



Power Up with Breakfast

By Annette Payne, RD, LD, CDECS

A healthy breakfast gives you the energy to start your day right. Try these tasty ideas:

- Instant oatmeal made with milk instead of water. Toss in dried fruit and chopped walnuts
- Layer yogurt with your favorite high fiber cereal and berries
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Grits topped with a sprinkle of low-fat cheese and spinach or tomatoes. Add a cooked egg on the side.
- Top a toaster waffle with low-fat yogurt and peach slices
- Low-fat cottage cheese with fruit

Source: Adapted from Academy of Nutrition and Dietetics/Eatright.org

EMERGENCY FOOD BOXES

A frozen meal will be delivered on March 2. Keep this meal for emergency purposes. Do not eat the meal unless instructed to do so. If the meal is not used for an emergency, it will be your meal for the Good Friday holiday on April 15. 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.

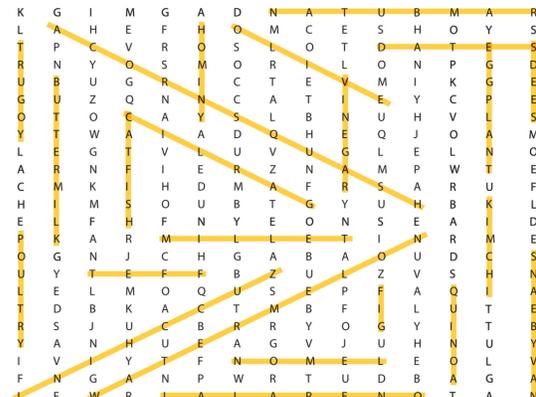
NATIONAL NUTRITION MONTH ACTIVITY

Acorn Squash	K	G	I	M	G	A	D	N	A	T	U	B	M	A	R
Buttermilk	L	A	H	E	F	H	O	M	C	E	S	H	O	Y	S
Catfish	T	P	C	V	R	O	S	L	O	T	D	A	T	E	S
Dates	R	N	Y	O	S	M	O	R	I	L	O	N	P	G	D
Eggplant	U	B	U	G	R	I	C	T	E	V	M	I	K	G	E
Fig	G	U	Z	Q	N	N	C	A	T	I	E	Y	C	P	E
Garlic	O	T	O	C	A	Y	S	L	B	N	U	H	V	L	S
Hominy	Y	T	W	A	I	A	D	Q	H	E	Q	J	O	A	M
Jalapeno	L	E	G	T	V	L	U	V	U	G	L	E	L	N	O
Kimchi	A	R	N	F	I	E	R	Z	N	A	M	P	W	T	E
Lemon	C	M	K	I	H	D	M	A	F	R	S	A	R	U	F
Millet	H	I	M	S	O	U	B	T	G	Y	U	H	B	K	L
Navy Beans	E	L	F	H	F	N	Y	E	O	N	S	E	A	I	D
Olive	P	K	A	R	M	I	L	L	E	T	I	N	R	M	E
Poultry	O	G	N	J	C	H	G	A	B	A	O	U	D	C	S
Quinoa	U	Y	T	E	F	F	B	Z	U	L	Z	V	S	H	N
Rambutan	L	E	L	M	O	Q	U	S	E	P	F	A	Q	I	A
Seeds	T	D	B	K	A	C	T	M	B	F	I	L	U	T	E
Teff	R	S	J	U	C	B	R	R	Y	O	G	Y	I	T	B
Vinegar	Y	A	N	H	U	E	A	G	V	J	U	H	N	U	Y
Watermelon	I	V	I	Y	T	F	N	O	M	E	L	E	O	L	V
Yogurt	F	N	G	A	N	P	W	R	T	U	D	B	A	G	A
Zucchini	I	E	W	R	J	A	L	A	P	E	N	O	T	A	N

KEY:

Word Search

Words may be horizontal, vertical, diagonal, or backward.

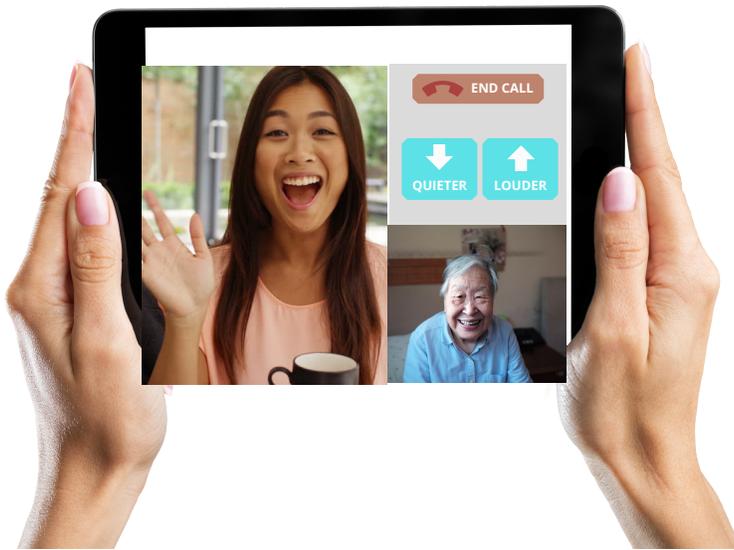


source: <https://www.eatright.org/food/resources/national-nutrition-month/toolkit>

