



5 Cancer Prevention Tips for Your Diet

By Annette Payne, RD, LD, CDE

The old saying is true...you are what you eat. Some foods can have a protective effect against certain cancers. Here are some tips to reduce cancer risks:

1. **Keep a healthy weight.** Excess weight increases your risk for different types of cancers. Aim for 30 minutes of physical activity most days of the week.
2. **Limit High-Calorie, Low-Nutritious Foods.** Eating too much junk food with added sugars and fats lead to weight gain and leaves little room for more healthy foods. Drink unsweetened sparkling water rather than sugary sodas. Satisfy a sweet craving with an unsweetened applesauce/fruit cup, sugar free pudding or gelatin rather than high sugar desserts or candy.
3. **Fill up on fiber!** Eating plenty of vegetables, fruits, whole grains and legumes lowers certain cancer risks. Try filling half your plate with fruits and veggies. Switch your cereal and crackers to whole grain options such as oatmeal, shredded wheat or Triscuits.
4. **Eat Less Meat.** Eating large amounts of red meat and processed meats (ham, bacon, hot dogs) may increase cancer risks. Instead, try eating beans as a protein source for some meals.
5. **Limit Alcohol.** If consumed at all, try limiting drinks to no more than one drink daily for women and two for men.

EMERGENCY FOOD BOXES

Each client will receive a box containing 5 shelf stable meals. These meals are for bad weather days or other unforeseen emergencies in the event that our volunteers cannot deliver meals.

Please DO NOT EAT these meals unless you are instructed to by MOWCC. If meals are not used for emergency purposes, they may be used for MOWCC holiday meals. Meals will last for 8 months. We anticipate delivering these boxes mid to late October.

FALL MENU IS HERE!

You'll be enjoying many old favorite recipes and some new ones too! We hope you enjoy the taste of fall including:

- Chili
 - Pumpkin spice pudding
 - Homemade cornbread
 - Warm spiced apples
 - Cranberry chicken
 - Caribbean chicken
 - Chicken gumbo
 - Island rice
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DATES TO REMEMBER

September - October

Harvest Box deliveries are underway. Please be on the look out for your delivery coming soon. NOTE - some boxes may be delivered on weekends. Deliveries will occur throughout September and October, depending on volunteer availability.

Veterans Day Holiday - Thursday, November 11th - MOWCC will be closed that day. You will be provided with a meal ahead of time for that day.

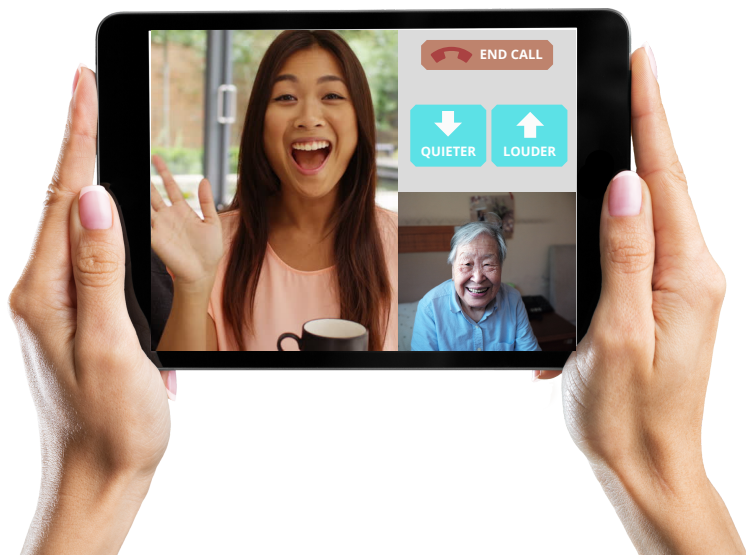
ALERT MEDIA

Reminder - Alert media is a way for us to communicate with you by phone call or text if there's no meal delivery. If you haven't already done so, please save the number in your phone.

