

# MEALS AND MORE...

NEWS FROM MEALS ON WHEELS WESTERN MICHIGAN  
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## Observances

- Apr - Alcohol Awareness Month
- Apr - Stress Awareness Month
- Apr - National Brussel Sprout Month
- Apr - National Cabbage Month
- Apr 1 - April Fools' Day
- Apr 2 - National Burrito Day
- Apr 4 - Easter
- Apr 7 - World Health Day
- Apr 12 - National Grilled Cheese Day
- Apr 22 - Earth Day
- Apr 30 - National Raisin Day



## It's National Stress Awareness Month!

Stress affects everyone

### Chronic stress can lead to:

- Heart Disease
- Diabetes
- Headaches
- Gastrointestinal Problems
- Asthma
- Depression
- Anxiety
- Alzheimer's Disease



### Ways to reduce stress:

- Be observant of how your body feels
- Talk to your health care provider
- Get regular exercise
  - *Just 30 minutes a day can help boost your mood!*
- Try a relaxing activity
  - *Meditation, breathing exercises*
- Set goals and priorities
- Stay connected with friends and family



# 7 tips for healthy snacking

From the Harvard Medical School



## 1 Grab the Grains

Incorporating whole-grains into your snacks will help you feel full and energized. Snack on some whole-grain pretzels or a bowl of whole-grain cereal.

## 2 Break your Fast

Breakfast foods can have a dual purpose. Utilize some of your favorite breakfast foods to make a tasty and healthy snack. Snack on a slice of whole-grain toast and peanut butter or low-sugar granola.

## 3 "High-low" Combination

Try making a snack combination with something light in calories and a small amount of a higher caloric food. Snack on peanut butter and apple slices or celery sticks.

## 4 Go Nuts

Nuts and seeds are usually forgotten when it comes to snacks, but the health benefits are numerous. There are lots of good nutrients and will have you feeling full with just a small portion. Snack on almonds, walnuts, peanuts, roasted pumpkin seeds, or cashews.

## 5 Cool Combinations

Snacks should have the best of both worlds. A little bit of variety never hurt anybody. Try to have more than just one macronutrient (protein, fat, carbs) during snack time. Snack on a whole-grain crackers (carbs) with low-fat cheese (protein and fat).

## 6 Stop, Drop and Snack

Make sure you're taking the time to enjoy your snack. Put away any distractions that may ruin snack time. Something like watching TV while snacking can lead to overeating.

## 7 Fuel your Pockets

Make sure fill your pockets or purse with healthy snacks if you plan on going out. That way you'll be less tempted to get fast food or eat that donut that you walk by.



# Stress-Free Lunch

## Buffalo Chicken Wrap

Prep Time: 5 minutes

Total Time: 5 minutes

Servings: 4

Calories: 263kcal

### Ingredients:

- 2 cup cooked chicken shredded or chopped (rotisserie, shredded, or grilled)
- 1/2 cup buffalo sauce or 1/3 cup hot sauce + 2 tablespoons melted butter
- 1 cup shredded lettuce
- 1/4 cup ranch or blue cheese dressing
- 4 medium flour tortillas
- Optional fillings: tomato, onion, shredded cheese

### Instructions:

1. In a large bowl, combine the cooked chicken and buffalo sauce until the chicken is fully coated with the sauce.
2. Lay out the flour tortillas and divide the chicken evenly among the tortillas. Top the chicken with lettuce, and ranch dressing. Fold in the sides of the tortilla and roll the wrap burrito-style. Enjoy warm or cold!



# World Health Day



Since 1950, World Health Day has brought attention to important health issues such as mental health, maternal and child care, and climate change. This year, on April 7th, the World Health Organization is celebrating the contribution of nurses and midwives. During these unprecedented times, nurses and other health worker are at the frontlines of the COVID-19 response, putting their own health at risk to protect the broader community.

According to the World Health Organization, World Health Day is also an opportunity to advocate for commitment and resources to strengthen the nursing workforce, improve their education and working conditions, and enable them to work to their full potential.

You can help nurses fight COVID-19!

- Make sure to wash your hands with soap and water for at least 20 seconds
- Use hand sanitizer if soap and water are not available
- Stay home unless it is necessary
- Thank your local nurses





## What's new in the MOW Kitchen?

### Cabbage Roll Casserole!

By popular demand from our seniors, we are excited to offer our version of Golombki, or Cabbage Roll Casserole on our Hearty Menu!



## Spotlight on Caregivers

### Stress-Management Tips for Family Caregivers

It is easy for caregivers to experience stress and get overwhelmed. It is our job to help prevent burn-out and help caregivers live happy and healthy lives. Read these tips for advice on ways to lessen stress on people in a caregiver role.

1. Stay connected with friends or support groups. Social support will help deal with everyday stressors.
2. Accept help whenever it is offered. If there are no offers, reach out for help to lighten your load.
3. Find alone time so that you are better able to provide for others. Try journaling, going for a walk, reading a book, or watching a movie.
4. Maintain a hobby. Hobbies will help keep yourself feeling fresh and vital.
5. Stay informed on your loved one's condition so that you'll know what to expect.
6. Stay spiritually grounded. Research has shown that religion and spirituality can help with stress relief, health, and life satisfaction.
7. Most importantly, take care of yourself (physically, mentally, and emotionally)

And remember, there are resources available if you feel overwhelmed. Don't be afraid to reach out!



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