

HEALTHY BITES

AUGUST 2024

MEALS AND MORE HAS A NEW NAME AND A NEW LOOK!

We are simplifying and prioritizing nutrition information and education into Healthy Bites for you each month. This will save on paper and printing to help control our costs, but also give you a nutrition focus for the month and one new recipe to try!

Thank you for supporting our organization, which is especially celebrated this month on August 17th, National Nonprofit Day. We exist for you, whether you receive Home Delivered Meals, attend one of our 15 Community Dining Sites or shop at our Senior Pantry Program.



TIPS TO BEAT THE AUGUST HEAT

- Avoid going out into extreme heat whenever possible
- Avoid or minimize physical exertion
- Keep shades drawn and blinds closed, but windows slightly open (if no air conditioning)
- Do not place tin foil over your windows as the room temperature will rise
- Keep electric lights off or turned down
- Take frequent cool baths or showers and use cool towels
- Remain in air conditioning either at home or at a cooling center

TIPS TO BEAT THE AUGUST HEAT CONTINUED...

- Wear loose fitting clothing
- Eat small meals throughout the day
- Avoid using your oven for cooking
- Avoid using salt tablets unless directed to do so by a physician
- Drink water throughout the day!
- Check in with family members, friends and neighbors
- Take the heat seriously; do not ignore danger signs like nausea, dizziness and fatigue. Call 911 in an emergency



National Potato Day is August 19! Potatoes are a starchy vegetable found in a variety of colors which are loaded with nutrients. Potatoes have complex carbohydrates that provide energy and fiber, which can help you feel full longer. Fiber also can help prevent heart disease by keeping your cholesterol and blood sugar levels in check. Potatoes are also rich in antioxidants that prevent diseases and vitamins that help your body function properly. To get the most antioxidants, leave the skins on and choose colorful varieties like red and purple potatoes. The more color, the more antioxidants!

CALLING ALL COOKS!

MOWWM is asking seniors to submit a special family recipe to be featured in a cookbook for our annual fundraiser. One recipe will be chosen to be featured alongside recipes submitted by local chefs.

We would love to hear from YOU! Please mail in your recipe and a description of why it is special to you to MOWWM or call Lydia at 616-459-3111 ext. 139 by August 15th. Be sure to include your name so we can follow up with you.



IT'S NATIONAL IMMUNIZATION AWARENESS MONTH

Adults need to keep their vaccinations up to date, as immunity from childhood vaccines can wear off over time. You are also at risk for different diseases as an adult. Vaccination is one of the most convenient and safest preventive care measures available. Ask your doctor or go to [cdc.gov/vaccines/](https://www.cdc.gov/vaccines/) to see if you are up to date!

RED POTATO SALAD

Prep Time: 15 minutes Cook Time: 10 minutes Servings: 6 Serving Size: 3/4 C



Ingredients

- 4 cups baby red potatoes, cut in small pieces
- 1/2 cup green bell pepper, finely diced
- 1/4 cup red onion, finely diced
- 3 scallions, diced
- 1 1/2 tsp Dijon mustard
- 1 T extra virgin olive oil
- 1 T red wine vinegar
- 1 T reduced fat mayonnaise
- kosher salt and fresh pepper, to taste

Directions

- Bring a pot of generously salted water to a boil. Add potatoes and cook until soft, approx 10 minutes. Drain.
- While the potatoes are boiling, combine red onion, green pepper, mustard, olive oil, vinegar and mayonnaise and season with salt and pepper.
- Once the potatoes are done, toss them into the bowl with dressing and add scallions and additional salt and pepper to taste.
- Serve room temperature or refrigerate until ready to serve.