

The Heart Beat

THE OFFICIAL PUBLICATION OF
MEALS ON WHEELS COLLIN COUNTY
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FOOD SAFETY TIPS FOR SENIORS

By Annette Payne, RD, LD, CDE

Adults aged 65 and older are more vulnerable to food poisoning because immune systems are weaker as adults age. Older adults may produce less stomach acid, which helps to control bacteria, and weakened kidneys may struggle to filter bacteria from the blood. The sense of taste or smell can diminish so older adults may not recognize when food is spoiled. Food poisoning can become serious enough to require hospitalization.

- Wash hands and surfaces often.
- If you normally wear glasses to help you see, also wear them when handling food.
- Use a marker to label perishable food and leftovers with a use-by date that's easy to read – don't rely on memory. In general, leftovers can be stored in the refrigerator for 3 to 4 days or frozen for later use.
- Refrigerate leftovers right away. Don't allow perishable food to sit on the counter for more than 2 hours.
- Reheat leftovers to 165°F or bubbling hot before eating.
- Don't rely on sight, smell, or taste to determine if food is safe to eat. Always use a food thermometer to check the doneness of cooked foods such as meats, poultry, egg dishes, and leftovers.

MOWCC UPDATES/REMINDERS

Meals on Wheels will be closed on Monday, July 4th

- Prior to the holiday, we will be sending out a meal for you to heat up on that day.

*If you need transportation to medical appointments, please schedule a ride to your appointment by calling BC Mobile Resources at 469-702-0593. You must tell BC Mobile Resources you are a Meals on Wheels Collin County client.

*If you are having trouble with your tablet that was provided by Meals on Wheels, please call Trini with Tech Support at 469-630-6313 or Billie with Client Services at 202-963-6288. Please leave a voicemail if you do not get an answer.

*Meals on Wheels received a donation of fans for our seniors. If you would like a fan, please call the main number or Client Services Admin, Billie 202-963-6288

The 3rd round of free COVID tests is available: <https://www.covid.gov/tests>

FREE LEARNING RESOURCES

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

<https://collin.agrilife.org/>



"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



Menu

Created by our
Licensed Dietitian

July

2022

Monday	Tuesday	Wednesday	Thursday	Friday
4 Happy 4th of July! Meals on Wheels is closed. Eat the meal that was previously sent.	5 BBQ Chicken Bake Succotash Fried Okra, Pear cup Sour Cream, 2% Milk Quart Calories: 699 Carbs: 78g Fat: 25g Protein: 42g Sodium: 694mg	6 Beef Meatball Stroganoff over Egg Noodles Green Beans, Corn Peach Cup Calories: 668 Carbs: 79g Fat: 23g Protein: 41g Sodium: 580mg	7 Chicken Fajitas w/onions & peppers Rice, Black Beans Graham Crackers, Pears Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg	1 Tuna Salad w/tomato slice Corn Salad Cottage Cheese & Peaches Whole Wheat Crackers Calories: 661 Carbs: 54g Fat: 31g Protein: 42g Sodium: 949mg
11 Chicken Enchiladas Black Beans Chuckwagon Corn Yogurt, 2% Milk Quart Calories: 831 Carbs: 109g Fat: 25g Protein: 47g Sodium: 791mg	12 Baked Turkey w/ Pineapple Mixed Vegetables White Beans w/ Rosemary Graham Crackers Applesauce Calories: 609 Carbs: 82g Fat: 10g Protein: 48g Sodium: 405mg	13 Vegetable Lasagna Capri Vegetables Italian Stewed Tomatoes Oatmeal Cream Pie Calories: 623 Carbs: 87g Fat: 19g Protein: 26g Sodium: 1059mg	14 BBQ Chicken Breast Baked Beans Carrots, Graham Crackers Pineapple Calories: 639 Carbs: 96g Fat: 11g Protein: 44g Sodium: 1064mg	8 Zesty Orange Boneless Chicken Wings Roasted Herb Potatoes Broccoli w/Cheese Sauce Peaches Calories: 627 Carbs: 57g Fat: 27g Protein: 38g Sodium: 703mg
18 Hawaiian Turkey Meatballs over rice, Oriental Veg, Baby Carrots, Mandarin Oranges 2% Milk Quart Calories: 609 Carbs: 96g Fat: 10g Protein: 32g Sodium: 732mg	19 Mini Chicken Corn Dogs Corn, Lima Beans Mustard Packet Yogurt Calories: 729 Carbs: 117g Fat: 20g Protein: 32g Sodium: 836mg	20 Chicken Salad w/pineapple Potato Salad, Diced Beets WW Crackers Tropical Fruit Calories: 818 Carbs: 66g Fat: 42g Protein: 43g Sodium: 830mg	21 Cheese Manicotti Herbed Peas Baby Carrots Peach Cup, Oreo Cookie Calories: 687 Carbs: 95g Fat: 21g Protein: 31g Sodium: 1133mg	15 Egg Salad w/Turkey Ham 3 Bean Salad Spiced Peaches WW Crackers, Pudding Calories: 609 Carbs: 68g Fat: 25g Protein: 26g Sodium: 946mg
25 Chicken w/ Cajun Sauce Broccoli Black Eyed Peas Oatmeal Cream Pie 2% Milk Quart Calories: 604 Carbs: 65g Fat: 17g Protein: 49g Sodium: 521mg	26 French Toast Sticks Scrambled Eggs Breakfast Potatoes Yogurt Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 34g Sodium: 786mg	27 BBQ Chicken Salad Broccoli Salad Cinnamon Applesauce Whole Wheat Crackers Calories: 796 Carbs: 56g Fat: 46g Protein: 41g Sodium: 710mg	28 Spaghetti w/meat sauce Green Beans California Blend Veg Graham Crackers Mixed Fruit Calories: 607 Carbs: 104g Fat: 14g Protein: 29g Sodium: 754mg	29 Bean Burrito w/ queso Rice Rancho Fiesta Vegetables Peach Cup Calories: 709 Carbs: 110g Fat: 18g Protein: 26g Sodium: 884mg

Items with this icon indicates it is a cold dish

deliver.



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

EMERGENCY MEAL BOXES
Save these 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.

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.

Made with VISME

hope.