



**MEALS on WHEELS**  
MONTGOMERY COUNTY

AUGUST 2020

# THE GREAT PUMPKIN SHOOT

A fun-filled outdoor sporting clays tournament at Blackwood Gun Club.

Friday | Oct. 30, 2020  
[www.mowmc.org/calendar](http://www.mowmc.org/calendar)

*To ensure social distancing, registration is limited.*

## LAST MONTH:

- ▶ **58**  
seniors were added to service
- ▶ **146**  
pets received aniMeals
- ▶ **19,873**  
Breakfast Bags & Lunches were delivered



## NEW ON THE MENU

Chef John and team debuted a new menu item - Cheddar Bacon Cornbread!

Chef John's regular cornbread has been a fan favorite for years but for the seniors, this savory rendition takes the cake. Served alongside homemade veggie soup!

## SUMMER ACTIVITIES

Skip the heat – enjoy at-home volunteer activities in the comfort of your own air conditioning! [www.mowmc.org/volunteer](http://www.mowmc.org/volunteer)  
Breakfast Bags | Activity Books | Personalized Birthday Cards

**FACT** For a cost less than 1 day in a hospital or 10 days in a nursing home, MOWMC can deliver an entire year's worth of meals to 1 homebound senior.

**COOKING** One of the first daily-living skills lost with age.

Unable to safely prepare food, our elderly neighbors face malnourishment – leading to hospitalizations, nursing home placement, and a loss of independence.

With your help, this vulnerable population receives meals delivered to their door each weekday. It's a life-sustaining service that allows seniors to age in place – in the comfort of their own home.



Get these updates sent directly in your inbox each month! Sign up at [www.mowmc.org/newsletter-signup](http://www.mowmc.org/newsletter-signup) or follow along @mealsonwheelsmc



## EATING FOR HEALTH

Nutrition is one of the best tools you have to improve your overall health. If you're looking to make some changes, consider these ideas.

### ▶ CREATE A MEAL PLAN

Planning your meals out for the week takes the guess work out of mealtime. Knowing what you're going to eat ahead of time helps reduce impulsive and unhealthy food choices.

### ▶ MEAL PREP

Chop the veggies, marinate the chicken, find the recipe steps you can do ahead of time so that making dinner is quick and easy! Find a day that works for you - many people choose to meal prep on Sundays to kickstart the week.

### ▶ EAT THE RAINBOW

The more naturally colorful foods you eat, the more diverse nutrients you'll consume – like the immune boosting antioxidants your body needs to stay healthy.

### ▶ UP THE (HEALTHY) FAT

Increase omegas and other healthy fats to support brain function, fight inflammation, and even boost your mood! Avocado, nuts, and seeds are some tasty and effective options. While you're at it, increase your fiber intake with extra fruits and veggies!

## FOOD AS FUEL

*From the World Health Organization ...*

Eating better, engaging in more physical activity, and quitting tobacco could prevent:

- at least 80% of all heart disease and Type 2 diabetes.
- more than 30% of cancer.



## CHRISTMAS IN JULY

Quality of Life Chiropractic hosted their annual food drive, collecting supplies to stock the shelves of homebound seniors and their furry companions.

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Special shout out to Bentwater Volunteer Families who kept the goodness flowing, with their second food drive since COVID started!



## FEEDING SENIORS

With the need for service growing, every donation counts. Howard Hughes Corp. stepped up, donating enough to sponsor 2 seniors for an entire year!