

NUTRITION *Notes*



January 2024

Published monthly for the clients of Meals on Wheels.

HOLIDAYS

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

Monday, January 1st – New Year's Day

AND

Monday, January 15th – Martin Luther King Jr. Day

Nonperishable meals will be sent the week prior to each holiday; these need to be saved and used on the days you will not be receiving a meal delivery.

Happy New Year!

As we start 2024 we need your help. **If you or your contacts have changed your phone numbers, PLEASE call us to make sure we have the correct numbers on file.** When a client does not answer during meal delivery we will call to check in on you. If we are unable to reach you we will begin calling your emergency contacts on record.

If we do not have correct phone numbers, which has been happening quite frequently, we will need to call the police (911) for a welfare check to ensure you are okay. If you have a new number, or are unsure if we have the correct number on file, please call the office and check! **(316) 267-0122**

Thank You!



Thank you to so many of you that have called with compliments for the kitchen in regards to meals lately. These messages and calls are shared with our kitchen staff, and they feel pride when their hard work is pointed out.

Inclement Weather

Thus far we have had a very mild winter, but being in Kansas we know it can change in the blink of an eye. We want to take a chance and remind everyone of our procedures if the weather is bad. There might be days this winter when we have to cancel meals because the roads or sidewalks are too hazardous for our volunteers. During bad weather, watch the television or call (316) 267-0122 for meal cancellation information. If delivery is canceled you will use the nonperishable food that has been provided previously.



Please remember that if roads are bad it takes longer to deliver. On these days, to shorten the delivery times, please be ready to answer the door and receive your meal. If you are able, try and have some ice melt on hand. If you can safely throw some on your stairs or porch, from within your home, it will assist the drivers to safely navigate to your door.

ASK OUR DIETITIAN

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



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

QUESTION:

How come elderly individuals lose muscle mass?

Elderly individuals lose muscle mass for several reasons, but one of the main reasons is that with aging, the body does not have the ability to build muscle mass from amino acids compared to the youthful years of life. Additionally, dietary protein intake tends to decrease as we age and many elderly people switch to a high carbohydrate/soft, easy to digest diet. Also, when physical activity declines, this contributes to additional muscle loss.

Muscle loss actually begins earlier in life than we like to believe. Evidence suggests that we begin to lose about 3-8% of our lean muscle mass per decade after age 30. At first this loss is not noteworthy, but eventually life becomes difficult. For example, it might be hard to get up from a chair or out of a bathtub. This could lead to weakness, frailty, and disability.

The medical term for loss of muscle tissue is *sarcopenia*. It can be slowed down with excellent nutrition habits and consistent strength training. The nutrition component consists of a moderately high protein diet. Examples of excellent protein sources include: eggs, meat, chicken, fish, milk, cheese, pork, turkey, etc. Resistance exercises can help resist muscle loss as well.

Another tip for protein intake is to include protein sources at every meal. Several senior citizens eat very little protein for breakfast. Try to include a slice of cheese, peanut butter, or a glass of milk with the morning meal. Some seniors are trying to lose weight, but reducing protein intake is the wrong approach. Paying close attention to consistent, high quality food choices is the best method to avoid muscle loss with advanced age.

The good news is sarcopenia can be partially reversed. It is never too late to make sensible dietary changes and include some strength building activity to the weekly routine.

Office Staffing

Our office currently has multiple open positions we are working on filling. With less people in the office, we find that everyone takes on different roles dependent on the day. There may be times when you may not get someone when you call, please leave a message and know we will be checking messages and returning them as soon as we can. Leaving multiple messages will not shorten the time to return your call. Another way to assist us is to make sure to call when you are not going to be home for delivery, and if you are home ensure you answer when the volunteer arrives. These two things will decrease the number of calls incoming to the office, and the needed follow up. We appreciate your understanding.

Survey Drawing

This summer we started doing a short survey at reassessment times, so not everyone has had the opportunity to respond. We thank all that have completed these on reassessment from August to December. These individuals will be placed in a drawing for a \$25 Dillons gift card.

Have You Ever Wondered About These Food Terms?

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

If a food is low in fat is it also low in calories? Not necessarily. The food might be high in sugar or another concentrated carbohydrate calorie source. It is true that fats have a lot of calories, but the term, low fat, is actually quite vague. Food manufacturers may find other ways to produce an appetizing food without using traditional fatty food sources. Thus, eating a large portion of fat free cookies is not a solution to weight loss or low calorie eating.

