

# NUTRITION

Notes



January 2023

Published monthly for the clients of Meals on Wheels.

## HOLIDAYS!

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



**New Year's Day - Sunday, January 1st**

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

**Martin Luther King Jr. Day - Monday, January 16th**

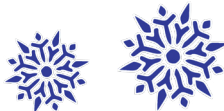


A nonperishable meal will be sent prior to the January 16th holiday which you need to keep and use on the 16th.

## WEEKEND CLIENTS:

We will send your Sunday, January 1st meal, on Saturday, December 31st.

## Meal Cancellation During Bad Weather



There might be days this winter when we have to cancel meals because the roads or sidewalks are too hazardous for our senior volunteers. During bad weather, watch the television or call 267-0122 for meal cancellation information. If we cancel meals, use the nonperishable food that we already provided.

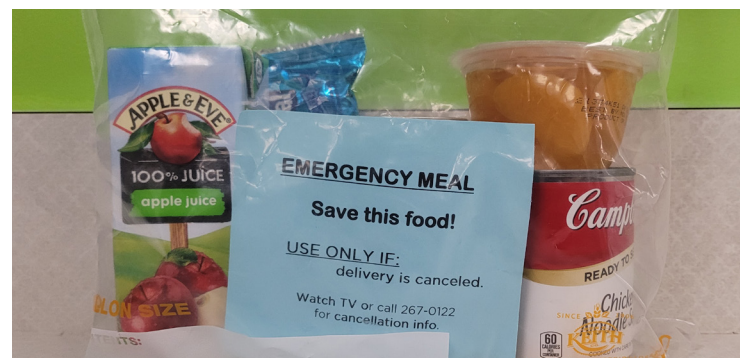
**Please keep in mind** - If roads are bad it takes much longer to deliver. On these days, it would shorten delivery time if you would be ready to answer the door. It would also be helpful if you could keep some ice melt on hand. If it is possible for you to stay safely inside your front door and throw out some ice melt on your porch or steps, this would help our volunteers accomplish your meal delivery.

## FOR THE DAY AFTER NEW YEAR'S, MONDAY - JANUARY 2ND:



**USE THE NONPERISHABLE  
EMERGENCY MEAL PACK THAT  
WAS DELIVERED NOVEMBER 16TH.**

Since you used one of the emergency meals on December 22nd, we will replace 2 emergency meals in January.



## ASK OUR DIETITIAN

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



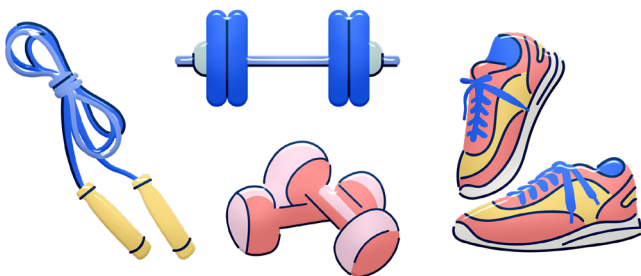
Please call Meals on Wheels at 267-0122 to submit your question.

### **QUESTION: Is It Too Late To Exercise After Age 55?**

Exercise strengthens the heart and improves the well-being of adults. Research studies have been conducted on the senior population concerning the predictors and modifiers of heart disease.

Men and women aged 55-75 years often believe they are too old to exercise. The benchmark in many research studies is walking for 30-45 minutes, three times per week and consistently maintaining this exercise plan for several years. But does it help prevent disease, pain, or fatal heart attacks?

The answer is YES. Adults that exercise have better blood tests, elevated fitness levels, fewer health complications, and lower death rates compared to their sedentary/non-exercising peers. But the best benefit would be the feeling that you are doing everything possible to achieve good health. Regular exercise - even if it is started later in life - decreases several risk factors for heart disease compared to non-exercisers. This indeed is good news!



## LIEAP: Low Income Energy Assistance Program

This program might help you with a one-time payment toward your heating bill this winter. LIEAP is a federally funded program that helps eligible households pay a portion of their home energy costs. The benefit amount varies based on your household income, the number of household members, the type of dwelling you live in, and the type of heating fuel you use.

### **To qualify, you must meet these requirements:**

- 1) An adult living at the address must be personally responsible for paying the heating costs incurred at the residence (whether they pay the landlord, utility company, or the fuel vendor).
- 2) Applicants must demonstrate a recent history of payments toward their utility or heating costs.
- 3) Must not exceed the household income limits which includes the combined gross income of all persons living at the address (1 and 2 person limits are listed below). If you have a larger household, call 267-0122 for income limits.

**1 person** - maximum of \$1,699 gross monthly income

**2 people** - maximum of \$2,289 gross monthly income

Proof of income for all household members is required - send a copy since originals will not be returned.

### **Applications accepted:**

**January 3, 2023 through March 31, 2023.**

The Meals on Wheels program has some applications for the LIEAP program which we can mail to you. You can also apply online at [www.lieap.dcf.ks.gov](http://www.lieap.dcf.ks.gov). For more information about this program or to request an application, call 267-0122.

