



HAPPY, HEALTHY HOLIDAYS

By Annette Payne, RD, LD, CDECS

- 1. Find Balance.** Rich meals and tasty homemade snacks are a part of holiday traditions. Don't forget to bring balance by having healthy meals and snacks after indulging a bit. This will help keep unwanted pounds off.
- 2. Stay Hydrated.** When the weather turns colder, our thirst diminishes. Not drinking enough fluids can lead to hospitalization. Water is best, but you can try adding a splash of juice to your water for flavor, milk, or decaf tea. Some foods are hydrating too, such as grapes, melon, and gelatin. Drink something with every meal and plan on sipping throughout the day.
- 3. Follow Dietary Restrictions.** If you follow a special diet, such as one that is low in sodium or sugar, it can be difficult during the holiday season. Watch your portions of those foods and balance it with healthy options too
- 4. Keep Moving.** Bundle up and take a walk in the fresh air, walk an extra lap in the store while shopping, or use soup cans/water bottles for arm weights while watching TV.

CHRISTMAS MEAL DELIVERY

Each client will receive 3 shelf-stable meals and 4 frozen meals to be used for the holidays to cover the days our office will be closed. Meals will be delivered Saturday, December 11th.

FALL MENU IS HERE!

You'll be enjoying many old favorite recipes and some new ones too! We hope you enjoy the taste of fall including:

- Roasted Turkey
 - Mashed potatoes
 - Cranberry chicken
 - Chili
 - Oatmeal cream pie
 - Meatloaf
 - Graham Crackers
 - Cornbread
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DATES TO REMEMBER

- **Saturday, December 11th:** Frozen and shelf-stable meals will be delivered for most routes. Save meals for upcoming holidays (12/24-1/3).
- **December 24 - January 3rd:** Meals on Wheels will NOT be delivering hot meals these days. Hot meals will resume on **Tuesday, January 4th.**
- **December 28th:** Milk only will be delivered this day.

ALERT MEDIA

Reminder - Alert media is a way for us to communicate with you by phone call or text if there's no meal delivery. If you haven't already done so, please save the number in your phone.

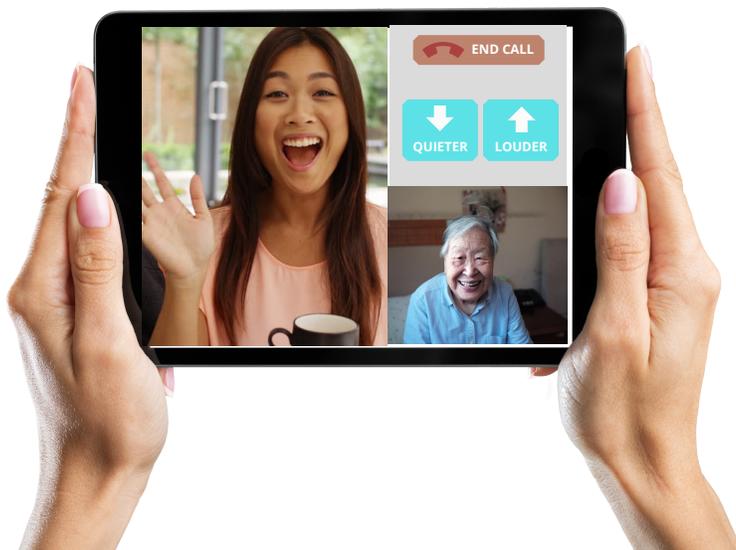
MENTAL HEALTH RESOURCES

As the holiday season rolls in, we wanted to check in with our seniors to combat any seasonal depression or isolation. Please use the following resources if needed.

LifePath Systems offers mental health services such as counseling and medication management. Call 972-422-5939 for more information or call the 24/7 hotline at 1-877-422-5939.

The Wellness Center for Older Adults offers senior and caregiver counseling and support groups along with other resources. Call 972-953-7669 for more information.

For more information or support call us at (202) 963-6288.



FREE TABLET TO VIDEO CHAT WITH LOVED ONES

If you are interested in receiving a FREE tablet to connect with your family, friends, doctor, or even your social worker, please contact your MOWCC Social Worker. If you have requested a tablet, we are still working on delivering them. No existing internet required.

FREE LEARNING RESOURCES

Check out Texas A&M AgriLife's online newsletter, stocked full of tips for healthy living!

www.collincountyfch.com/health



"MOWCC is committed to battling the fight against hunger as we **deliver** essential meals to our senior community. Through this contact, we also give **hope** to those seniors in isolation through the smiles of each volunteer."



