

MEALS AND MORE



OBSERVANCES:

- Healthy Aging Month
- World Alzheimer's Month
- National Potato Month
- National Whole Grain Month
- National Food Safety Month
- National Preparedness Month
- National Hispanic Heritage Month
- Labor Day Sept 5
- National Grandparents Day Sept 11
- Fall begins Sept 22
- National Pancake Day Sept 26
- National Falls Prevention Awareness Week Sept 18-24

**SEPTEMBER
2022**

IT'S TIME TO CELEBRATE GRANDPARENTS!

DID YOU KNOW?

- In the US, it's grandma and grandpa. In Latin America and Spain it's abuela and abuelo. In Italy, it's nonna and nonno, and in Germany oma and opa are the traditional names for a grandmother and grandfather.
- Famous people who have been raised by their grandparents include Oprah Winfrey, Presidents Barack Obama and Bill Clinton, actor Jack Nicholson, singer Willie Nelson, funny lady Carol Burnett, and poet Maya Angelou.
- Grandparents are wonderful caregivers (think about all the experience they have!) with more than 2 million grandparents in the US acting as the head of household.

FOOD SAFETY MONTH



STEP 1: CLEAN

Wash hands and surfaces often

Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, and handling pets. Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item. Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, launder them often in the hot cycle. Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean produce brush. With canned goods, remember to clean lids before opening.

STEP TWO: SEPARATE

Separate raw meats from other foods

Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and refrigerator. Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood. Never place cooked food on a plate that previously held raw meat, poultry, seafood.

STEP THREE: COOK

Cook to the right temperature

Color and texture are unreliable indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products for all cooking methods. These foods must be cooked to a safe minimum internal temperature to destroy any harmful bacteria. When cooking in a microwave oven, cover food, stir, and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking. Always allow standing time, which completes the cooking, before checking the internal temperature with a food thermometer.

STEP FOUR: CHILL

Refrigerate foods promptly

Use an appliance thermometer to be sure the temperature is consistently 40° F or below and the freezer temperature is 0° F or below. Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90° F. Never thaw food at room temperature, such as on the countertop. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately. Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.



NATIONAL POTATO MONTH!

For National Potato Month, Eat A Potato!

Potatoes are rich in vitamins, minerals and antioxidants, which make them very healthy. Studies have linked potatoes and their nutrients to a variety of impressive health benefits, including improved blood sugar control, reduced heart disease risk and higher immunity. They may also improve digestive health and combat signs of aging. Potatoes are also quite filling, which means they may help you lose weight by curbing hunger pains and cravings.

At MOWWM, we serve real potatoes a variety of ways - mashed, redskin, roasted, even sweet potatoes in perfect ½ cup portions. All in all, potatoes are a great addition to your diet in moderation. They are also naturally gluten-free, which means they can be enjoyed by almost everyone

SPOTLIGHT ON CAREGIVERS

Let's Talk About Falls!

Talking is one of the easiest ways to create awareness and spark action. You don't have to be a falls expert to talk with your friends, your family, or your neighbors about falls. Falls are serious but talking about them doesn't have to be.

Tips to Talk About Falls

- Be open and kind: Ask questions, share a fact, or share your own experience.
- Avoid blame: Nobody is at fault for a fall! Provide solutions that do not make the person feel judged.
- Be assertive: Show that you care by how you deliver your message. Use "I" statements to let others know how you are thinking and feeling.
- Listen: Sometimes no solution will make an older adult feel better about falling. Be there and listen to their concerns and give support when they are ready for the next step in reducing falls.

ncoa | FallsFree CheckUp
national council on aging | YOU CAN PREVENT A FALL

Be empowered and be independent!

Get a personalized #FallsFree CheckUp today.

ncoa.org/FallsFreeCheckUp



Enhance Relationships

Falls can be embarrassing and hard to talk about. But talking with others about them shows you care and are a source of support. It also makes future talks about falls easier.

- Ask a question: "Have you or anyone you know had a fall or trip?"
- Share a fact: "I was surprised to learn that falls are the leading cause of traumatic brain injuries. Falls are more serious than I thought!"
- Share your experience: "My neighbor fell when he climbed a ladder to change the smoke detector battery. I wish he had called me. I would have been more than happy to help."



NUTRIENT OF THE MONTH: POTASSIUM

Potassium is an essential mineral that is needed by all tissues in the body. It is sometimes referred to as an electrolyte because it carries a small electrical charge that activates various cell and nerve functions. Potassium is found naturally in many foods and as a supplement. Its main role in the body is to help maintain normal levels of fluid inside our cells. Sodium, its counterpart, maintains normal fluid levels outside of cells. Potassium also helps muscles to contract and supports normal blood pressure. High salt intake increases blood pressure, which can lead to heart disease, while high potassium intake can help relax blood vessels and excrete sodium while decreasing blood pressure. Potassium is widely available in many foods, especially fruits and vegetables. Leafy greens, beans, nuts, dairy foods, and starchy vegetables like winter squash are rich sources

RECIPE: Brown Rice Pudding

PREP TIME:
15 minutes

COOK TIME:
90 minutes

SERVING SIZE:
6-8 servings

INGREDIENTS:

- 2 cups cooked brown rice
- 3 cups light coconut milk
- 3 eggs
- 1 cup of brown sugar
- 1 teaspoon vanilla
- ½ teaspoon salt
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg

DIRECTIONS:

1. Blend all ingredients well. Pour into a 2-quart casserole dish.
2. Bake at 300°F for 90 minutes or until center is just set.
3. Add raisins for a burst of sweetness!

NOTES:

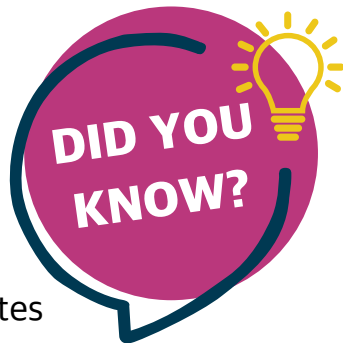
An Oldways recipe, courtesy of Karen Mansur



Did you know?

Last year we served...

- 6, 171 clients
- 92,564 meals at our dining sites
- 607,543 Home Delivered Meals
- And distributed 1,081,050 pounds of food at our senior pantry



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:

