



DOES EATING HURT?

By Annette Payne, Registered Dietitian

It's hard to follow a healthy meal plan when tooth decay or loss, sore gums, or ill-fitting dentures are causing discomfort. Over time, this can cause unwanted weight loss and even increase your risk for falls! What you can do about it:

- Call your dentist's office and book your cleanings and exams for the year. You'll be a step ahead with the appointments on your calendar.
- Consider reviewing dental insurance plans to see if there is one that meets your needs and budget. [BenefitsCheckUp.org](https://www.benefitscheckup.org) can help you find dental services benefits that are available to you or other options for finding low-cost dental care.
- Invest in an electric toothbrush or water flosser, two tools that can level up your dental hygiene.
- Maintain healthy eating at home throughout any dental discomfort by enjoying nutritious, soft foods like oatmeal, yogurt, scrambled eggs, cottage cheese, cooked vegetables, and soups

MOWCC UPDATES/REMINDERS

Meals on Wheels will be closed on Labor Day, September, 4th, 2023.

A shelf stable meal will be sent for you to eat on this day

- **Minnie's Food Pantry**
- 972-596-0253
- 661 18th St
- 8:30am-11:30am Wed-Sat

- **Salvation Army Plano**
- 972-423-8254
- 3528 14th St
- 10am-2pm Monday, Wednesday, Friday

- **Community Food Pantry**
- 972-547-4404
- 307 Smith St
- 11am - 4pm Mon-Fri
- 11am - 7 pm Wednesday

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- **Amazing Grace Food Pantry**
 - 972-292-7241
 - 1700 Parker Rd
 - 10am-2pm Tuesday
 - 10am-8pm Thursday
 - 8am-12pm Sunday

- **God's Pantry**
- 972-633-9777
- 1896 K Ave #200
- 10am-1pm Tues, Thurs, Sat

- **Allen Community Outreach**
- 972-727-9131
- 801 E. Main Street Allen
- Tues., Thurs., Sat. - call for hours

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- **Community Life Line Center**
 - 972-542-0020
 - 1601 N Waddill St. STE #102
 - 10am-3pm Tues-Fri

- **Seven Loaves Food Pantry**
- 469-385-1813
- 1401 Mira Vista Blvd
- 3:30pm Thursday
- 8:30am Saturday

- **Community Garden Kitchen**
- 501 Howard Street
- 6:00 pm – 8:00 pm Mon-Thurs
- Serves full meals at no cost, open to anyone

If you need a window A/C unit, fans, or extra assistance, please contact your social worker. If you'd like to share your story and experiences, please contact Lauren Thompson **(469-731-4866)**

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

Menu

Created by our
Licensed Dietitian

August

2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>7 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>1 Marinara Baked Pasta Winter Blend Vegetables Roasted Sweet Potatoes Fig Bar Calories: 632 Carbs: 98g Fat: 17g Protein: 23g Sodium: 713mg</p>	<p>2 Sun-dried Tomato Chicken Salad, Potato Salad Diced Beets Crackers, Jell-O Calories: 601 Carbs: 70g Fat: 20g Protein: 33g Sodium: 950mg</p>	<p>3 Chicken Makhani Rice & Lentil Pilaf Zucchini Lorna Doone Cookie Calories: 610 Carbs: 65g Fat: 19g Protein: 43g Sodium: 393mg</p>	<p>4 Mini Chicken Corn Dogs Corn, Lima Beans Mustard Packet Yogurt Calories: 729 Carbs: 117g Fat: 20g Protein: 32g Sodium: 836mg</p>
<p>8 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>8 Chicken w/ Cajun Sauce Broccoli Black Eyed Peas Oatmeal Cream Pie Calories: 604 Carbs: 65g Fat: 17g Protein: 49g Sodium: 521mg</p>	<p>9 BBQ Chicken Salad Broccoli Salad Cinnamon Applesauce Crackers Calories: 796 Carbs: 56g Fat: 46g Protein: 41g Sodium: 710mg</p>	<p>10 French Toast Sticks Scrambled Eggs Breakfast Potatoes Yogurt, Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 34g Sodium: 786mg</p>	<p>11 Chicken Spaghetti Brussel Sprouts Italian Vegetables Applesauce Calories: 611 Carbs: 67g Fat: 18g Protein: 46g Sodium: 523mg</p>
<p>14 BBQ Beef Meatballs Roasted Sweet Potatoes Cream Corn, Granola Bar 2% Milk Quart Calories: 736 Carbs: 95g Fat: 25g Protein: 36g Sodium: 847mg</p>	<p>15 Chicken Sausage w/ Peppers Macaroni & Cheese Mixed Vegetables Tropical Fruit Cup Calories: 668 Carbs: 88g Fat: 17g Protein: 40g Sodium: 775mg</p>	<p>16 Cod Fish Sticks Mashed Sweet Potatoes Okra & Tomatoes Tartar Sauce, Fresh Orange Calories: 670 Carbs: 88g Fat: 26g Protein: 23g Sodium: 879mg</p>	<p>17 Chicken Cacciatore Herbed Rice Peas & Carrots Oatmeal Raisin Cookie Calories: 616 Carbs: 79g Fat: 15g Protein: 43 Sodium: 503mg</p>	<p>18 Taco Casserole Veggie Brown Rice Chuckwagon Corn Pudding Cup Calories: 635 Carbs: 85g Fat: 21g Protein: 28g Sodium: 416mg</p>
<p>21 Chicken Tenders Mashed Potatoes Corn, Honey Mustard SF Jell-O, Graham Crackers, 2% Milk Quart Calories: 731 Carbs: 89g Fat: 25g Protein: 31g Sodium: 891mg</p>	<p>22 Cheeseburger Macaroni Peas & Pearl Onions Capri Vegetables Fig bar Calories: 757 Carbs: 91g Fat: 29g Protein: 33g Sodium: 590mg</p>	<p>23 Pulled Chicken BBQ Sandwich, Mixed Veggies Tater Tots, Hamburger Bun Pear Cup Calories: 678 Carbs: 94g Fat: 15g Protein: 43g Sodium: 1040mg</p>	<p>24 Tuna Salad w/tomato slice Corn Salad Cottage Cheese & Peaches Crackers Calories: 661 Carbs: 54g Fat: 31g Protein: 42g Sodium: 949mg</p>	<p>25 Teriyaki Diced Chicken Brown Rice Carrots Yogurt Calories: 716 Carbs: 98g Fat: 14g Protein: 47g Sodium: 731mg</p>
<p>28 Beef Burrito w/ Queso Rice, Rancho Fiesta Veggies Oreo Cookie 2% Milk Quart Calories: 703 Carbs: 90g Fat: 24g Protein: 30g Sodium: 956mg</p>	<p>29 BBQ Chicken Bake Succotash Fried Okra Pear cup, Sour Cream Calories: 699 Carbs: 78g Fat: 25g Protein: 42g Sodium: 694mg</p>	<p>30 Chicken Fried Steak w/ Pepper Gravy Winter Blend Vegetables Warm Cinnamon Peaches SF Pudding Cup Calories: 635 Carbs: 88g Fat: 18g Protein: 34g Sodium: 862mg</p>	<p>31 Chicken Fajitas w/onions & peppers Veggie Brown Rice Seasoned Black Beans Applesauce Cup Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg</p>	<p>SF: indicates a sugar-free item when available.</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.