

MEALS AND MORE...

NEWS FROM MEALS ON WHEELS WESTERN MICHIGAN
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Observances

July 4 - Independence Day

July - UV Safety Month

July - National Blueberry Month

July 10 - National Blueberry Day

July - Black Bean Month

July - National Melon Month

Aug - National Peach Month

Aug 9-15 - National Apple Week

**Aug 29 - National More Herbs,
Less Salt Day**



Blueberries...Little Blue Dynamos!

Don't let their miniature size fool you – blueberries are proof that, when it comes to health benefits, good things really do come in small packages. They're low in fat and sodium, have just 80 calories per cup and contain a category of phytonutrients called polyphenols. This group includes anthocyanins (163.3 mg/100 g), which are compounds that give blueberries their blue color.

How the combination of all of the nutrients in this powerful little berry can be good for us is the subject of ongoing scientific research. Blueberries are a good source of Vitamin C and are high in manganese. Vitamin C is necessary for growth and development of tissues and promotes wound healing. Manganese helps the body process cholesterol and nutrients such as carbohydrates and protein. Blueberries are also a good source of dietary fiber. Dietary fiber may reduce the risk of heart disease and adds bulk to your diet, which may help you feel full faster.

Plus, one easy way to make sure you're eating a balanced diet is to fill at least half of your plate with a rainbow of fruits and vegetables ... and blueberries provide that perfect shade of blue!



focus on fiber

There are several types of fiber. Each works differently in your body and gives you distinct health perks. You may be familiar with the terms "**soluble fiber**" and "**insoluble fiber**," but within each of those labels are many different kinds of the nutrient.

All types of **soluble fibers** slow digestion, so it takes longer for your body to absorb sugar (glucose) from the foods you eat. This helps prevent quick spikes in your blood sugar levels -- an important part of managing diabetes. **Soluble fibers** also bind with fatty acids, flushing them out of the body and helping to lower LDL (bad) cholesterol. **Insoluble fibers** help hydrate and move waste through your intestines. That's one thing it does that helps prevent constipation and keeps you regular.

Benefits of Fiber

- Keeps food moving efficiently through the body
- Prevents constipation and hemorrhoids
- Assists in weight management by its satisfying satiety properties
- Reduces the risks of cardiovascular disease, type 2 diabetes, and cancer

Increase Fiber Slowly

- Increasing your fiber gradually will help ease some of bloating and gas
- It is important to drink plenty of water to help move the fiber along the digestive tract

High Fiber Foods

Fiber is found in fruits (like blueberries!), vegetables, legumes, nuts, seeds, whole grain breads, brown rice, whole wheat pasta, and fiber fortified cereals



When looking to purchase WHOLE GRAIN bread at the grocery store, look for the official packaging symbol called the Whole Grain Stamp. This Stamp assures you that this food contains a full serving or more of whole grain in each labeled serving and that ALL the grain is whole grain.

Blueberry Crisp

Recipe from chocolatecoveredkatie.com

Yield 4 - 5 servings

Ingredients:

4 cups blueberries, fresh or frozen

1 1/2 tbsp sweetener of choice

1 tbsp cornstarch

1/3 cup whole wheat flour

1/2 cup rolled or quick oats

1/4 cup sugar

1/2 tsp cinnamon

6 tbsp butter or oil

Instructions:

Preheat oven to 375 F. Grease an 8x8 pan (or double the recipe for a 9x13). If using frozen berries, thaw first. Combine berries, sweetener of choice, and cornstarch, then spread into the pan. Combine all remaining ingredients except butter in a mixing bowl. Cut butter into the dry ingredients with a fork or pastry cutter until small crumbles form. (If using oil, simply stir it in.) Sprinkle the crumbles evenly over the berries. Bake on the center rack 25-30 minutes or until bubbly and lightly browned. Let cool before serving, as it thickens while it cools. The crumble will also thicken overnight. Store leftovers covered in the fridge. Serve either hot or cold.

Nutrition Facts: 1 serving - Cal 160, Fat 5g, Sodium 72mg, Protein 3g, Carbs 28g



August 29 is
More Herbs,
Less Salt Day!

How can you
eat less salt?

1. Choose foods in their natural, whole state as often as you can.
2. If you do need to buy something prepared or processed, look for low sodium, no salt added, or salt free options.
3. Cook at home.
4. Replace salt with other seasonings like;
Fresh/dried herbs
Vinegar
Mustard
Lemon or lime juice
Pepper
Garlic & onion powder
5. Make your own herb blends like;
Italian Blend for soups, sauces, pasta, chicken, pizza, and bread:
-2 tablespoons dried basil
-2 tablespoons dried marjoram
-2 tablespoons dried thyme
-2 tablespoons dried rosemary
-2 tablespoons crushed red pepper
-1 tablespoon garlic powder
-1 tablespoon dried oregano



What's new in the MOW Kitchen?

Our Home-Delivered Cold Meals are Back!

Our cold meals are delivered refrigerated and are meant to be consumed within a day or two. These meals are usually a fresh sandwich or salad and are a lighter meal than our normal Hearty offering.



Check out our Cold Menu for July!

<https://mealsonwheelswesternmichigan.org/wp-content/uploads/2020/06/July-20-Cold.pdf>



Spotlight on Caregivers

The 'IRS of Caregiving': Information, Respite, and Support

Information

The first stages of caregiving are the most challenging. This is when you are least informed about what's needed and expected,

- Common questions to ask:
- what skills/training do you need to care for your loved one?
 - what cognitive changes can you expect and prepare for?
 - what is the financial situation?
 - what are the legal matters you should know about?

See the Family Caregiver Alliance (FCA) Tip Sheets on these topics at: www.caregiver.org

Respite

Caregiving is often a 24/7 job, and everyone needs a break sometimes. Taking a respite break from caregiving can give you a chance to connect with others, share, laugh, catch up, renew. But it can also be a time for just doing things that are relaxing for you, such as reading a book, taking a nap, or going for a walk. This break is a necessary step in taking care of yourself so that you can care for someone else. There maybe even be funds available for respite through the local Area Agency on Aging. www.aaawm.org

Support

You can't do it alone! And, like respite, getting support for your caregiving situation will help you take better care of yourself. The longer you are a caregiver, the more isolated you can become.

But we all need someone to talk to. Special caregiver support groups in your community or online can help to reduce the feeling that you're all alone and help you learn coping skills from others who are in similar situations. (See FCA Fact Sheet Taking Care of YOU: Self-Care for Family Caregivers. www.caregiver.org)