



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?



Let us help you with these questions

- What is Medicare and when should I enroll?
- Do you know all the options you have?
- How can I save money on a better plan with dental and vision?
- When should you sign up or review your policy?

Set an appointment with our Local Licensed Insurance Representative.



☎ 1-866-390-4655

✉ Juve.Prado@pradobenefits.com

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.

Menu

Created by our
Licensed Dietitian

December

2023

Monday	Tuesday	Wednesday	Thursday	Friday
SF: indicates a sugar-free item when available.				
4 Buffalo Turkey Meatballs Herb Roasted Potatoes Ranch Corn Strawberry Raisins 2% Milk Quart Calories: 606 Carbs: 102g Fat: 11g Protein: 32g Sodium: 741mg	5 Cranberry Chicken Herbed Peas, Cheesy Cauliflower, Graham Crackers, Pudding Calories: 639 Carbs: 90g Fat: 17g Protein: 36g Sodium: 1004mg	6 Beef & Pepper Casserole Peas & Carrots Yellow Squash Mixed Fruit Cup Calories: 603 Carbs: 62g Fat: 27g Protein: 29g Sodium: 575mg	7 Chicken Fajitas w/onions & peppers Veggie Brown Rice Seasoned Black Beans Oatmeal Cream Pie Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg	1 BBQ Meatloaf Mashed Potatoes, Creamed Corn, Applesauce Cup Granola Bar Calories: 668 Carbs: 98g Fat: 20g Protein: 30g Sodium: 1017mg
11 Chicken Makhani Rice & Lentil Pilaf Zucchini SF Cookie, 2% Milk Quart Calories: 610 Carbs: 65g Fat: 19g Protein: 43g Sodium: 393mg	12 Salisbury Steak w/ LS Gravy, Macaroni & Cheese, Garden Blend Veggies, Applesauce Calories: 695 Carbs: 73g Fat: 28g Protein: 40g Sodium: 842mg	13 Chicken Gumbo w/ Rice Cornbread Cinnamon Apples Pudding Cup Calories: 602 Carbs: 90g Fat: 12g Protein: 34g Sodium: 970mg	14 Beef Burrito w/ queso Brown Rice Rancho Fiesta Veggies Peach Cup Calories: 709 Carbs: 110g Fat: 18g Protein: 26g Sodium: 884mg	15 Spaghetti w/meat sauce Green Beans California Blend Veg Graham Crackers Orange Raisins Calories: 607 Carbs: 104g Fat: 14g Protein: 29g Sodium: 754mg
18 Swedish Beef Meatballs Pumpkin Rice Lima Beans, Craisins 2% Milk Quart Calories: 686 Carbs: 85g Fat: 21g Protein: 40g Sodium: 500mg	19 Green Chili Chicken Stew Chuckwagon Corn Mexican Cornbread Peach Cup Calories: 615 Carbs: 85g Fat: 13g Protein: 43g Sodium: 1000mg	20 Lemon Pepper Tilapia Garlic Lemon Rice Garden Blend Vegetables Fresh Orange Calories: 603 Carbs: 79g Fat: 14g Protein: 38g Sodium: 628mg	21 French Toast Sticks Scrambled Eggs Breakfast Potatoes Yogurt SF Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 34g Sodium: 786mg	22 Meals on Wheels is closed today. Please eat the meal that was previously sent.
25 Meals on Wheels is closed today. Please eat the meal that was previously sent.	26 Steakburger w/ cheese Tater Tots, Baked Beans Hamburger Bun, Mustard Pudding, 2% Milk Quart Calories: 975 Carbs: 100g Fat: 45g Protein: 41g Sodium: 1400mg	27 Cheeseburger Macaroni Peas & Pearl Onions Capri Vegetables Fig bar Calories: 757 Carbs: 94g Fat: 29g Protein: 33g Sodium: 590mg	28 Baked Chicken & Mushrooms Peas & Carrots, Rice Chocolate Chip Cookies Calories: 763 Carbs: 102g Fat: 26g Protein: 37g Sodium: 868mg	29 Meals on Wheels is closed today. Please eat the meal that was previously sent.

Notes:

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

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.

EMERGENCY MEALS

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

deliver.

hope.

Made with VISME



Meals on Wheels
COLLIN COUNTY
We Deliver Hope