

# The Heart Beat

THE OFFICIAL PUBLICATION OF  
MEALS ON WHEELS COLLIN COUNTY  
Issue 24 | February 2023



## LOVE YOUR HEART

By Annette Payne, RD, LD, CDE

Heart disease is the leading cause of death in America. Food choices, being active, and medicines can lower risk factors such as high blood pressure and high cholesterol.

Eat Heart Smart:

- Aim to fill half your plate with fruits and vegetables.
- Eat fatty fish, such as salmon, lake trout, albacore tuna, mackerel or sardines twice a week.
- Eat less fatty, processed, and fried meats. Choose lean beef and poultry.
- Choose whole-grain foods, beans, and lentils as fiber helps lower cholesterol.
- Swap sugary cereals with oatmeal or a high fiber cereal.
- Reduce sodium intake by skipping the saltshaker and choosing lower sodium canned foods.

Be Active, Manage Stress, and Don't Smoke

- Be physically active. Start by doing what you can, at least 10 minutes at a time. Check with your physician before beginning a workout regimen.
- Yoga, ping pong, walking, meditation, laughing, dancing to the oldies – whatever works for you, figure out a way to reduce life's stresses!
- Smoking increases your risk for heart disease. If you smoke, quit.

# 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.

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

Mental Health Hotline number 988

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

# February

2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>6 Caribbean Chicken Island Rice w/ coconut milk, Carrots &amp; Peas Pineapple Cup, 2% Milk Quart Calories: 602 Carbs: 87 gm Fat: 9g Protein: 45g Sodium: 501mg</p>	<p>7 Meatloaf w/ tomato sauce Mashed Potatoes Green Beans, Applesauce Graham Crackers Calories: 684 Carbs: 79g Fat: 27g Protein: 32g Sodium: 802mg</p>	<p>1 Steak Fingers w/ Pepper Gravy, Winter Blend Vegetables, Warm Cinnamon Peaches Lorna Doone Cookie Calories: 695 Carbs: 88g Fat: 20g Protein: 32g Sodium: 1034mg</p>	<p>2 Ham &amp; Beans Peas Cauliflower Graham Crackers Fresh Apple Calories: 705 Carbs: 102g Fat: 16g Protein: 42g Sodium: 1023mg</p>	<p>3 Green Chili Chicken Stew Chuckwagon Corn Mexican Cornbread Peach Cup Calories: 615 Carbs: 85g Fat: 13g Protein: 43g Sodium: 1000mg</p>
<p>13 Hawaiian Turkey Meatballs over rice Oriental Veg, Baby Carrots, Applesauce 2% Milk Quart Calories: 609 Carbs: 96g Fat: 10g Protein: 32g Sodium: 732mg</p>	<p>14 Happy Valentine's Day! Cranberry Chicken Herbed Peas, Cheesy Cauliflower, Graham Crackers, Pudding Calories: 639 Carbs: 90g Fat: 17g Protein: 36g Sodium: 1004mg</p>	<p>8 King Ranch Casserole White Rice Fiesta Vegetables Fresh Orange Calories: 709 Carbs: 85g Fat: 23g Protein: 40g Sodium: 1321mg</p>	<p>9 Beef Enchiladas Seasoned Black Beans Chuckwagon Corn Yogurt Calories: 831 Carbs: 109g Fat: 25g Protein: 47g Sodium: 791mg</p>	<p>10 Vegetable Lasagna Capri Blend Veg Italian Stewed Tomatoes Oatmeal Cream Pie Calories: 620 Carbs: 87g Fat: 17g Protein: 31g Sodium: 1341mg</p>
<p>20 Chicken Vegetable Casserole Broccoli, Black Eyed Peas Oatmeal Cream Pie 2% Milk Quart Calories: 600 Carbs: 86g Fat: 11g Protein: 44g Sodium: 624mg</p>	<p>21 Salisbury Steak w/ LS Gravy, Macaroni &amp; Cheese, Garden Blend Veggies, Graham Crackers Applesauce Calories: 775 Carbs: 83g Fat: 31g Protein: 42g Sodium: 942mg</p>	<p>15 Chicken Fajitas w/onions &amp; peppers, Rice, Seasoned Black Beans, Graham Crackers, Fresh Apple Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg</p>	<p>16 French Toast Sticks Scrambled Eggs Breakfast Potatoes Yogurt Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 34g Sodium: 786mg</p>	<p>17 Cheese Manicotti Lima Beans Baby Carrots Peach Cup, Oreo Cookie Calories: 687 Carbs: 95g Fat: 21g Protein: 31g Sodium: 1133mg</p>
<p>27 Teriyaki Beef Meatballs Rice, Carrots Applesauce Cup 2% Milk Quart Calories: 654 Carbs: 77g Fat: 22g Protein: 36g Sodium: 905mg</p>	<p>28 Chili Cornbread Green Beans Yogurt Calories: 680 Carbs: 80g Fat: 27g Protein: 30g Sodium: 911mg</p>	<p>22 Chicken Gumbo w/ Rice Cornbread Cinnamon Apples Pudding Cup Calories: 602 Carbs: 90g Fat: 12g Protein: 34g Sodium: 970mg</p>	<p>23 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>24 Bean Burrito w/ queso Rice Rancho Fiesta Veggies Peach Cup Calories: 709 Carbs: 110g Fat: 18g Protein: 26g Sodium: 884mg</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.

*delicious.*

*hope.*

Made with VISME