Bake Hash Browns Banana Muffin Fruit Yogurt	14 BBQ Chicken Drummies Au Gratin Potatoes Mixed Veggies Wheat Roll Fruited Jello	15 <u>COLD MEAL</u> Tuna Salad on a Croissant Creamy Potato Salad Baby Carrots Fresh Kiwi	16 Homestyle Chicken Noodle over Mashed Potatoes Buttered Peas Wheat Roll Pineapple Tidbits
19 Chili with Cheese & Fritos Buttered Carrots Fruit Crisp	20 Chicken Enchiladas with Sour Cream Spanish Rice Refried Beans Diced Mango	21 Pineapple Glazed Ham Sweet Potato Casserole Green Bean Cass. Wheat Roll Cookie	22 Meatloaf with Mashed Potatoes & Gravy Green Beans Wheat Roll Peaches	23 Turkey w/ Gravy Cornbread Dressing Green Bean Cass. Wheat Roll Cranberry Celebration Salad
26 <b>Closed For Christmas</b>  Meal If Reserved	27 Spaghetti with Meat Sauce Broccoli Garlic Bread Craisins	28 Chicken Fried Rice Vegetable Egg Roll Oriental Veggies Peach Cobbler	29 Beer Battered Cod with Tartar Broccoli Rice Casserole Wheat Roll Mixed Fruit	30 Pork Chops Black Eyed Peas Seasoned Spinach Cornbread Fruited Pudding

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