MEALS ON WHEELS NEWSLETTER

Promoting quality of life through nutrition and socialization

November 2026

October Totals:
Dining Rooms-Meals Served: 3,130 / Total People Served: 341
Home Delivery – Meals Served: 10,396/Total People Served: 399
2026 Year to date total meals served: 127,299



Fall Veggie Spotlight: Sweet Potatoes

By 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.
Boletín disponible en español a pedido, llame a la oficina de MOW

It's November, and sweet potatoes are having their moment in the spotlight. This colorful root vegetable is naturally sweet, versatile, and easy to incorporate into a variety of meals.

Sweet potatoes are packed with important nutrients, including fiber, potassium, vitamin C, and beta carotene, which the body converts to vitamin A. These nutrients support overall health, including healthy vision, immune function, and heart health.

One of the biggest benefits of sweet potatoes is their fiber content. Fiber helps promote healthy digestion, supports gut health, and can help you feel full longer after meals. Because they are satisfying and nutrient-dense, sweet potatoes are a great addition to a balanced diet.

Another reason to love sweet potatoes is how easy they are to prepare. They can be enjoyed in many ways:

- Baked and topped with cinnamon or a drizzle of peanut butter
- Roasted with olive oil and your favorite seasonings
- Mashed as a side dish
- Added to soups and chili for extra flavor and creaminess
- Included in rice bowls alongside beans and vegetables
- In baked goods, adding natural sweetness and moisture

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Roasted Sweet Potatoes



Ingredients

- 1-pound sweet potatoes (peeled or unpeeled), cut into 1/2" cubes
- 1-2 Tbsp oil
- Salt and freshly ground black pepper, to taste

Directions

Preheat the oven to 425°F and line a large baking sheet with parchment paper or foil.

Toss the sweet potatoes with oil, salt, and pepper and spread evenly onto the baking sheet. Roast for 25 to 30 minutes, or until the edges are browned.

Chocolate Peanut Butter Brownies



From Elaina Moon, Healthy Eats Nutrition

Ingredients

- 1 cup cooked and cooled sweet potatoes
- 2/3 cup maple syrup, honey, or agave
- 1/3 cup peanut butter or other nut butter
- 1 tablespoon vanilla extract
- 2 tablespoons oil
- 1/2 cup cocoa powder
- 1/4 teaspoon sea salt
- 1 teaspoon baking powder
- 2/3 cup oat flour or all-purpose flour
- 1/4 cup chocolate chips

Directions

Preheat oven to 375°F and line an 8-inch square baking dish with parchment paper. In a food processor, puree the sweet potato until smooth. Add the remaining ingredients and blend until well combined. Spread the batter evenly into the prepared baking dish and bake for 25 to 30 minutes, or until firm to the touch. Let cool completely before cutting and serving.

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Basic Food is a program that helps supplement Washington resident's 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, call our People For People Resource Connection line at (509) 271-1344

USA 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.



People For People provides safe and reliable transportation that impacts the health and qualify 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 for more information

Why does food typically taste flat without salt?

Salt is not just a flavor. It is a flavor amplifier and enhancer, which is why removing it affects everything on the plate rather than just making things less salty.

Salt suppresses our perception of bitterness, which is why a pinch makes coffee, chocolate, and leafy greens taste rounder.

It heightens sweetness and sourness at the same time. And it draws moisture and aromatic compounds to the surface of food, so you actually

smell more of what you are eating, and most of what we call taste is really smell.

Take it out and none of that happens. Bitter notes step forward, sweetness recedes, aroma stays locked in.

The dish is not just under-seasoned; it is genuinely flatter. So, the job is not finding something that tastes like salt. The job is putting back the contrast, the aroma, and the savory depth that salt was providing.

How do you replace salt in cooking?

1 – Acid

The single best substitute, and the one people underuse most. Acid creates the same brightness and contrast that salt does, and it hits the palate in a similar way. Citrus juice and zest, vinegar, tomatoes, and sumac all work. Citrus Pepper Seasoning (Salt-Free) is the one to start with, because it is our salt-free answer to lemon pepper. That matters more than it sounds: lemon pepper is one of the most popular seasonings in any grocery store and almost every version of it is salt-first, which means the flavor most people love has been effectively off-limits on a low sodium diet. This one is not. It stacks bright citrus against real pepper bite, which is two of the five levers in a single shake.

