The Heart Beat

#### THE OFFICIAL PUBLICATION OF MEALS ON WHEELS COLLIN COUNTY Issue 25 | March 2023



### POWER UP WITH BREAKFAST

By Annette Payne, RD, LD, CDE

A healthy breakfast gives you the energy to start your day right. Try these tasty ideas:

 $\cdot$  Instant oatmeal made with milk instead of water. Toss in dried fruit and chopped walnuts

- · Layer yogurt with your favorite high fiber cereal and berries
- · Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin
- · Grits topped with a sprinkle of low-fat cheese and spinach or tomatoes. Add a cooked egg on the side.
- $\cdot$  Top a toaster waffle with peanut butter and banana slices
- · Low-fat cottage cheese with fruit
- Source: Adapted from Academy of Nutrition and Dietetics/Eatright.org

### MOWCC UPDATES/REMINDERS

- If additional food is needed, please contact client services at 469-731-4866.
- If you are needing transportation within Collin County or 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.

The Texas Health and Human Services Commission (HHSC) announced it has received federal approval to allow Supplemental Nutrition Assistance Program (SNAP) recipients to apply for replacement benefits for food lost or destroyed due to recent severe winter weather by dialing 2-1-1.





"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



600 N. TENNESSEE ST MCKINNEY, TX 75069

CONTACT US AT: (972) 562-6996

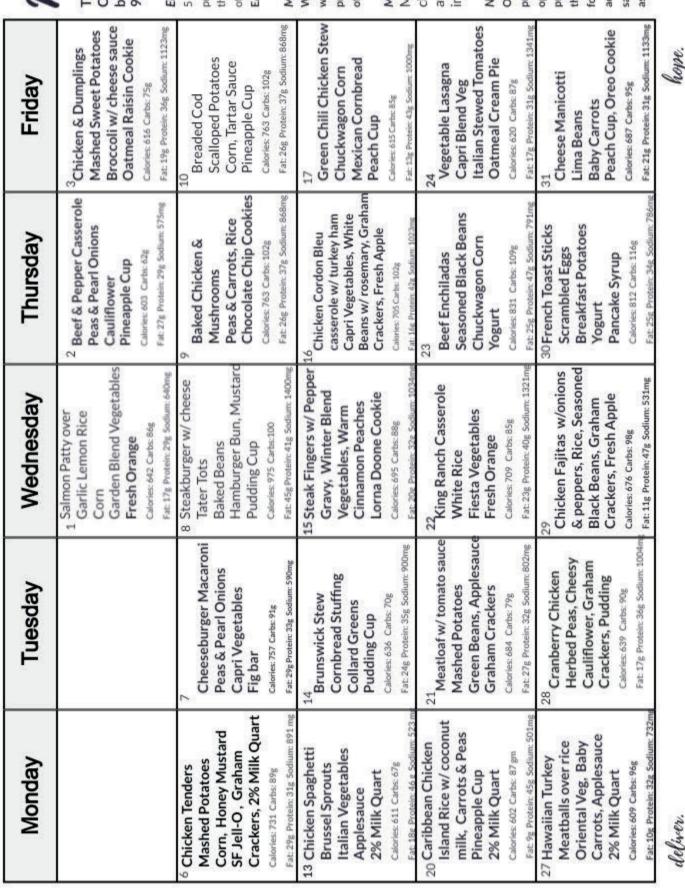
Menu

Licensed Dietitian

Created by our

March

2023





Motex:

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

# EMERGENCY MEALS

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

## MILK QUARTS

provided include a serving Will be delivered once a week. Nutrition facts of milk with the meal.

# MENU CHANGES

availability and food ndustry shortages. Menu items may change due to

## NUTRITION

provide a minimum of 1/3 of provide target nutrients for salt-free products are used the daily nutritional needs for older adults. No salt is optimal health. All meals added during cooking and Our nourishing meals as much as possible.

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