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 a pack of 4 COVID-19 at-home tests, use the link: <https://www.covidtests.gov/>**

People who do not have Internet access or who need additional assistance with ordering can call 1-800-232-0233 or 1-888-720-7489 to place their orders. The Eldercare Locator (800-677-1116) and the Disability Information and Assistance Line (DIAL) (888-677-1199) also can assist older adults and people with disabilities with placing orders if they need additional help, connect people to access instructions, and help with administering the tests. Both phone lines are staffed Monday-Friday from 9 a.m. to 8 p.m. EST.



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

Menu

Created by our
Licensed Dietitian

March

2022



Monday	Tuesday	Wednesday	Thursday	Friday
<p>7 Chicken Spaghetti Brussel Sprouts Italian Vegetables Applesauce 2% Milk Quart Calories: 611 Carbs: 67g Fat: 18g Protein: 46g Sodium: 523mg</p>	<p>1 Cheeseburger Macaroni Peas & Pearl Onions Capri Vegetables Fig bar Calories: 757 Carbs: 91g Fat: 29g Protein: 33g Sodium: 590mg</p>	<p>2 Baked Chicken & Mushrooms Peas & Carrots Rice Chocolate Chip Cookies Calories: 763 Carbs: 102g Fat: 26g Protein: 37g Sodium: 868mg</p>	<p>3 Beef Lasagna Tuscany Vegetables Baby Carrots Graham Crackers Peach Cup Calories: 636 Carbs: 89g Fat: 18g Protein: 29g Sodium: 982mg</p>	<p>4 Cheese Enchiladas Seasoned Black Beans Rice Tropical Fruit Cup Calories: 845 Carbs: 102g Fat: 33g Protein: 38g Sodium: 883mg</p>
<p>14 Chicken Enchiladas Seasoned Black Beans Chuckwagon Corn Yogurt, 2% Milk Quart Calories: 831 Carbs: 109g Fat: 25g Protein: 47g Sodium: 791mg</p>	<p>8 Cajun Turkey & Beans Cornbread Stuffing Collard Greens Fresh Orange Calories: 610 Carbs: 75g Fat: 14g Protein: 42g Sodium: 960mg</p>	<p>9 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>10 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>11 Green Chili Chicken Stew Chuckwagon Corn Mexican Cornbread Peach Cup Calories: 615 Carbs: 85g Fat: 13g Protein: 43g Sodium: 1000mg</p>
<p>21 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>15 Meatloaf w/ tomato sauce Mashed Potatoes Green Beans Applesauce Cup Graham Crackers Calories: 684 Carbs: 79g Fat: 27g Protein: 32g Sodium: 802mg</p>	<p>16 King Ranch Casserole White Rice Fiesta Vegetables Fresh Orange Calories: 709 Carbs: 85g Fat: 23g Protein: 40g Sodium: 1321mg</p>	<p>17 Caribbean Chicken Island Rice w Coconut Milk Carrots & Peas Pineapple Cup Calories: 602 Carbs: 87 gm Fat: 9g Protein: 45g Sodium: 501mg</p>	<p>18 Vegetable Lasagna Capri Blend Veg Italian Stewed Tomatoes Oatmeal Cream Pie Calories: 620 Carbs: 87g Fat: 17g Protein: 31g Sodium: 1341mg</p>
<p>28 Chicken Vegetable Casserole Broccoli, Black Eyed Peas Oatmeal Cream Pie 2% Milk Quart Calories: 600 Carbs: 86g Fat: 11g Protein: 44g Sodium: 624mg</p>	<p>22 Marinara Baked Pasta Winter Blend Vegetables Roasted Sweet Potatoes Fig Bar Calories: 632 Carbs: 98g Fat: 17g Protein: 23g Sodium: 713mg</p>	<p>23 Chicken Fajitas w/onions & peppers, Rice, Seasoned Black Beans, Graham Crackers, Pears Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg</p>	<p>24 Beef & Pepper Casserole Peas & Pearl Onions Cauliflower Pineapple Cup Calories: 603 Carbs: 62g Fat: 27g Protein: 29g Sodium: 575mg</p>	<p>25 Cranberry Chicken Herbed Peas, Cheesy Cauliflower, Graham Crackers, Pumpkin Spice Pudding Calories: 639 Carbs: 90g Fat: 17g Protein: 36g Sodium: 1004mg</p>

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 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.

hope.

deliver.

Made with VISME