



## Fruit for Thought

By Molly Klussmann, Nutrition Student at Texas A&M

It can be hard to find snacks that are both cheap and healthy. Here are some suggestions for some low-cost fruits you can find year-round.

1. Apples have vitamin A which is an antioxidant and is good for your eyes, possesses fiber, and can make you feel fuller for longer amounts of time.
2. Oranges contain vitamin C, which can prevent disease and repair damaged body tissue; and folate, which helps your cells stay strong.
3. Bananas are full of potassium that aids in muscle movements and water balance in the body. Bananas also have vitamin B6 which can strengthen your immune system.

Fruits are best fresh or frozen, but canned fruit in juice or light syrup contains the same amount of nutrients. Canned fruit in heavy syrup will give you many of the same nutritional benefits, but remember that there is a lot more sugar per serving than other fruit options!

# EXTRA MEAL BOXES

MOWCC will deliver boxes of meals containing 3 shelf-stable meals to clients in response to the rising food costs. Clients can eat them as needed.

- Please stay tuned for the delivery date, as a note will go out with your weekly meal letting you know when to expect them.

# KITCHEN UPDATE

New Spring/ Summer Menu beginning in May! Our clients' nutrition and health take priority for our organization. Menu items may change at the last minute due to food industry supply issues. Thank you for your patience.

# NUTRITIONAL ACTIVITY

	Nopales	Mango			Peas	Leek	Kiwi	
Radish		Okra			Nopales		Peas	Mango
		Leek			Radish	Mango		
Peas		Kiwi	Okra		Quince	Nopales		Radish
Nopales								Quince
				Peas			Quince	Leek
	Leek					Radish		
	Peas		Radish					Jicama

- J Jicama
- K Kiwi
- L Leek
- M Mango
- N Nopales
- O Okra
- P Peas
- Q Quince
- R Radish

KEY:

*Don't Look Yet!  
These Are the  
Sudoku Answers:*

J	W	K	L	Q	R	N	P	O
P	N	R	J	O	M	Q	L	K
L	Q	O	K	P	N	J	M	W
Q	J	P	M	L	K	R	O	N
R	L	N	Q	J	O	K	W	P
K	O	K	M	R	N	P	J	Q
W	P	J	N	L	K	O	R	Q
N	R	N	O	Q	M	J	P	L
O	K	O	L	R	Q	W	N	J

## Sudoku

Each horizontal row, vertical column, and 3x3 box must contain all nine food words.

source: <https://www.eatright.org/food/resources/national-nutrition-month/toolkit>

# MOWCC UPDATES/REMINDERS

- **MOWCC will be closed on Good Friday, April 15th.** Please heat the frozen meal on that day that was previously sent. We will be sending additional sides for the meal. If you did not receive a Good Friday meal, please call 202-963-6288.
- **PAWS Program:** If you have a pet and need pet care, please notify Billie at 202-963-6288
- **Technology:** If you've received a tablet and need help, please call tech support at 469-630-6313 or our social worker at 202-963-6288. MOWCC uses Alert Media to notify clients of any changes in delivery services or notifications.

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## AVOIDING SCAMS/FRAUD FOR OLDER ADULTS

### Top 10 Financial Scams Targeting Seniors

- |                                    |                             |
|------------------------------------|-----------------------------|
| 1. Government Imposter Scams       | 6. Robocalls/ Phone Surveys |
| 2. The Grandparent Scam            | 7. Romance Scams            |
| 3. Medicare/Health Insurance Scams | 8. Internet & Email Fraud   |
| 4. Computer Tech Support Scams     | 9. Elder Financial Abuse    |
| 5. Sweepstakes & Lottery Scams     | 10. Charity Scams           |

For more information, visit:

[www.ncoa.org/article/top-10-financial-scams-targeting-seniors](http://www.ncoa.org/article/top-10-financial-scams-targeting-seniors)

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## 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

