

MEALS AND MORE...

NEWS FROM MEALS ON WHEELS WESTERN MICHIGAN
VOL.11 MARCH 2021

Observances

Mar - National Nutrition Month
Mar - National Bell Pepper Month
Mar - National Broccoli Month
Mar - National Berries and Cherries Month
Mar 14 - Daylight Savings Day Begins
Mar 17 - St. Patrick's Day
Mar 19 - National Poultry Day
Mar 20 - First Day Of Spring
Mar 26 - National Spinach Day



It's National Nutrition Month!

There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes! This month, let's celebrate and try out the following:

- 1 COOK & PREP**
LEARN SKILLS TO CREATE TASTY MEALS TO SHARE AND ENJOY.
- 2 MEAL PLANNING**
ENJOY HEALTHFUL EATING AT SCHOOL, WORK & HOME.
- 3 VARY YOUR DIET**
EAT A VARIETY OF NUTRITIOUS FOODS EVERY DAY.
- 4 VISIT AN RDN**
SEE A REGISTERED DIETITIAN NUTRITIONIST.

FACT OR FICTION?



1. Only people with medical conditions, such as diabetes or high blood pressure, need to eat healthfully. *FICTION: A healthful eating style can be beneficial for everyone. Proper nutrition is needed throughout life – for growth and development at a young age and as we get older.*
2. Added sugars and naturally occurring sugars are the same. *FICTION: Sources of naturally occurring sugars, such as fruit and milk, provide important nutrients, like vitamins and minerals. Sugars that are added to foods and beverages often contribute calories but lack nutrients that are needed for good health.*
3. A vegetarian diet can provide the recommended amount of protein for people of all ages. *FACT: A vegetarian eating style can meet nutrient needs, including protein, for infants to older adults, if it's well planned and includes a variety of foods.*
4. Foods that contain carbohydrates should be avoided. *FICTION: Carbohydrates are the body's main source of energy. Many nutritious foods are sources of carbohydrate, including fruits, vegetables, and whole grains. These foods provide vitamins, minerals and dietary fiber, which can positively affect our health.*
5. All types of dietary fat are the same. *FICTION: Healthier types of fat come from plant-based sources, such as vegetable oils and nuts. Fish, like salmon, also contain heart healthy forms of fat.*
6. Frozen and canned fruits and vegetables can be nutritious choices. *FACT: Frozen and canned fruits and vegetables can be just as nutritious as fresh produce. Look for products with no added sugars and ones that are lower in sodium.*
7. A gluten-free diet is recommended for weight loss. *FICTION: A gluten-free diet is medically necessary for individuals who have been diagnosed with celiac disease or non-celiac gluten sensitivity. It is not recommended for weight loss.*
8. Some processed foods can be healthful. *FACT: There are different types of processed foods – some are only minimally processed, such as baby carrots or bagged spinach which are very nutrient-rich.*
9. Adding salt at the table is the main source of sodium in the U.S. *FICTION: Most of the salt we consume come from foods that are already prepared.*

Bow Tie & Spinach Salad

Let's celebrate spinach, broccoli, and bell peppers this month by enjoying this crunchy, refreshing salad!

2 cups uncooked multigrain bow tie pasta
1 can (15 ounces) garbanzo beans, rinsed and drained
6 cups fresh baby spinach (about 6 ounces)
2 cups fresh broccoli florets
2 plum tomatoes, chopped
1 medium sweet red pepper, chopped
1/2 cup cubed part-skim mozzarella cheese
1/4 cup minced fresh basil
1/4 cup balsamic vinegar
1/4 cup olive oil
1/4 teaspoon salt
1/4 cup chopped walnuts, toasted*

Directions:

Cook pasta according to the package directions. Drain; transfer to a large bowl. Add beans, vegetables, cheese, and basil to pasta. Mix vinegar and oil together and whisk well. Drizzle with dressing and sprinkle with salt; toss to coat. Sprinkle with walnuts.

*To toast walnuts: on a cookie sheet, heat walnuts in a 350° oven for 5-10 minutes or cook in a skillet over low heat until lightly browned, stirring occasionally.



Check out the MOWWM Senior Food Pantry!

MOWWM food pantries were started in 1998 thanks to funding from the Kent County Senior Millage. There are currently seven locations that provide pantry services. The pantries are open to Kent County residents who are 60 years of age and older and who meet income requirements. To register, you must show photo ID and bring in proof of income. Clients may shop at a pantry up to twice a month, choosing from a wide variety of food items equaling \$50-\$60 in groceries each visit OR \$100-\$120 monthly. Each client receives approximately 40-50 lbs. of food each visit. A \$2 donation is asked for each visit.

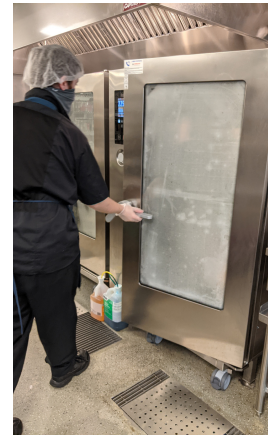
**Please call
(616) 364-1104
for income qualifications
and more information.**



What's new in the MOW Kitchen?

Combi Ovens!

A combi oven uses three methods of cooking in one appliance: convection, steam, and a combination of steam and convection. This allows Nathan, our new cook, to cook a lot of food in a short amount of time!



Spotlight on Caregivers

Time to
take a little
BRAIN BREAK!

See how quickly you can find all the hidden words and then go make a healthy lunch!

Food Search

Eating Well With Canada's Food Guide has four food groups. We need to eat foods from each group every day.
Circle the foods from each food group.

- | | | | |
|-----------------------------|--------------------------|------------------------------|------------------------------|
| Vegetables and Fruit | Grain Products | Milk and Alternatives | Meat and Alternatives |
| Broccoli
Mango
Apple | Bread
Rice
Muffin | Milk
Yogurt
Cheese | Meat
Eggs
Beans |
| Squash
Orange
Juice | Pasta
Cereal
Bagel | | Fish
Peanuts |



T U P M U F F I N E A T
 B R E A D P W K L I M S
 A S A N R E U P A T G E
 G Q N G E A P C M G S K
 E U U O R A N G E R I M
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