



## STRETCH YOUR FOOD DOLLARS

By Annette Payne, RD, LD, CDE

**With rising groceries prices, make your dollars go further with these tips:**

- DO find out if your grocery store has a Senior Discount Day.
- DO clip coupons. If you're tech savvy, download your grocery store app to clip coupons electronically. Shop for items that are on sale.
- DON'T go shopping hungry!
- DO drink tap water instead of buying bottled water, sodas, or other sugary drinks.
- DON'T buy in bulk if items will spoil before you can eat or freeze them.
- DO look for store or generic brands.
- DO make a list and stick to it.

### **Top Budget Friendly Nutritious Foods**

- Beans/lentils · Rice · Bananas · Sweet Potatoes
- Pasta · Oatmeal · Bread · Peanut Butter · Eggs · Carrots · Frozen Produce · Tuna · Milk · Cottage Cheese

# MOWCC UPDATES/REMINDERS

Meals on Wheels will be closed:

**Monday, January 2nd -- New Year's Day. Eat the meal that was previously sent.**

**Monday, January 17th -- Martin Luther King Jr. Day. Eat the meal that was previously sent.**

**Special Delivery Dates**

**Tuesday, January 3rd: Hot meals will resume.**

## 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 202-963-6288.

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

## Watch out! Social Security scams look like:

- Calls saying your Social Security benefits are about to be cancelled
- Individuals asking for your financial information, SSN or personal info.
- Demands for immediate payments over the phone.

**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

# January

2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Meals on Wheels is closed. Eat the meal that was previously sent.</p> <p>9 Chicken Vegetable Casserole Broccoli, Black Eyed Peas Oatmeal Cream Pie 2% Milk Quart Calories: 600 Carbs: 86g Fat: 14g Protein: 44g Sodium: 624mg</p>	<p>3 Cranberry Chicken Herbed Peas, Cheesy Cauliflower, Graham Crackers, Pudding 2% Milk Quart Calories: 639 Carbs: 90g Fat: 17g Protein: 36g Sodium: 1004mg</p> <p>10 Salisbury Steak w/ LS Gravy, Macaroni &amp; Cheese, Garden Blend Veggies, Graham Crackers Appiesauce Calories: 775 Carbs: 83g Fat: 31g Protein: 42g Sodium: 942mg</p>	<p>4 Chicken Fajitas w/onions &amp; peppers, Rice, Seasoned Black Beans, Graham Crackers, Fresh Apple Calories: 676 Carbs: 98g Fat: 14g Protein: 47g Sodium: 531mg</p> <p>11 Chicken Gumbo w/ Rice Cornbread Cinnamon Apples Pudding Cup Calories: 602 Carbs: 90g Fat: 12g Protein: 34g Sodium: 970mg</p>	<p>5 French Toast Sticks Scrambled Eggs Breakfast Potatoes Yogurt Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 34g Sodium: 786mg</p> <p>12 Spaghetti w/meat sauce, Green Beans California Blend Veg Graham Crackers Fresh Apple Calories: 607 Carbs: 104g Fat: 14g Protein: 29g Sodium: 754mg</p>	<p>6 Cheese Manicotti Lima Beans Baby Carrots Peach Cup, Oreo Cookie Calories: 687 Carbs: 95g Fat: 21g Protein: 31g Sodium: 1133mg</p> <p>13 Bean Burrito w/ queso Rice Rancho Fiesta Vegetables Peach Cup Calories: 709 Carbs: 110g Fat: 18g Protein: 26g Sodium: 884mg</p>
<p>16 MLK Jr. Day Meals on Wheels is closed. Please eat the meal that was previously sent.</p> <p>23 Chicken Tenders Mashed Potatoes Corn, Honey Mustard SF Jell-O, Graham Crackers, 2% Milk Quart Calories: 731 Carbs: 89g Fat: 29g Protein: 31g Sodium: 891 mg</p>	<p>17 Chili Cornbread Green Beans Yogurt, 2% Milk Quart Calories: 680 Carbs: 80g Fat: 27g Protein: 30g Sodium: 1113mg</p> <p>24 Cheeseburger Macaroni Peas &amp; Pearl Onions Capri Vegetables Fig bar Calories: 757 Carbs: 91g Fat: 29g Protein: 33g Sodium: 590mg</p>	<p>18 Salmon Patty over Garlic Lemon Rice Corn Garden Blend Vegetables Fresh Orange Calories: 642 Carbs: 86g Fat: 17g Protein: 29g Sodium: 640mg</p> <p>25 Steakburger w/ cheese Tater Tots Baked Beans Hamburger Bun Mustard, Pudding Cup Calories: 975 Carbs: 100 Fat: 45g Protein: 41g Sodium: 1400mg</p>	<p>19 Beef &amp; Pepper Casserole Peas &amp; Pearl Onions Cauliflower Pineapple Cup Calories: 603 Carbs: 62g Fat: 27g Protein: 29g Sodium: 575mg</p> <p>20 Chicken &amp; Dumplings Mashed Sweet Potatoes Broccoli w/ cheese sauce Oatmeal Raisin Cookie Calories: 616 Carbs: 75g Fat: 19g Protein: 36g Sodium: 1123mg</p>	<p>27 Breaded Cod Scalloped Potatoes Corn, Tartar Sauce Pineapple Cup Calories: 763 Carbs: 102g Fat: 26g Protein: 37g Sodium: 868mg</p>
<p>30 Chicken Spaghetti Brussel Sprouts Italian Vegetables Applesauce 2% Milk Quart Calories: 611 Carbs: 67g Fat: 18g Protein: 46 g Sodium: 523 mg</p>	<p>31 Brunswick Stew Cornbread Stuffing Collard Greens Pudding Cup Calories: 636 Carbs: 70g Fat: 24g Protein: 35g Sodium: 900mg</p>			

## Notes:

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

### EMERGENCY MEALS

5 shelf stable meals were provided in December. Save these for bad weather or other emergencies. **DO NOT EAT** unless instructed to.

### 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.*

*hope.*

Made with VISME