



DRINK UP! TIPS FOR STAYING HYDRATED

By Mercy Kamau, Texas WIC Dietetic Intern

It's important to stay hydrated, especially for our senior population. As we age, our bodies become less efficient at regulating body temperature and retaining fluids, making dehydration a greater risk. Here are some tips:

- Drink plenty of fluids throughout the day. Set a goal of at least 8-10 cups of fluids per day, including water, herbal tea, and juices.
- Eat hydrating foods: Such as watermelon, cucumbers, tomatoes, and strawberries which have high water content.
- Avoid alcohol and caffeine: These drinks can cause dehydration.
- Stay indoors during peak heat hours: The sun is strongest between 10 am and 5 pm.
- Dress appropriately: Wear loose, light-colored clothing and a hat when outside to avoid overheating.
- Keep a water bottle ALWAYS within reach, whether at home or out and about.
- Consider using a humidifier: Dry air can cause dehydration, so using a humidifier in the home can help keep you hydrated.
- Check for signs of dehydration: for example dark urine, dry mouth, fatigue, and dizziness. If you notice any of these symptoms, drink fluids and seek medical attention if necessary.

Remember, staying hydrated is essential for good health. Stay cool and hydrated!

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
- Meals on Wheels Collin County will be closed May 29th for Memorial Day. A shelf-stable meal will be sent before the holiday for clients to eat.

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



"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

May

2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 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>2 Greek Chicken Mixed Vegetables White Beans w/ Rosemary Graham Crackers, Apple Calories: 675 Carbs: 88g Fat: 15g Protein: 46g Sodium: 444mg</p>	<p>3 Chicken Enchiladas Seasoned Black Beans Chuckwagon Corn Yogurt Calories: 831 Carbs: 109g Fat: 25g Protein: 47g Sodium: 791mg</p>	<p>4 Egg Salad w/Turkey Ham 3 Bean Salad Spiced Peaches Crackers, Pudding Calories: 609 Carbs: 68g Fat: 26g Protein: 26g Sodium: 946mg</p>	<p>5 BBQ Chicken Breast Baked Beans Carrots, Graham Crackers Pear Cup Calories: 639 Carbs: 96g Fat: 11g Protein: 44g Sodium: 1064mg</p>
<p>8 Hawaiian Turkey Meatballs over rice, Oriental Veg, Baby Carrots, Strawberry Raisins 2% Milk Quart Calories: 609 Carbs: 96g Fat: 10g Protein: 32g Sodium: 732mg</p>	<p>9 Marinara Baked Pasta Winter Blend Vegetables Roasted Sweet Potatoes Fig Bar Calories: 632 Carbs: 98g Fat: 17g Protein: 23g Sodium: 713mg</p>	<p>10 Sundried Tomato Chicken Salad, Potato Salad Diced Beets Crackers, Jell-O Calories: 601 Carbs: 70g Fat: 20g Protein: 33g Sodium: 950mg</p>	<p>11 Chicken Makhani Rice & Lentil Pilaf Zucchini Lorna Doone Cookie Calories: 610 Carbs: 65g Fat: 19g Protein: 43g Sodium: 393mg</p>	<p>12 Mini Chicken Corn Dogs Corn, Lima Beans Mustard Packet Yogurt Calories: 729 Carbs: 117g Fat: 20g Protein: 32g Sodium: 836mg</p>
<p>15 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>16 Chicken w/ Cajun Sauce Broccoli Black Eyed Peas Oatmeal Cream Pie Calories: 604 Carbs: 65g Fat: 17g Protein: 49g Sodium: 521mg</p>	<p>17 BBQ Chicken Salad Broccoli Salad Cinnamon Applesauce Crackers Calories: 796 Carbs: 56g Fat: 46g Protein: 41g Sodium: 710mg</p>	<p>18 French Toast Sticks Scrambled Eggs Breakfast Potatoes Yogurt, Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 34g Sodium: 786mg</p>	<p>19 Chicken Spaghetti Brussel Sprouts Italian Vegetables Applesauce Calories: 611 Carbs: 67g Fat: 18g Protein: 46 g Sodium: 523 mg</p>
<p>22 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>23 Chicken Sausage w/ Peppers Macaroni & Cheese Mixed Vegetables Tropical Fruit Cup Calories: 668 Carbs: 88g Fat: 17g Protein: 40g Sodium: 775mg</p>	<p>24 Cod Fish Sticks Mashed Sweet Potatoes Okra & Tomatoes Tartar Sauce, Fresh Orange Calories: 670 Carbs: 88g Fat: 26g Protein: 23g Sodium: 879mg</p>	<p>25 Chicken Cacciatore Herbed Rice Peas & Carrots Oatmeal Raisin Cookie Calories: 616 Carbs: 79g Fat: 15g Protein: 43 Sodium: 503mg</p>	<p>26 Taco Casserole Veggie Brown Rice Chuckwagon Corn Pudding Cup Calories: 635 Carbs: 85g Fat: 21g Protein: 28g Sodium 416mg</p>
<p>29 HAPPY MEMORIAL DAY! Meals on Wheels is closed today. Please eat the meal that was previously sent.</p>	<p>30 Cheeseburger Macaroni Peas & Pearl Onions Capri Vegetables Fig bar, 2% Milk Quart Calories: 757 Carbs: 91g Fat: 29g Protein: 33g Sodium: 590mg</p>	<p>31 Pulled Chicken BBQ Sandwich, Mixed Veggies Tater Tots, Hamburger Bun Pear Cup Calories: 678 Carbs: 94g Fat: 15g Protein: 42g Sodium: 1040mg</p>		

Notes:

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

EMERGENCY MEAL BOXES

Save these shelf stable
meals for bad weather
or other emergencies.
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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