



# MEALS ON WHEELS Newsletter

Promoting optimal health, quality of life and independence through improved nutrition, quality of diet and socialization opportunities.

**FEBRUARY 2024**

## JANUARY TOTALS

### DINING ROOMS

Meals served: 2,579

Total People served: 196

Average donation: 0.32

### HOME DELIVERY

Meals delivered: 11,392

Total People served: 437

Average donation: 0.17

**2024 YTD MEALS SERVED  
13,971**



Basic Food is a program that helps supplement Washington residents' diets with healthy, nutritious food. Eligible individuals receive an Electronic Benefits Card (similar to a debit card) to purchase food items at the grocery store.

**To find out if you qualify, simply dial 2-1-1**



*USDA is an equal opportunity provider, employer and lender. Basic Food is available to all regardless of race, color, national origin, sex, age, disability, region, or political belief.*

## Roasted Tomato Basil Feta Soup

**Serves 6, about ¾ cup per serving**

- 8 Roma or on the vine tomatoes, cut in half or quartered if larger than a Roma
- ½ white large sweet onion, cut in chunks
- 4 cloves garlic, peeled and left whole
- 2 tbsp olive oil
- ½ tsp dried thyme leaves
- 1 cup vegetable broth
- 1 cup canned light coconut milk
- 2 tbsp tomato paste or 1 tbsp ketchup
- ½ .66 oz container of fresh basil
- Salt and pepper to taste



**Toppings:** Feta cheese, chopped or julienned basil, red pepper flakes

1. Preheat the oven to 400 degrees. Line a large baking sheet with foil. Add the tomatoes, onion, and garlic to the pan the drizzle with olive oil and sprinkle with salt, pepper, and thyme leaves. Roast for 40 minutes stirring halfway through.
2. Add the roasted veggies, broth, coconut milk, and tomato paste to a blender and puree. Add the fresh basil, salt and pepper, and coconut sugar if using and blend again until basil is in small pieces.

Heat to serve then top with garnish options.  
Without garnish:

Calories: 148 Carbs: 8g Protein: 3g Fat: 11g Fiber: 2g Sodium: 155mg

Recipe from [www.healthyeatsnutrition.com](http://www.healthyeatsnutrition.com)

Funding is provided by the Older Americans Act and Washington State Aging and Disability Services through a grant from the Southeast Washington Office of Aging and Long Term Care Conference of Government (ALTC) and donations made by seniors and private individuals and businesses.

People For People does not discriminate in providing services on the grounds of race, creed, color, religion, national origin, gender, age, marital status, or the presence of any sensory, mental or physical disability. <https://mypfp.org/>

# FIVE FOODS TO ADD FOR HEART HEALTH

February is American Heart Month! Here are five foods that can protect your heart and blood vessels:

## 1. Beans, peas, and lentils

I consider beans to be a super food! Not only are they high in fiber, protein, B vitamins, and minerals, but they are also inexpensive and versatile. Add beans to your salads, soups, baked potatoes, pasta, or casseroles. I always keep canned garbanzo, kidney, pinto, and black beans on hand, plus dried lentils and pinto beans for cooking.

## 2. Berries

Blueberries, raspberries, blackberries, and strawberries are full of phytonutrients that protect your heart. I love to add berries to yogurt, pancakes, oatmeal, and smoothies.

## 3. Nuts and seeds

Walnuts, almonds, pistachios, pumpkin seeds, flaxseed, chia seeds... the list goes on and on! All are high in fiber and healthy fats, plus lots of other plant compounds, vitamins, and minerals that are essential for health. Just ¼ cup of pumpkin seeds contains 40% of your daily value for magnesium, a mineral that many people are lacking. A small handful of nuts or seeds are perfect for a quick snack. Sprinkle some on your oatmeal or salad for a little crunch.

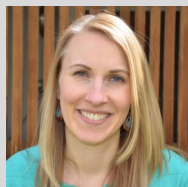
## 4. Green leafy vegetables

How often do you have spinach, kale, collard greens, or bok choy? Try to include these foods several times per week, if not daily! They are high in vitamin K and dietary nitrates, which protect your blood vessels. Leafy greens are easy to add to stir fries, soups, smoothies, and rice or pasta dishes. If you're not a big fan of greens, try chopping them small and mixing into foods you already eat. Start with a small amount and gradually increase.

## 5. Salmon and other fatty fish

If possible, choose fish high in omega-3 fats 2-3 times per week, including salmon, mackerel, tuna, sardines, and herring. I like to use canned salmon and tuna for sandwiches, salmon burgers for a quick meal, or baked salmon for dinner (seasoned with lemon pepper and olive oil).

Other heart healthy foods include a variety of fruits, vegetables, oatmeal and other whole grains, avocados, olive oil, green tea, and dark chocolate. Which of these foods are you able to eat more often? I'm going to work on including beans and green leafy vegetables in my meals more often!



*Chelsy Leslie, Meals On Wheels Dietitian. If you have dietary concerns, she is available to speak with you. Call our MOW office at (509) 426-2601 for a referral.*

**Check out our cooking videos on Facebook or Instagram:**

<https://www.facebook.com/PeopleForPeopleWA>

**BOLETIN DISPONIBLE EN ESPAÑOL A PEDIDO, LLAME A LA OFICINA DE MOW**



People For People provides safe and reliable transportation that impacts the health and quality of life in our rural communities.

We are here to help with your transportation needs. Whether you need our door-to-door service (if you are not using Medicaid), fixed-route services, or require assistance with a Medicaid eligible trip.

To determine your eligibility and to make a reservation call the transportation department at (509) 457-1111 or Dial 2-1-1 for more information.

## Transportation

Providing transportation options for seniors, individuals with disabilities and the general public.