Community Meals *Notes*

Senior Services of Wichita

September 2026

Published monthly for the clients of Community Meals.

HOLIDAY CLOSURE

Community Meals will be closed and not delivering meals on:

Labor Day - Monday, September 7th

Clients will receive a packaged shelf stable meal prior to this date.

What is Labor Day Celebrating?

(countryliving.com)

Labor Day celebrates Americans who labor. It is a day to appreciate the economic and societal impact of hardworking Americans and to reflect on the progress our country has made as a result of the American workforce. Labor Day is celebrated on the first Monday of September every year. It has been a national holiday since June 28th, 1894.

Happy Grandparents Day September 13th

(legacyproject.org/guides/gpdhistory.html)

National Grandparents Day falls each year on the first Sunday following Labor Day. It's not a holiday invented to sell cards and flowers. It was initiated at the grassroots level by West Virginian Marian Lucille Herndon McQuade, with the behind-the-scenes support of her husband Joseph L. McQuade. They had 15 children, 43 grandchildren, 10 great-grandchildren, and one great-great grandchild. They were married for 60 years before their passing.

There are three purposes for National Grandparents Day:

1. To honor grandparents.
2. To give grandparents the opportunity to show love for their children's children.
3. To help children become aware of the strength, information and guidance older people can offer.

Mrs. McQuade envisioned families enjoying small, private gatherings, perhaps even a family reunion, or participating in community events. On a social level, National Grandparents Day gives us a chance to publicly affirm the identity and importance of grandparents, that they do play a vital role in families. It is also a day of giving – giving of self; sharing hopes, dreams, and values; and setting an example and advocating for future generations.

Produce Spotlight: Plums

By Isabelle Meyer, M.S., R.D

Nutrition Notes

Plums are in season from May-October. You can consume plums fresh or dried. Dried plums are called prunes and are well known for helping relieve constipation. This is partially due to their high insoluble fiber content, which adds bulk to your stool and helps waste move through your digestive system. Prunes also contain sorbitol which is a sugar alcohol that can have a mild laxative effect. Plums and prunes are high in antioxidants which help reduce inflammation in your body and may reduce risk of some chronic diseases.

Recipe: Cottage Cheese and Plum Snack

Ingredients:

- 1 plum
- ¾ cup cottage cheese
- Drizzle of honey (optional)

Directions:

Place your cottage cheese in a bowl. Slice your plum and add it on top. Add a drizzle of honey if would like extra sweetness. This snack provides protein and fiber to help you feel full until your next meal.

Welcome Autumn!

(almanac.com/content/first-day-of-autumnal-equinox)

Welcome to the fall equinox and the first day of autumn arriving on Tuesday, September 22nd, 2026 at 8:04pm EST in the Northern Hemisphere.

During an equinox, the Sun crosses what we call the "celestial equator"- an imaginary extension of Earth's equator line into space. The equinox occurs precisely when the Sun's center passes through this line. The direction of passage is north to south. After the autumnal equinox, days become shorter than nights as the Sun continues to rise later and nightfall arrives earlier.

Fall Weather
It is summer's great last heat,
It is the fall's first chill: They meet.
- Sarah Morgan Bryan Piatt

Wishing a colorful, cool, and cozy autumn to you all! What are some of your favorite things about the fall season?

Fruits & Veggies – More Matters

(sophe.org/fruits-veggies-matters/)

Fruits & Veggies month is a time to promote the health benefits of eating a healthy, balanced diet that includes lots of fruits and vegetables.

Why eat more fruits and veggies?

- To stay strong and active. Healthy foods like fruits and veggies have the vitamins, minerals, and nutrients your body needs.

- To lower your health risks. Eating a healthy diet with lots of fruits and veggies can help you lower your risk for chronic health conditions like heart disease and type 2 diabetes.

- To manage your weight. Eating healthy and getting physically active can help you stay at a healthy weight.

Continued on Pg 3

Food and Mood

By Isabelle Meyer, M.S., R.D

It's well known that nutrition affects your physical health. But did you know that the foods you eat may also affect your mental health?

Eating a lot of ultra-processed foods is linked to a higher risk of depression, anxiety, and stress. Ultra-processed foods are foods that have been changed a lot from their original form and often contain little whole food. They are often higher in added sugar, saturated fat, and sodium. Examples include soda, chips, candy, boxed macaroni and cheese, and chicken nuggets. Eating a lot of these foods is also linked to health problems such as type 2 diabetes and some cancers.

You do not need to avoid ultra-processed foods completely. Instead, try focusing on foods you can add to your diet. Adding more whole foods can feel less overwhelming than trying to cut out certain foods.

Eating more vegetables, fruits, beans, whole grains, lean meats, and healthy fats is linked to improved mood. In one study, people reported fewer symptoms of depression after 12 weeks of working to include more of these foods in their diet. These foods are also supportive of your physical health.