# April 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Teriyaki Beef Meatballs Rice Carrots Applesauce Cup 2% Milk Quart Calories: 654 Carbs: 77g Fat: 22g Protein: 36g Sodium: 905mg</p>	<p>5 Chili Cornbread Green Beans Fresh Orange Calories: 680 Carbs: 80g Fat: 27g Protein: 30g Sodium: 1113mg</p>	<p>6 Lemon Pepper Tilapia over Wild Rice Lima Beans Garden Blend Vegetables Pear Cup Calories: 609 Carbs: 85g Fat: 11g Protein: 41g Sodium: 617mg</p>	<p>7 Taco Casserole Rice Chuckwagon Corn Mixed Fruit Cup Calories: 635 Carbs: 85g Fat: 21g Protein: 28g Sodium 416mg</p>	<p>1 Chicken Gumbo w/ Rice Cornbread Cinnamon Apples SF Pudding Cup Calories: 602 Carbs: 90g Fat: 12g Protein: 34g Sodium: 970mg</p>
<p>11 Chicken Tenders Mashed Potatoes Corn, Honey Mustard SF Jell-O, Graham Crackers, 2% Milk Quart Calories: 731 Carbs: 89g Fat: 29g Protein: 31g Sodium: 891mg</p>	<p>12 Cheeseburger Macaroni Peas &amp; Pearl Onions Capri Vegetables Fig bar Calories: 757 Carbs: 94g Fat: 29g Protein: 33g Sodium: 590mg</p>	<p>13 Baked Chicken &amp; Mushrooms Peas &amp; Carrots Rice Chocolate Chip Cookies Calories: 763 Carbs: 102g Fat: 26g Protein: 37g Sodium: 868mg</p>	<p>14 Beef Lasagna Tuscan Vegetables Baby Carrots Graham Crackers Peach Cup Calories: 636 Carbs: 89g Fat: 18g Protein: 29g Sodium: 982mg</p>	<p>15 GOOD FRIDAY Meals on Wheels is closed today. Eat the meal that was previously sent.</p>
<p>18 Chicken Spaghetti Brussel Sprouts Italian Vegetables Applesauce 2% Milk Quart Calories: 611 Carbs: 67g Fat: 18g Protein: 46g Sodium: 523mg</p>	<p>19 Cajun Turkey &amp; Beans Cornbread Stuffing Collard Greens Fresh Orange Calories: 610 Carbs: 75g Fat: 16g Protein: 42g Sodium: 960mg</p>	<p>20 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>21 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>22 Green Chili Chicken Stew Chuckwagon Corn Mexican Cornbread Peach Cup Calories: 615 Carbs: 85g Fat: 13g Protein: 43g Sodium: 1000mg</p>
<p>25 Chicken Enchiladas Seasoned Black Beans Chuckwagon Corn Yogurt, 2% Milk Quart Calories: 831 Carbs: 109g Fat: 25g Protein: 47g Sodium: 791mg</p>	<p>26 Meatloaf w/ tomato sauce Mashed Potatoes Green Beans, Applesauce Graham Crackers Calories: 684 Carbs: 79g Fat: 27g Protein: 32g Sodium: 802mg</p>	<p>27 King Ranch Casserole White Rice Fiesta Vegetables Fresh Orange Calories: 709 Carbs: 85g Fat: 23g Protein: 40g Sodium: 1321mg</p>	<p>28 Caribbean Chicken Island Rice w/ coconut milk Carrots &amp; Peas Pineapple Cup Calories: 602 Carbs: 87 gm Fat: 9g Protein: 45g Sodium: 501mg</p>	<p>29 Vegetable Lasagna Capri Blend Veg Italian Stewed Tomatoes Oatmeal Cream Pie Calories: 620 Carbs: 87g Fat: 17g Protein: 31g Sodium: 1341mg</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 as much as possible. Made with VISME

hope.

delicious.