



STRETCH YOUR FOOD DOLLARS

By Annette Payne, RD, LD, CDECS

With the cost of groceries going up, make your dollars go further with these tips:

- DO clip coupons. If you're tech-savvy, download your grocery store app to clip coupons electronically. Shop for items that are on sale.
- DON'T go shopping hungry!
- DO drink tap water instead of buying bottled water, sodas, or other sugary drinks.
- DO look for a store or generic brands.
- DO make a list and stick to it!

Top Budget-Friendly Foods

- Beans/lentils
- Rice
- Pasta
- Oatmeal
- Milk
- Bread
- Peanut Butter
- Eggs
- Bananas
- Cottage Cheese
- Sweet Potatoes
- Carrots
- Frozen Produce
- Tuna

EMERGENCY FOOD BOXES

Keep your box of emergency food in the event that our volunteers cannot deliver. DO NOT EAT these meals unless you are instructed to by MOWCC. If you have not received an emergency meal box, please call Client Services at 202-963-6288.

KITCHEN UPDATE

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.

SHOW SOME LOVE FOR MOWCC

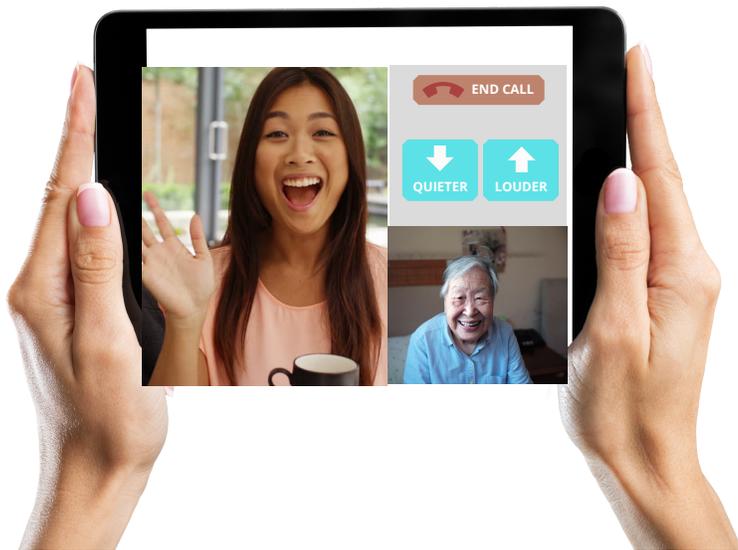
- Make sure to call the office at (972) 562-6996 the day before to cancel a meal
- Be home between 11 am-1 pm to receive a home-delivered meal
- Eat a heart-healthy diet
- Stay warm and safe this season!

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.

COVID-19 UPDATE

As the Omicron variant of Covid-19 spreads, we want to emphasize the importance of your health and safety. **If you are interested in receiving the COVID-19 vaccine booster, please contact our office at 972-562-6996 and provide your information.**



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!

<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



February

2022

Menu

Created by our
Licensed Dietitian

Notes:

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

EMERGENCY MEAL BOXES
5 shelf stable meals were provided in November. Save these 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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7 Hawaiian Turkey Meatballs over rice, Oriental Veg, Baby Carrots, Mandarin Oranges 2% Milk Quart Calories: 609 Carbs: 96g Fat: 10g Protein: 32g Sodium: 732mg</p>	<p>1 Meatloaf w/ tomato sauce Mashed Potatoes Green Beans Applesauce Cup Graham Crackers Calories: 694 Carbs: 79g Fat: 27g Protein: 32g Sodium: 802mg</p>	<p>2 King Ranch Casserole White Rice Fiesta Vegetables Fresh Orange Calories: 709 Carbs: 85g Fat: 23g Protein: 40g Sodium: 1321mg</p>	<p>3 Caribbean Chicken Island Rice w/ coconut milk Carrots & Peas Pineapple Cup Calories: 602 Carbs: 87 gm Fat: 9g Protein: 45g Sodium: 501mg</p>	<p>4 Vegetable Lasagna Capri Blend Veg Italian Stewed Tomatoes Oatmeal Cream Pie Calories: 620 Carbs: 87g Fat: 17g Protein: 31g Sodium: 1341mg</p>
<p>8 Marinara Baked Pasta Winter Blend Vegetables Roasted Sweet Potatoes Fig Bar Calories: 632 Carbs: 98g Fat: 17g Protein: 23g Sodium: 713mg</p>	<p>9 Chicken Fajitas w/onions & peppers, Rice, Seasoned Black Beans, Graham Crackers, Pears Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg</p>	<p>10 Beef & Pepper Casserole Peas & Pearl Onions Cauliflower Pineapple Cup Calories: 603 Carbs: 62g Fat: 27g Protein: 29g Sodium: 575mg</p>	<p>11 Cranberry Chicken Herbed Peas, Cheesy Cauliflower, Graham Crackers, Pumpkin Spice Pudding Calories: 639 Carbs: 90g Fat: 17g Protein: 36g Sodium: 1004mg</p>	<p>18 Chicken Gumbo w/ Rice Cornbread Cinnamon Apples SF Pudding Cup Calories: 602 Carbs: 90g Fat: 12g Protein: 34g Sodium: 970mg</p>
<p>15 Salisbury Steak w/ LS Gravy Macaroni & Cheese Garden Blend Vegetables Graham Crackers, Fresh Orange Calories: 775 Carbs: 83g Fat: 31g Protein: 42g Sodium: 942mg</p>	<p>16 Bean Burrito w/ queso Rice Rancho Fiesta Vegetables Peach Cup Calories: 709 Carbs: 110g Fat: 18g Protein: 26g Sodium: 884mg</p>	<p>17 Spaghetti w/meat sauce Green Beans California Blend Veg Graham Crackers Mixed Fruit Calories: 607 Carbs: 104g Fat: 14g Protein: 29g Sodium: 754mg</p>	<p>24 Taco Casserole Rice Chuckwagon Corn Mixed Fruit Cup Calories: 635 Carbs: 85g Fat: 21g Protein: 28g Sodium 416mg</p>	<p>25 Chicken & Dumplings Mashed Sweet Potatoes Broccoli w/ cheese sauce Oatmeal Raisin Cookie Calories: 616 Carbs: 75g Fat: 19g Protein: 36g Sodium: 1123mg</p>
<p>21 PRESIDENT'S DAY Teriyaki Beef Meatballs Rice Carrots Applesauce Cup 2% Milk Quart Calories: 654 Carbs: 77g Fat: 22g Protein: 34g Sodium: 905mg</p>	<p>22 Chili Cornbread Green Beans Fresh Orange, 2% Milk Quart Calories: 680 Carbs: 80g Fat: 27g Protein: 30g Sodium: 1113mg</p>	<p>23 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>28 Chicken Tenders Mashed Potatoes Corn, Honey Mustard SF Jell-O, Graham Crackers, 2% Milk Quart Calories: 731 Carbs: 89g Fat: 29g Protein: 31g Sodium: 891 mg</p>				

hope.

deliver.