The Heart Beat

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HAPPY, HEALTHY HOLIDAYS

By Annette Payne, Registered Dietitian

All MOWCC menus are planned by a Registered Dietitian. Each of our meals meets at least one-third of the Daily Recommended Dietary Allowance for the nutrition needs of Seniors.

The holidays are a time to enjoy traditions and special foods. Gift yourself a dose of health with the following tips:

Find Balance. Choose healthy foods after indulging a bit. Watch portions of rich foods that are high in sugar, salt, and fat.

Stay Hydrated. Drink water or non-caffeinated, sugar-free fluids at each meal and sip throughout the day. Some foods are hydrating too, such as grapes, melon, and gelatin. **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.

MOWCC UPDATES/REMINDERS

EMERGENCY MEAL BOXES

- Emergency meal boxes will be delivered for most clients on Saturday, December 2.
- Clients will receive a box of 7 shelf stable meals to be saved for emergencies if volunteers cannot deliver due to weather or other unforeseen circumstances. Please DO NOT eat these meals unless you are instructed to do so.

SPECIAL DELIVERY DATES:

- Saturday, December 2: Emergency meal boxes will be delivered for most clients.
- · Saturday, December 16: Frozen and shelf stable Holiday meals will be delivered for most clients. Save meals for dates MOWCC is closed.

DATES TO REMEMBER:

MOWCC is closed on:

- · Friday, December 22
- · Monday, December 25
- · Friday, December 29
- · Monday, January 1



Need Help with Medicare?

Contact Prado Benefits at 1-866-390-4655 or email at Juve.Prado@Pradobenefits.com

- If you feel abused, neglected or exploited, call 1-800-252-5400
- If you are in need of a few clothing items or extra food, please contact your Social Worker or our Senior Service Administrator, Lauren Thompson at 469-731-4866.
- If you are in need of food, please reach out to your Social Worker or our Client Service Administrator, Lauren at 469-731-4866.

Licensed Dietitian Created by our

December



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

MILK QUARTS

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

MENU CHANGES

availability and food Menu items may change due to

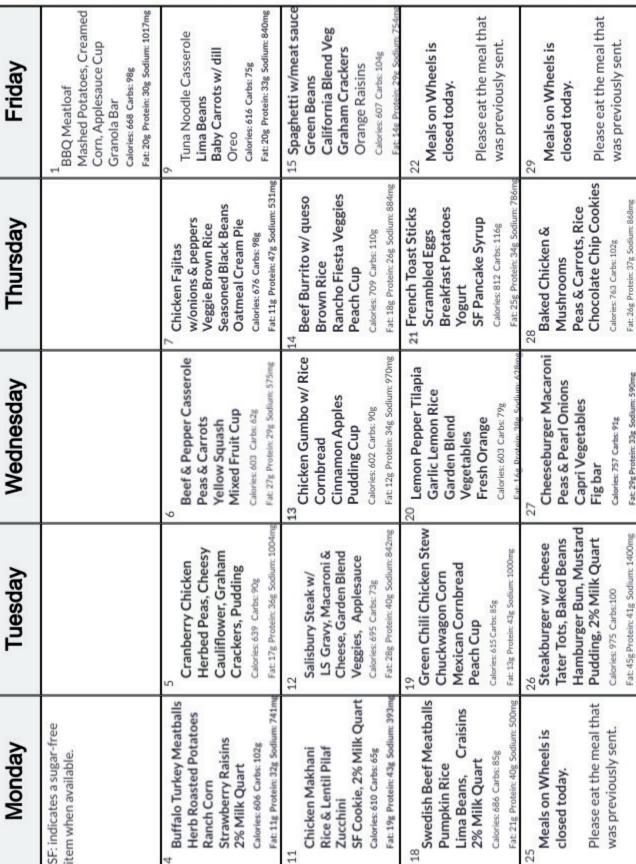
ndustry shortages.

NUTRITION

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

EMERGENCY MEALS

other emergencies. DO NOT provided in December. Save Shelf stable meals will be these for bad weather or EAT unless instructed to.



Zucchini

deliver.

hope.