Zella Tyson, M.P.H.
Chief Executive Officer



December 2021

Menu

Created by our
Licensed Dietitian

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6 Chicken Spaghetti Brussel Sprouts Italian Vegetables Applesauce 2% Milk Quart Calories: 611 Carbs: 67g Fat: 18g Protein: 46 g Sodium: 523 mg</p>	<p>7 Cajun Turkey & Beans Cornbread Stuffing Collard Greens Fresh Orange Calories: 610 Carbs: 75g Fat: 16g Protein: 42g Sodium: 960mg</p>	<p>1 Baked Chicken & Mushrooms Peas & Carrots Rice Chocolate Chip Cookies Calories: 763 Carbs: 102g Fat: 26g Protein: 37g Sodium: 868mg</p>	<p>2 Beef Lasagna Tuscany Vegetables Baby Carrots Graham Crackers Peach Cup Calories: 636 Carbs: 89 g Fat: 18g Protein: 29g Sodium: 982mg</p>	<p>3 Cheese Enchiladas Seasoned Black Beans Rice Tropical Fruit Cup Calories: 845 Carbs: 102g Fat: 33g Protein: 38g Sodium: 883 mg</p>
<p>6 Chicken Spaghetti Brussel Sprouts Italian Vegetables Applesauce 2% Milk Quart Calories: 611 Carbs: 67g Fat: 18g Protein: 46 g Sodium: 523 mg</p>	<p>7 Cajun Turkey & Beans Cornbread Stuffing Collard Greens Fresh Orange Calories: 610 Carbs: 75g Fat: 16g Protein: 42g Sodium: 960mg</p>	<p>8 Oven Fried Chicken w/ Pepper Gravy Winter Blend Vegetables Warm Cinnamon Peaches Lorna Doone Cookie Calories: 695 Carbs: 88g Fat: 20g Protein: 32g Sodium: 1034mg</p>	<p>9 Chicken Cordon Bleu casserole w/ turkey ham Capri Vegetables, White Beans w/ rosemary, Graham Crackers, SF Pudding Cup Calories: 705 Carbs: 102g Fat: 16g Protein: 42g Sodium: 1023mg</p>	<p>10 Green Chili Chicken Stew Chuckwagon Corn Mexican Cornbread Peach Cup Calories: 615 Carbs: 85g Fat: 13g Protein: 43g Sodium: 1000mg</p>
<p>13 Chicken Enchiladas Seasoned Black Beans Chuckwagon Corn Yogurt, 2% Milk Quart Calories: 831 Carbs: 109g Fat: 25g Protein: 47g Sodium: 791mg</p>	<p>14 Meatloaf w/ tomato sauce Mashed Potatoes Green Beans Applesauce Cup Graham Crackers Calories: 684 Carbs: 79g Fat: 27g Protein: 32g Sodium: 802mg</p>	<p>15 King Ranch Casserole White Rice Fiesta Vegetables Fresh Orange Calories: 709 Carbs: 85g Fat: 23g Protein: 40g Sodium: 1321mg</p>	<p>16 Caribbean Chicken Island Rice w/ coconut milk Carrots & Peas Pineapple Cup Calories: 602 Carbs: 87 gm Fat: 9g Protein: 45g Sodium: 501mg</p>	<p>17 Vegetable Lasagna Capri Blend Veg Italian Stewed Tomatoes Oatmeal Cream Pie Calories: 620 Carbs: 87g Fat: 17g Protein: 31g Sodium: 1341mg</p>
<p>20 Hawaiian Turkey Meatballs over rice, Oriental Veg, Baby CarrotsMandarin Oranges 2% Milk Quart Calories: 609 Carbs: 96g Fat: 10g Protein: 32g Sodium: 732mg</p>	<p>21 Marinara Baked Pasta Winter Blend Vegetables Roasted Sweet Potatoes Fig Bar Calories: 632 Carbs: 98g Fat: 17g Protein: 23g Sodium: 713mg</p>	<p>22 Chicken Fajitas w/onions & peppers, Rice, Seasoned Black Beans, Graham Crackers, Peas Calories: 676 Carbs: 98g Fat: 14g Protein: 47g Sodium: 531mg</p>	<p>23 Beef & Pepper Casserole Peas & Pearl Onions Cauliflower Pineapple Cup Calories: 603 Carbs: 62g Fat: 27g Protein: 29g Sodium: 575mg</p>	<p>24 Meals on Wheels is closed. Eat your meal that was previously sent.</p>
<p>27 December 27-31. Meals on Wheels is closed. Eat your frozen and shelf stable meals that were previously sent.</p>	<p>28 MILK ONLY BEING DELIVERED TODAY. You can call your Social Worker at 202-963- 6288 or the front desk at 972-562-6996 with any needs.</p>	<p>29 Meals on Wheels is closed</p>	<p>30 Meals on Wheels is closed.</p>	<p>31 NEW YEAR'S EVE Meals on Wheels is closed. Hot meals resume on Tuesday, January 4th.</p>

Notes:

TO CANCEL A MEAL:
Call by 2PM the day
before.
972-562-6996

EMERGENCY MEAL BOXES

Save these 5 shelf
stable meals for bad
weather or other
emergencies. DO
NOT EAT unless
instructed to do so.

MILK QUARTS

Will be delivered once a
week. Nutrition facts
provided include a serving
of milk with the meal.

MENU CHANGES

Menu items may
change due to
availability and food
industry shortages.

NUTRITION

Our nourishing meals
provide target nutrients for
optimal health. All meals
provide a minimum of 1/3 of
the daily nutritional needs
for older adults. No salt is
added during cooking and
salt-free products are used
as much as possible.

delivered.

hope.