Here is an example of a day of eating that includes these foods:

- **Breakfast:** Rolled oats with blueberries and a drizzle of honey and scrambled eggs
- **Snack:** A handful of nuts and an apple
- **Lunch:** Tuna salad sandwich on whole wheat bread, grapes, and sliced bell peppers
- **Snack:** Carrots and hummus
- **Dinner:** Spaghetti with ground turkey and whole wheat noodles with a side salad

This day of eating includes many foods that support overall health. The oats, whole wheat bread, and whole wheat noodles provide whole grains. The blueberries, apple, grapes, bell peppers, carrots, and salad provide fruits and vegetables. The hummus provides extra fiber from beans. The eggs, nuts, tuna, and turkey provide protein. Nuts and tuna also provide healthy fats.

Making changes to your eating habits can be difficult. Having a reason that matters to you can help you stick with changes over time. The next time you go grocery shopping, think about what foods you can add to support your mood and your long-term wellbeing.

Fruits & Veggies – More Matters Continued

- To set a positive example. If you have children or grandchildren, how you eat can impact their food choices for years to come. Set them up for success!

Tips to get more fruits and veggies in your life.

- Try a new veggie recipe – try an old recipe with a new veggie.
- Keep a bowl of fruit handy where the entire familiy can see it.
- Cut up fruits and veggies to grab and eat on the go.
- Try pre-cut packages of fruit and veggies for a healthy snack in seconds. Choose packaged fruits that don't have added sugars.
- Saute veggies with olive oil and add your favorite spices. Dunk them in your favorite low-fat dressing, hummus, or low-fat dip.
- Throw baby carrots or grapes in a bag and take them with you for an easy snack on the go. The tiny versions of most vegetables actually tend to be sweeter and have more flavor in each bite.
- Whether it's strawberry-banana, green tea and blueberry, or a fruit and veggie mix, smoothies are an easy way to dring up your fruit and veggie servings.

SEPTEMBER 2026 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Honey Garlic Pork Chop Sweet Potato Casserole Mix Vegetables Whole Wheat Roll Mandarin Oranges	2 All Beef Hot Dog on a Wheat Bun Macaroni & Cheese Vegetable Medley Applesauce	3 Chicken Fajita w/ Fajita Blend Vegetables Corn Tortilla Corn & Black Beans Apricots	4 Shrimp & Spinach Tortellini w/ Garlic Parmesan Sauce Whole Grain Roll Blackberry Cobbler Tossed Salad w/ Dressing
7 **Closed For Labor Day** Use the Shelf Stable Meal Provided	8 Blackened Fish Southwest Hominy Steamed Broccoli Whole Wheat Roll Pears	9 Biscuits & Sausage Gravy Mini Veggie Quiche Hash Browns Fruited Yogurt	10 Sloppy Joe Sliders Potato Wedges Mixed Vegetables Watermelon Craisins	11 ***(Cold Meal)*** Chicken Salad w/ Lettuce on Whole Wheat Bun Carrot Raisin Salad Wheat Crackers Diced Mangos
14 Chicken Enchiladas with Sour Cream Sauce Spanish Rice Refried Beans Mandarin Oranges	15 Sweet & Sour Pork Stir Fry Rice & Steamed Vegetables Spring Roll Cherry Cobbler	16 Crab Cakes Quinoa Pilaf Succotash Whole Grain Roll Mixed Fruit	17 Sliced Turkey w/ Dressing Peas w/ Pearl Onions Whole Wheat Roll Strawberry Applesauce	18 Beef Philly Steak & Cheese on Wheat Bun Normandy Vegetables Blueberry Pie
21 Salisbury Steak w/ Mushroom & Onions Butter Noodles Brussel Sprouts Whole Wheat Roll Peaches	22 Rosemary Chicken Scalloped Potatoes Buttered Corn Whole Wheat Roll Banana Pudding	23 BBQ Pork Riblet Twice Baked Potato Mixed Vegetables Cornbread Tropical Fruit	24 Potato Crusted Pollock Garden Blend Rice Green Beans Whole Wheat Roll Pineapple	25 Turkey Pot Pie Peas & Carrots Warm Fruit Compote
28 ***(Cold Meal)*** Honey Ham & Cheese on Croissant Carrot Raisin Salad Papaya/Mango Blend	29 Cheeseburger on Whole Wheat Bun Curly Fries BBQ Baked Beans Mixed Fruit	30 Chicken Fettuccini Alfredo Broccoli Whole Wheat Roll Spiced Apples		Milk is Served with Every Meal

Published monthly by: Senior Services, Inc. of Wichita | 200 S. Walnut St, Wichita, KS 67213