

MEALS AND MORE



OBSERVANCES:

- World AIDS Day (December 1)
- Handwashing Awareness Week (December 1 - December 7)
- Flu Vaccination Week (December 6 - December 12)
- National Ambrosia Day (December 12)
- Hanukkah (December 18 - December 26)
- Christmas (December 25)
- Kwanzaa (December 26 - January 1)
- New Year's Eve (December 31)
- National Root Vegetable Month

**DECEMBER
2022**

NATIONAL ROOT VEGETABLE MONTH!

It's National Root Vegetable Month and we love root vegetables!

Root vegetables are starchy veggies that grow underneath the soil. The starchy part, called the storage organ, grows underground while other parts of the plant grow through the soil and to the surface. The storage organ provides the rest of the plant with the nutrients it needs to keep growing. While the peak season for most root vegetables is spring through fall, they're available all year long. There are many kinds of root vegetables, some of which you're probably familiar with. Bulbs: Fennel, Onions, Shallots, Garlic. Corms: Celery root, Water chestnut, Taro. Tubers: Potatoes, Sweet potatoes, Yams, Yucca (cassava). Root crops: Beets, Parsnips, Turnips, Rutabagas, Carrots, Jicama, Maca. Root vegetables are packed with fiber and antioxidants, and low in calories, fat, and cholesterol. Root vegetables are also excellent sources of carotenoids. These are naturally occurring pigments that may decrease the risk of certain cancers and help protect your eyes. This is why you will find a lot of these vegetables on our menus!

BE PREPARED IN AN EMERGENCY!

EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



BE INFORMED

Check out these 4 ways to get prepared if an emergency occurs:

EMERGENCY CONTACTS & DOCUMENTS: Create a list of emergency contacts, family contacts, and emergency services phone numbers. Make copies of important documents, such as medical records, insurance information cards, wills, deeds, social security number, bank accounts, and tax records. Talk with family, friends, caregivers, and others if you need assistance during an emergency situation. Share your emergency plan with them. Know how to evacuate your home and have a plan of where you can go.

MAKING AN EMERGENCY KIT: Make a kit or bag of essentials! Include essentials such as a radio, extra batteries, first aid kit, flashlight, copies of emergency contacts & documents, change of clothing, travel size toiletries, pet food, water, nonperishable snacks, spare keys, phone charger, Swiss army knife, can opener, etc.

BE INFORMED: Know what disasters could affect your area. Monitor the TV, radio, internet, and mobile devices for information on severe weather or emergencies in your neighborhood. Plan ahead for accessible transportation.

MEALS ON WHEELS EMERGENCY PLAN:

MOWWM provides clients who receive 3 or more meals per week with a shelf-stable emergency food box every 6 months they are on the program.



FLU VACCINES MONTH

National Influenza Vaccination Week is December 6-12! Did you know that people with certain chronic conditions like asthma, diabetes, and heart disease are at higher risk of developing serious flu complications? A flu shot is the best way to protect yourself, your loved ones, and your community from flu. Get your flu shot now. There's still time.

cdc.gov/flu/highrisk/chronic-conditions

SPOTLIGHT ON CAREGIVERS



Caregivers must perform proper hand hygiene before each new contact to protect the individual for whom they provide care, and the families with whom they interact. Follow these simple steps and wash your hands regularly throughout the day as you care for your loved ones and patients:



Infections are a serious threat to fragile patients. They are often spread by healthcare workers and family members who are providing frontline care. In fact, one of the major contributors to infections that result in death each year is the failure of healthcare workers and family members providing care to properly clean their hands. Healthcare workers and family caregivers can pick up infectious organisms by touching patients, contaminated furniture, contaminated dressings, or contaminated equipment. The goal of good hand hygiene is to break this dangerous cycle by preventing the passage of germs from one person to another. Home

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

(www.cdc.gov/handwashing)



NUTRIENT OF THE MONTH: VITAMIN D

Vitamin D helps your body absorb calcium. Calcium is one of the main building blocks of bone. A lack of vitamin D can lead to bone diseases such as osteoporosis or rickets. Vitamin D also has a role in your nerve, muscle, and immune systems. You can get vitamin D in three ways: through your skin, from your diet, and from supplements. Your body forms vitamin D naturally after exposure to sunlight. However, too much sun exposure can lead to skin aging and skin cancer. So many people try to get their vitamin D from other sources. Vitamin D-rich foods include egg yolks, saltwater fish, and liver. Some other foods, like milk and cereal, often have added vitamin D. Vitamin D supplements are commonly used to treat and prevent vitamin D deficiency. People who don't get enough sun and people who are 65 years or older are at risk for deficiency. Spending 15-30 minutes in the sun each day should be enough to maintain normal vitamin D levels for most people. Talk to your doctor about Vitamin D supplements if you cannot get outside in the sun often.

RECIPE: Ambrosia

Winter 2022

PREP TIME:
10 minutes

COOK TIME:
Total time: 1 hour 10 min

SERVING SIZE:

INGREDIENTS:

- 8 oz container Cool Whip thawed
- ½ cup sour cream
- 10 oz can mandarin oranges drained
- 15 oz can pineapple tidbits drained
- 16 oz jar maraschino cherries drained, patted dry, and cut in half
- 1 cup mini marshmallows multi-colored or regular
- 1 cup sweetened shredded coconut

DIRECTIONS:

- In a large bowl, fold together the Cool Whip and sour cream.
- Fold in oranges, pineapple, cherries, marshmallows, and coconut.

CHILL, GARNISH, AND SERVE:

- Cover with plastic wrap and chill in the refrigerator for at least 1 hour before serving.
- Garnish the ambrosia salad with mini marshmallow, shredded coconut, and maraschino cherries before serving.

NOTES:

Celebrate National Ambrosia Day on December 12!



WE NEED YOUR HELP!

If you are a current client and your contact information has changed, please let us know! Terri is one of our Client Support Specialists. They are here each day from 8am - 3:30pm to take your calls. Please call 616-459-3111.



If you would like to know more about our home-delivered meals, pantry, or dining site programs, please call Meals On Wheels Western Michigan at 616-459-3111 or go to www.mealsonwheelswesternmichigan.org

Meals on Wheels Western Michigan is supported by:

