



HYDRATE TO FEEL YOUR BEST!

By Annette Payne, RD, LD, CDCES

Did you know?

- Our bodies are made up of 60% water.
- It's essential for body temperature regulation, spinal cord protection and joint lubrication.
- Cracked lips, dry eyes, cotton-mouth, dry/scaly skin, and dark colored urine can be signs of dehydration.

DO

- Eat your water. Fruits and veggies like strawberries, pineapple, watermelon, spinach, lettuce, squashes, cabbage, and cucumber are very hydrating.
- Flavor your water. Add cucumber, fresh or frozen fruit, or fresh herbs such as mint or basil to a glass of cool water.
- Drink decaf tea. Keep warm and hydrate!

DON'T

- Drink a lot of sugar-sweetened drinks. These can up the risk for elevated blood sugar, high triglycerides, weight gain, and inflammation.
- Drink a lot of caffeinated drinks. These cause increased urination which can lead to dehydration.

MOWCC UPDATES/REMINDERS

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 **(469) 731-4866**



- If you feel abused, neglected or exploited, call **1-800-252-5400**
- Need Transportation? Residents of Plano, Allen, Wylie and Fairview -Collin County Rides - **214-828-6717**
- Residents of McKinney, Lowry Crossing, Princeton, Melissa, Celina or Prosper - Collin County Transit - **214-749-2844**
- Are you a veteran in need of someone to talk to? Call dial 988, then press 1.
- Enjoying your meals? Send comments to **paynea@mealsonwheelscc.org**
- North Central Texas Aging & Disability Resource Center has relevant trainings every month: **<https://nctadrc.org/Calendar>**

Menu

Created by our
Licensed Dietitian

March

2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>SF: indicates a sugar-free item when available.</p> <p>4 Chicken Makhani Rice & Lentil Pilaf Zucchini SF Cookie, 2% Milk Quart Calories: 610 Carbs: 65g Fat: 19g Protein: 43g Sodium: 393mg</p>	<p>5 Salisbury Steak w/ LS Gravy, Macaroni & Cheese, Garden Blend Veggies, Applesauce Calories: 695 Carbs: 73g Fat: 28g Protein: 40g Sodium: 842mg</p>	<p>6 Chicken Gumbo w/ Rice Cornbread Cinnamon Apples Pudding Cup Calories: 602 Carbs: 90g Fat: 12g Protein: 34g Sodium: 970mg</p>	<p>7 Beef Burrito w/ queso Brown Rice Rancho Fiesta Veggies Peach Cup Calories: 709 Carbs: 110g Fat: 18g Protein: 26g Sodium: 884mg</p>	<p>1 Tuna Noodle Casserole Lima Beans Baby Carrots w/ dill Oreo Calories: 616 Carbs: 75g Fat: 20g Protein: 33g Sodium: 840mg</p>
<p>11 Swedish Beef Meatballs Pumpkin Rice Lima Beans, Craisins 2% Milk Quart Calories: 686 Carbs: 85g Fat: 21g Protein: 40g Sodium: 500mg</p>	<p>12 Green Chili Chicken Stew Chuckwagon Corn Mexican Cornbread Peach Cup Calories: 615 Carbs: 85g Fat: 13g Protein: 43g Sodium: 1000mg</p>	<p>13 Lemon Pepper Tilapia Garlic Lemon Rice Garden Blend Vegetables Fresh Orange Calories: 603 Carbs: 79g Fat: 16g Protein: 38g Sodium: 628mg</p>	<p>14 French Toast Sticks Scrambled Eggs Breakfast Potatoes Yogurt SF Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 34g Sodium: 786mg</p>	<p>15 Chicken & Dumplings Mashed Sweet Potatoes Broccoli w/ cheese sauce Oatmeal Raisin Cookie Calories: 616 Carbs: 75g Fat: 19g Protein: 36g Sodium: 1123mg</p>
<p>18 Chicken Tenders Mashed Potatoes Corn, Honey Mustard SF Jell-O, Graham Crackers, 2% Milk Quart Calories: 731 Carbs: 89g Fat: 29g Protein: 31g Sodium: 891mg</p>	<p>19 Steakburger w/ cheese Tater Tots, Baked Beans Hamburger Bun, Mustard Pudding Calories: 975 Carbs: 100 Fat: 45g Protein: 41g Sodium: 1400mg</p>	<p>20 Cheeseburger Macaroni Peas & Pearl Onions Capri Vegetables Fig bar Calories: 757 Carbs: 94g Fat: 29g Protein: 33g Sodium: 590mg</p>	<p>21 Baked Chicken & Mushrooms Peas & Carrots, Rice Chocolate Chip Cookies Calories: 763 Carbs: 102g Fat: 26g Protein: 37g Sodium: 868mg</p>	<p>22 Cod Fish Sticks Mashed Sweet Potatoes Okra & Tomatoes Tartar Sauce, Pear Cup Calories: 763 Carbs: 102g Fat: 26g Protein: 37g Sodium: 868mg</p>
<p>25 Chicken Spaghetti Brussel Sprouts Italian Vegetables Granola Bar 2% Milk Quart Calories: 611 Carbs: 67g Fat: 18g Protein: 46g Sodium: 523mg</p>	<p>26 Breaded Steak w/ Pepper Gravy Winter Blend Veggies Warm Cinnamon Peaches Lorna Doone Cookie Calories: 695 Carbs: 88g Fat: 20g Protein: 32g Sodium: 1034mg</p>	<p>27 Brunswick Stew Cornbread Stuffing Collard Greens Pudding Cup Calories: 636 Carbs: 70g Fat: 24g Protein: 35g Sodium: 900mg</p>	<p>28 Beef Swiss Steak Roasted Potatoes Herbed Peas Graham Crackers Applesauce Cup Calories: 652 Carbs: 76g Fat: 23g Protein: 37g Sodium: 1044mg</p>	<p>29 GOOD FRIDAY Meals on Wheels is closed today. Please eat the meal that was previously sent.</p>

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 have been
provided to clients. Save
these for bad weather or
other emergencies. **DO NOT**
EAT unless instructed to.

deliver.

hope.

Made with VISME