

## IT'S NATIONAL DIABETES MONTH

One important aspect of living well with diabetes is good nutrition. By watching what you eat, you can help keep your condition under control, improve your quality of life, and stay healthy for longer. According to the American Diabetes Association, everyone's body responds differently to different types of foods and diets—so there's no single "magic" diet for diabetes.

A balanced blend of high-fiber carbohydrates, lean protein, and healthy fats can help you maintain stable blood sugar levels and prevent dangerous fluctuations.



The starches (complex carbohydrates) and sugars (simple carbohydrates) in food are converted into blood glucose after we eat them. That's why controlling carbohydrates is a key part of controlling diabetes. Complex carbohydrates are more diabetes-friendly than simple carbs—since they contain more fiber and other nutrients and are digested more slowly. The slower rate of digestion in turn slows the release of glucose into your bloodstream. Eating roughly the same amount of carbs at each meal can help you keep your blood sugar consistent throughout the day. Example: save the roll from your HDM meal and eat it for a snack with some peanut butter on it.



Thanksgiving is a time to reflect on everything that we're grateful for; all that sustains, nourishes, and supports us. For many, the winter holidays are a whirlwind of good food, family gatherings, and even a little well-meaning chaos. At its heart, the most important part of the holiday is always about the people. A thanksgiving card lets your loved ones know that you're still thinking of them and that you're thankful for their presence in your life. Maybe now is the time to write a note of thanksgiving to someone you love!

### REMINDER:

We will be closed on November 28 and 29. We will not be delivering those days, our dining sites will be closed, and our senior pantry will be closed. We wish you a joyful and nourishing Thanksgiving weekend!

# CHECK OUT THESE 4 WAYS TO BE PREPARED FOR AN EMERGENCY:

**EMERGENCY CONTACTS & DOCUMENTS:** Create a list of emergency contacts, family contacts, and emergency services phone numbers. Make copies of important documents, such as medical records, insurance information cards, wills, deeds, social security number, bank accounts, and tax records. Talk with family, friends, caregivers, and others if you need assistance during an emergency situation. Share your emergency plan with them. Know how to evacuate your home and have a plan of where you can go.

**MAKING AN EMERGENCY KIT:** Make a kit or bag of essentials! Include essentials such as a radio, extra batteries, first aid kit, flashlight, copies of emergency contacts & documents, change of clothing, travel size toiletries, pet food, water, non-perishable snacks, spare keys, phone charger, Swiss army knife, can opener, etc.

**BE INFORMED:** Know what disasters could affect your area. Monitor the TV, radio, internet, and mobile devices for information on severe weather or emergencies in your neighborhood. Plan ahead for accessible transportation.

**MOWWM EMERGENCY MEAL PLAN:** In the event MOWWM is not able to deliver meals, we provide HDM clients, who receive 3 or more meals per week, a shelf-stable emergency food box every 6 months they are on the program.



## BAKED SQUASH ROUNDS Prep Time: 5 min Cook Time: 15 minutes Servings: 4 Serving Size: 1/2 cup

### Ingredients

2 medium-sized yellow summer squash  
1 tsp. garlic powder  
1 tsp. black pepper  
½ cup freshly grated Parmesan cheese

### Directions

Place an oven rack in the center position of the oven. Preheat the oven to 425°F. Line a baking sheet with foil (lightly misted with nonstick cooking spray) OR parchment paper. Wash and dry the squash, and then cut each one into ¼-inch thick slices. Arrange the squash rounds on the prepared pan, with little to no space between them. Lightly sprinkle the squash with garlic salt and freshly ground black pepper. Use a small spoon to spread a thin layer of Parmesan cheese on each slice of squash.



Bake for 15 to 20 minutes, or until the Parmesan melts and turns a light golden brown. (Watch these closely the first time you make them and pull them out of the oven early if the Parmesan is golden before 15 minutes. Alternatively, you may broil them for a minute or two at the end of the cooking time to speed up the browning.) Serve immediately.