



## SHAKING THE SALT HABIT

By Annette Payne, Registered Dietitian

### SODIUM RECOMMENDATIONS

· The American Heart Association recommends no more than 2,300 milligrams (mg) a day and moving toward an ideal limit of no more than 1,500 mg per day for most adults.

### DID YOU KNOW?

- On average, Americans eat more than 3,400 milligrams of sodium daily.
- More than 70 percent of the sodium we eat comes from packaged, prepared and restaurant foods – not the saltshaker.

### TIPS TO REDUCE SALT:

1. Hide your saltshaker! Keep salt-free seasonings on hand to add big flavor to your foods. Try Mrs. Dash, Italian seasoning, Cumin, or fresh herbs.
2. Read nutrition labels. Check the serving size and the amount of sodium. Compare different products to find the lowest in sodium.
3. Look for low-sodium or sodium-free foods. Find lower sodium versions of typical high sodium foods, such as canned soups & vegetables, crackers, chips, popcorn, or nuts.
4. Limit processed or seasoned foods. Build your meals with fresh meat, milk & yogurt, fruits & fresh vegetables, or no salt added canned vegetables.

Cut the sodium where you can while still finding joy in your meals. As you make changes to your diet, your taste buds will adjust!

# MOWCC UPDATES/REMINDERS

**Meals on Wheels Collin County will be closed June 19th for Juneteenth. A shelf-stable meal will be sent before the holiday for clients to eat.**

- If additional food is needed, please contact client services at 469-731-4866.
- The mission of the Veterans Center of North Texas is to assist Veterans, of all ages and service eras, and their families to navigate through the network of public and private agencies to obtain assistance, services and support to establish and maintain productive lifestyles within our North Texas communities. 214-600-2966 <https://www.veteranscenterofnorthtexas.org/>
- If you are needing transportation within Collin County, please contact your Social Worker for resources. If you need accessibility modifications such as wheelchair ramps and widening doors, please call Area Agency on Aging of North Central Texas at 1-800-272-3921.
- If you are 60 and older and need counseling, call your Social Worker or Client Services at 469-731-4866

Menu items may change at the last minute due to food industry supply issues.  
Thank you for your patience.

If you feel abused, neglected or exploited, call 1-800-252-5400



"MOWCC is committed to battling the fight against senior 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

# June

2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Note: SF indicates a Sugar-Free item when available.</p> <p>5 Beef Burrito w/ Queso Rice Rancho Fiesta Vegetables Oreo Cookie 2% Milk Quart Calories: 703 Carbs: 90 g Fat: 24g Protein: 30g Sodium: 956 mg</p>	<p>6 BBQ Chicken Bake Succotash Fried Okra, Pear cup Sour Cream Calories: 699 Carbs: 78 g Fat: 25g Protein: 42g Sodium: 694 mg</p>	<p>7 Chicken Fried Steak w/ Pepper Gravy Winter Blend Vegetables Warm Cinnamon Peaches SF Pudding Cup Calories: 635 Carbs: 88 g Fat: 18g Protein: 34g Sodium: 862 mg</p>	<p>1 Tuna Salad w/tomato slice Corn Salad Cottage Cheese &amp; Peaches Crackers Calories: 661 Carbs: 54g Fat: 31g Protein: 42g Sodium: 949mg</p>	<p>2 Teriyaki Diced Chicken Brown Rice Carrots Yogurt Calories: 716 Carbs: 98g Fat: 14g Protein: 47g Sodium: 731mg</p>
<p>12 Vegetable Lasagna Capri Vegetables Italian Stewed Tomatoes Oatmeal Cream Pie 2% Milk Quart Calories: 623 Carbs: 87g Fat: 19g Protein: 26g Sodium: 1059mg</p>	<p>13 Greek Chicken Mixed Vegetables White Beans w/ Rosemary Graham Crackers, Apple Calories: 675 Carbs: 88g Fat: 15g Protein: 46g Sodium: 444mg</p>	<p>14 Chicken Enchiladas Black Beans Chuckwagon Corn Yogurt Calories: 831 Carbs: 109g Fat: 25g Protein: 47g Sodium: 791mg</p>	<p>8 Chicken Fajitas w/onions &amp; peppers Veggie Brown Rice Seasoned Black Beans Applesauce Cup Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg</p>	<p>9 Zesty Orange Boneless Chicken Wings Roasted Herb Potatoes Broccoli w/Cheese Sauce Sugar-Free Cookie Calories: 627 Carbs: 57 g Fat: 27g Protein: 38g Sodium: 703 mg</p>
<p>19 Meals on Wheels is closed to observe Juneteenth. Please eat the meal that was previously sent.</p>	<p>20 Marinara Baked Pasta Winter Blend Vegetables Roasted Sweet Potatoes Fig Bar Calories: 632 Carbs: 98g Fat: 17g Protein: 23g Sodium: 713mg</p>	<p>21 Sundried Tomato Chicken Salad, Potato Salad Diced Beets Crackers, Jell-O Calories: 601 Carbs: 70g Fat: 20g Protein: 33g Sodium: 950mg</p>	<p>15 Egg Salad w/Turkey Ham 3 Bean Salad Spiced Peaches Crackers, Pudding Calories: 609 Carbs: 68g Fat: 26g Protein: 26g Sodium: 946mg</p>	<p>16 BBQ Chicken Breast Baked Beans Carrots, Graham Crackers Pear Cup Calories: 639 Carbs: 96g Fat: 11g Protein: 44g Sodium: 1064mg</p>
<p>26 Spaghetti w/meat sauce Green Beans California Blend Veg Graham Crackers Craisins, 2% Milk Quart Calories: 607 Carbs: 104g Fat: 14g Protein: 29g Sodium: 754mg</p>	<p>27 Chicken w/ Cajun Sauce Broccoli Black Eyed Peas Oatmeal Cream Pie Calories: 604 Carbs 65g Fat: 17g Protein: 49g Sodium: 521mg</p>	<p>28 BBQ Chicken Salad Broccoli Salad Cinnamon Applesauce Crackers Calories: 796 Carbs: 56g Fat: 46g Protein: 41g Sodium: 710mg</p>	<p>22 Chicken Makhani Rice &amp; Lentil Pilaf Zucchini Lorna Doone Cookie Calories: 610 Carbs: 65g Fat: 19g Protein: 43g Sodium: 393mg</p>	<p>23 Mini Chicken Corn Dogs Corn, Lima Beans Mustard Packet Yogurt Calories: 729 Carbs: 117g Fat: 20g Protein: 32g Sodium: 836mg</p>
	<p>29 French Toast Sticks Scrambled Eggs Breakfast Potatoes Yogurt SF Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 34g Sodium: 786mg</p>	<p>29 French Toast Sticks Scrambled Eggs Breakfast Potatoes Yogurt SF Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 34g Sodium: 786mg</p>	<p>30 Chicken Spaghetti Brussel Sprouts Italian Vegetables Applesauce Calories: 611 Carbs: 67g Fat: 18g Protein: 46 g Sodium: 523 mg</p>	

## Notes:

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

**EMERGENCY MEAL BOXES**  
Save these shelf stable meals. **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.

*delivered.*

Items with this icon indicates it is a cold dish

*hope.*

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