What are trans-free spreads? Trans free spreads are generally in the margarine category. This means a special processing technique was used that produced little or no trans fatty acids. The products may still contain tropical oils - which is not a heart healthy product either. Always remember, there may be a marketing or a manufacturing strategy that sounds good, but may just be a trade-off to a different food processing technique.

What does 98% fat free mean? You might think this means only 2% of the calories are from fat, but this is not the case. The percentage is referring to the weight and not the calories. Just remember, fat does not have much weight, thus percentages like 2%, 1%, etc. can be deceiving.

Is popcorn a low fat snack? Probably not. The popcorn might be air-popped, but the oil or fat could be added after it was popped. Also, most people who like popcorn...tend to eat large volumes of the product. Sometimes, they eat several refills of a popcorn bowl. These are easy habits to develop and difficult ones to break. Even popcorn has calories and especially if it is buttery in nature.

Are nuts healthy? Research suggests that nuts are healthy, if they are part of an overall good diet. Nuts do provide protein, unsaturated fatty acids, and fiber. The calories and salt can add up quickly,

so portion control is very important. Including nuts in your diet on a regular basis is a good idea, but they are not guaranteed to lower blood lipids. As usual, enjoy nuts in moderation.

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 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 paid to a landlord, utility company, or a fuel vendor).
- 2)** Applicants must demonstrate a recent history of payments towards their utility or heating costs.
- 3)** Applicants must not exceed the household income limits which includes the combined gross income of all persons living at the address. One and two person limits are listed below, if you have a larger household, call (316) 267-0122 for income limits.

1 person – maximum of \$1,823.00 gross monthly income

2 persons – maximum of \$2,465.00 gross monthly income

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

Applications Accepted:
January 1, 2024 to March 29, 2024

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/. For more information about this program or to request an application, call (316) 267-0122.

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 2024 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed For New Year's Day Use the Shelf Stable Meal Provided	2 Breaded Pork Chop Black-Eyed Peas Greens Wheat Roll Sweet Potato Pie	3 Swedish Meatballs Egg Noodles California Blend Vegetables Wheat Roll Peaches	4 Buttered Cod Wedge Macaroni & Cheese Buttered Peas Cornbread Mandarin Oranges	5 Oven Fried Chicken Legs Mash Potatoes w/ Cream Gravy Blended Veggies Whole Grain Roll Fruit Cocktail
8 Chili & Cheese Frito Pie w/ Corn Chips Mixed Vegetables Whole Grain Crackers Apples Filling	9 Chicken Fried Steak Potato Augratin Carrots Wheat Roll Diced Mango	10 Stuffed Green Peppers w/ Sauce Vegetable Medley Wheat Roll Fruited Muffin	11 Tuna Noodle Casserole Peas & Carrots Whole Grain Roll Banana Pudding	12 Sweet-N-Sour Chicken Stir Fry Rice Oriental Vegetables Egg Rolls Mixed Fruit
15 Closed For Martin Luther King Day Use the Shelf Stable Meal Provided	16 Hamburger on Wheat Bun Cheese, Tomato, Onions, Lettuce Corn On Cob French Fries Gelatin Cups	17 BBQ Roast Pork Herb Roasted Potatoes Squash Medley Whole Wheat Roll Apricots	18 Beef Stroganoff w/ Egg Noodles Asparagus Tips Wheat Roll Fruit Cocktail	19 Turkey, Beef, Cheese Sandwich on Crossant Pickles, Mayo, Lettuce Broccoli Salad Wheat Crackers Blusing Pears
22 Roasted Chicken Breast Broccoli w/ Cheese Sauce & Pasta Alfredo Pineapple Tidbits	23 Beef Burrito Casserole Spanish Rice Fiesta Corn Salsa Cupcakes	24 Beef Stew w/ Beef Tips Stew Vegetables Wheat Crackers Fruit Cobbler	25 Sliced Ham Macaroni & Cheese Italian Vegetables Wheat Roll Sliced Apples	26 Tuna Salad Sandwich on Wheat Bread Garden Pasta Salad Carrot Rasin Salad Fruit Cup
29 Philly Cheese Steak On Hoagie Bun Steak Fries Brussel Sprouts Cookies	30 Chicken Pot Pie Stewed Tomatoes Wheat Roll Fruit Cocktail	31 Meatloaf Scalloped Potatoes Green Beans Wheat Roll Pears		New menu items are underlined.

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

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