## Healthy Eating Steps

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

The new year is here and this makes a great time to make some positive changes to our eating habits. Below are steps to healthy eating, mark the ones you are already doing and pick one step that you can work on in the next few weeks. As this step is more of a habit, pick another step to work on for healthier eating.

### Healthy Eating Steps

**Step 1** – Start each day with a high protein breakfast – protein takes 2-5 hours to digest and a high carbohydrate such as cereal and fruit only takes 1 ½ - 2 hours to digest. Fat takes even longer – 5-12 hours. Try 1-2 eggs or egg whites, whole grain toast and a piece of fruit or 2 slices of whole grain toast with peanut butter and fruit.

**Step 2** – Eat 3 meals and 2 snacks each day or 2 meals and 3 snacks per day. Include lean protein or good fat with each meal and snack. This helps prevent overeating and keeps energy levels constant.

**Step 3** – Include at least 2 servings of fruit and 3 cups of vegetables each day. The darker the colors of these, the more nutrient dense they are.

**Step 4** – Choose whole grains – try brown rice or whole grain pasta. Choose whole wheat or whole grain bread over white. Whole grains have more fiber. Fiber can help to prevent constipation and also keep us feeling fuller longer. Choose more beans and oats. These are great in soluble fiber.

**Step 5** – Bake, grill or broil. Frying foods doubles the fat and the calories.

**Step 6** – Watch the added fats – 1 teaspoon of fat equals 45 calories.

This is equal to 2 cups of raw vegetables. Although olive oil is a good fat, too much can lead to weight gain.

**Step 7** – Drink more water. Drink at least half your body weight in water, up to 100 oz.

**Step 8** – Eat every 3-4 hours. See step 2.

**Step 9** – Be mindful of your eating. If you find you are eating out of emotions, boredom or just because, find other things to do instead.

**Step 10** – The last one. Include your “special treat” food twice a week in a small amount. Just because we decide to eat healthy doesn’t mean we don’t crave those “other” foods!

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## HAPPY NEW YEAR!

### Help Us Start The Year Off Right!

**If you or your contacts (family/friends) changed your phone numbers last year, please call us to make sure we have the correct phone numbers.** We call meal clients who don’t answer the door during delivery. If we can’t reach you, then we’ll try the numbers of the family/friends you gave us as emergency contacts.

If we don’t have the correct phone numbers, then we have to ask the police (911) for a welfare check to make sure you’re alright. Call us at 267-0122 to check your numbers.

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## Thanks To Everyone Who Returned Our Annual Survey!

Your responses help us improve the meal program. In addition, the results are also provided to our funding sources.

**If you have not returned your survey, it’s not too late!** Please, mail it back to us in the envelope we provided.

**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

**January 2023 - 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>
2 <b>Closed For New Year's Day</b>  Use Meal Provided	3 Turkey Pot Pie Peas & Carrots Warm Fruit Compote	4 Sweet & Sour Chicken over Rice Oriental Veggies Warm Spiced Peach Crisp Fortune Cookies	5 Salisbury Steak with Mushroom Gravy Mashed Potatoes Stewed Tomatoes Wheat Roll Blushing Pears	6 <u><b>COLD MEAL</b></u> Chicken Salad on Pita 3 Bean Salad Goldfish Crackers Fresh Fruit
9 Chicken Parmesan over Noodles Steamed Broccoli Fruit Crisp	10 Pork Tips over Rice Italian Green Beans Wheat Roll Banana Pudding	11 <u>Honey Garlic Meatballs</u> over Mashed Potatoes Zucchini & Tomatoes Wheat Roll Pineapple Tidbits	12 Chili Mac Buttered Carrots Cinnamon Roll Hot Spiced Apples	13 Crunchy Baked Fish Au Gratin Potatoes Turnip Greens Cornbread Fruit Cup
16 <b>Closed For Martin Luther King Day</b>  Use Meal Provided	17 Chicken Teriyaki over Rice Pilaf Oriental Veggies Wheat Roll Mandarin Oranges	18 Country Fried Steak Mashed Potatoes with Gravy Green Beans Wheat Roll Fruit Medley	19 BBQ Pulled Pork on Pita Macaroni & Cheese Corn on the Cob Fresh Oranges	20 Chicken Fettuccini Alfredo Carrots Garlic Bread Apple Slices with PB
23 Beef Stuffed Cabbage Rolls over Rice Pilaf Harvard Beets Wheat Roll Strawberry Applesauce	24 Turkey a la King over a Biscuit Buttered Peas Cherry Crisp	25 Chili with Beans Mixed Veggies Cinnamon Roll Warm Spiced Peaches	26 Homestyle Chicken & Noodles over Mashed Potatoes Peas & Carrots Wheat Roll Fruited Jello	27 Tuna Salad on a Croissant Macaroni Salad Baby Carrots Seasonal Fruit
30 Cajun Dirty Rice Fajita Peppers & Onions Garlic Knots Blackberry Cobbler	31 Beef Enchiladas with Cheese & Sour Cream Spanish Rice Refried Beans Peach Parfait			          New menu items are underlined.

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

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