Ground Sumac Berries is the other one worth knowing, and its own label makes the case better than we can: use it to enhance flavor the way salt would. Bright, tart, and lemony, it does for a finished dish what a squeeze of lemon does without adding liquid, which is why it belongs on hummus, rice, kebabs, roasted vegetables, and fish.

2 – Umami

Umami is the savory depth that makes food taste substantial, and it is the closest thing to a direct replacement for what salt contributes to a savory dish. Mushrooms, tomatoes, and alliums are the most useful sources.

Four Mushroom Umami Blend (Salt-Free) is the most useful jar in this entire post if you are cooking without salt. Stir it into broths, soups, stews, gravies, and pan sauces, or sprinkle it over vegetables and pasta. It adds a meaty richness that has nothing to do with sodium.

Tomato Powder does double duty, bringing both umami and a natural sweetness and acidity, and it dissolves into sauces without thinning them the way fresh tomato would.

3 – Garlic and Onion

If you asked our merchants for one salt-free recommendation, most would say this. Alliums bring savory intensity that reads as fullness on the palate, and they are the backbone of nearly every salt-free blend worth owning.

Roasted Granulated Garlic is the upgrade over plain garlic powder here, because roasting deepens it and adds a nutty sweetness that plain garlic does not have.

Onion & Garlic Everyday Seasoning is the one to keep on the table in place of a salt shaker, and it is exactly what it sounds like: the two most useful savory ingredients in cooking, salt-free, ready to sprinkle on anything.

4 – Heat

Capsaicin gives your palate something to pay attention to, which distracts from the absence of salt and makes a dish feel more vivid. It does not have to be aggressive; even a background warmth changes how a dish reads. Cajun Blackening (Salt-Free) is proof of the whole concept, since Cajun cooking is usually salt-forward and this version is not. Use it to blacken chicken or fish or sprinkle it over fries and sautéed vegetables.

Medium Chili Powder (Salt-Free) is the pantry workhorse, garlicky and earthy with real heat, and it is worth knowing that our chili powders are salt-free across the board.

5 – Herbs and Aromatics

The final layer, and the one that makes a dish taste composed instead of merely spicy or tangy. Dried herbs bring complexity that reads as care rather than as seasoning.

Catanzaro Herbs is our most useful herb blend for salt-free cooking specifically, because it adds a lemon and garlic twist to a classic Italian herb base, which means it hits three levers at once.

Italian Herbs is the straightforward version, and it belongs in pasta sauces, on roasted vegetables, in vinaigrettes, and on pizza (unless you want to use the Pizza Herb Topper, which is salt-free too!) Also worth knowing single herbs are all naturally salt-free, so Herbes de Provence, Dill Weed, and Cracked Rosemary are all fair game.

What are the best salt-free seasoning blends?

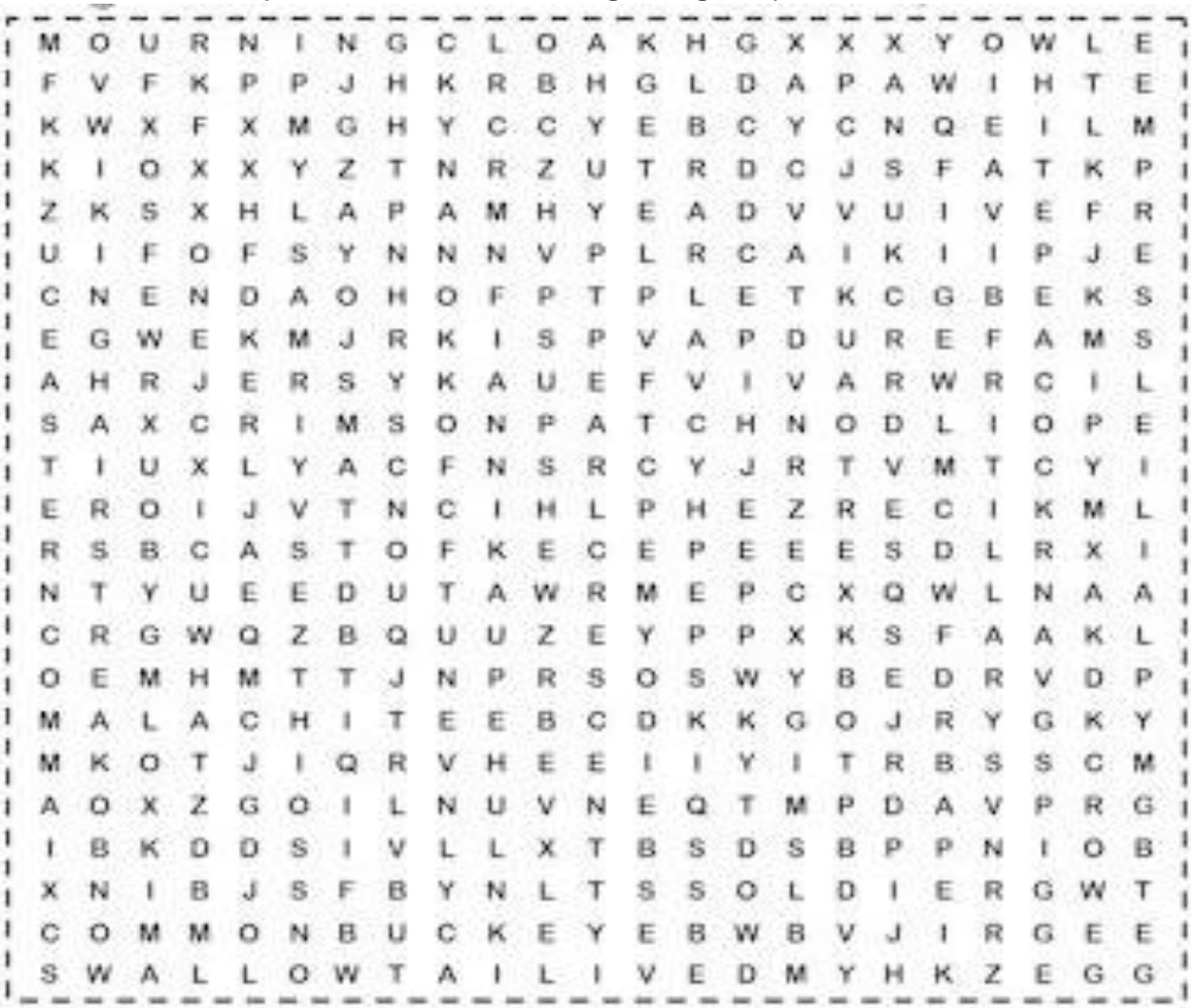
Worth saying up front: single spices and herbs do not contain salt, so every chile powder, paprika, peppercorn, dried herb, and baking spice on our shelf is already salt-free.

What follows are the handcrafted *blends* made with no salt at all, organized by what you are cooking. Every one of them is a genuine low sodium option, since none of them contribute any sodium themselves.

https://www.savoryspiceshop.com/blogs/news/how-to-cook-without-salt?srsltid=AYCX9vIB7363F0e2Yr4REiLhbs2IBA09-A3V6ZsThAlm9OP-5p4uMOyp

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Wordsearch puzzle fun! Finish both sides and show your driver or site manager to get a prize before 12/18/26



BLUE COPPER	FIERY SKIPPER	MOURNING CLOAK	SLEEPY ORANGE
CHECKERSPOT	FRITILLARY	PAINTED LADY	SOLDIER
COMMON BUCKEYE	GUAVA SKIPPER	PEARL CRESCENT	SWALLOWTAIL
CRIMSON PATCH	KING HAIRSTREAK	RED ADMIRAL	VICEROY
EASTERN COMMA	MALACHITE	RED SATYR	WEST COAST LADY
EMPRESS LEILIA	MONARCH	SILVER EMPEROR	WHITE PEACOCK

Free printable courtesy of WordSearchAddict.com

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BASSET HOUND	CHIHUAHUA	IRISH SETTER	ROTTWEILER
BEAGLE	CHOW CHOW	LHASA APSO	SAINT BERNARD
BICHON FRISE	DACHSHUND	MALTESE	SAMOYED
BORDER COLLIE	DALMATIAN	PEKINGESE	SCHNAUZER
BOXER	GREAT DANE	POMERANIAN	SHIH TZU
BULLDOG	GREYHOUND	POODLE	WHIPPET

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