SENIOR SAFETY NET

Meals on Wheels Collin County has funding available for our Senior Safety Net program. If you need help securing hygiene items, incontinence supplies, pet food, canes/walkers, or any other similar items, please call our office to put in a request. These supplies are provided to you at NO COST.

You can submit a request by calling: (972) 562-6996.



FREE TABLET TO VIDEO CHAT WITH LOVED ONES

If you are interested in receiving a FREE tablet to connect with your family, friends, doctor, or even your social worker, please contact your MOWCC Social Worker.

No existing internet required.

FREE LEARNING RESOURCES

Check out Texas A&M AgriLife's online newsletter, stocked full of tips for healthy living!

www.collincountyfch.com/health



"MOWCC is committed to battling the fight against hunger as we **deliver** essential meals to our senior community. Through this contact, we also give **hope** to those seniors in isolation through the smiles of each volunteer."



Zella Tyson, M.P.H.
Chief Executive Officer



October 2021

Menu

Created by our
Licensed Dietitian

Monday	Tuesday	Wednesday	Thursday	Friday
4 Chicken Vegetable Casserole Broccoli Black Eyed Peas Oatmeal Cream Pie 2% Milk Quart Calories: 600 Carbs: 86g Fat: 11g Protein: 44g Sodium: 624mg	5 Salisbury Steak w/ LS Gravy Macaroni & Cheese Garden Blend Vegetables Graham Crackers, Fresh Orange Calories: 775 Carbs: 83g Fat: 31g Protein: 42g Sodium: 942mg	6 Bean Burrito w/ queso Rice Rancho Fiesta Vegetables Peach Cup Calories: 709 Carbs: 110g Fat: 18g Protein: 26g Sodium: 884mg	7 Spaghetti w/meat sauce Green Beans California Blend Veg Graham Crackers Mixed Fruit, 2% Milk Quart Calories: 607 Carbs: 104g Fat: 14g Protein: 29g Sodium: 754mg	1 Cranberry Chicken Herbed Peas, Cheesy Cauliflower, Graham Crackers, Pumpkin Spice Pudding Calories: 639 Carbs: 90g Fat: 17g Protein: 36g Sodium: 1004mg
11 Teriyaki Beef Meatballs Rice Carrots Applesauce Cup 2% Milk Quart Calories: 654 Carbs: 77g Fat: 22g Protein: 36g Sodium: 905mg	12 Chili Cornbread Green Beans Fresh Orange Calories: 680 Carbs: 80g Fat: 27g Protein: 30g Sodium: 1113mg	13 Lemon Pepper Tilapia over Wild Rice Lima Beans Garden Blend Vegetables Pear Cup Calories: 609 Carbs: 85g Fat: 11g Protein: 41g Sodium: 617mg	14 Taco Casserole Rice Chuckwagon Corn Mixed Fruit Cup Calories: 635 Carbs: 85g Fat: 21g Protein: 28g Sodium: 416mg	15 Chicken & Dumplings Mashed Sweet Potatoes Broccoli w/ cheese sauce Oatmeal Raisin Cookie Calories: 616 Carbs: 75g Fat: 19g Protein: 36g Sodium: 1123mg
18 Chicken Tenders Mashed Potatoes Corn, Honey Mustard SF Jell-O, Graham Crackers, 2% Milk Quart Calories: 731 Carbs: 89g Fat: 29g Protein: 31g Sodium: 891mg	19 Cheeseburger Macaroni Peas & Pearl Onions Capri Vegetables Fig bar Calories: 757 Carbs: 91g Fat: 29g Protein: 33g Sodium: 590mg	20 Baked Chicken & Mushrooms Peas & Carrots Rice Chocolate Chip Cookies Calories: 763 Carbs: 102g Fat: 26g Protein: 37g Sodium: 868mg	21 Beef Lasagna Tuscan Vegetables Baby Carrots Graham Crackers Peach Cup Calories: 636 Carbs: 89 g Fat: 18g Protein: 29g Sodium: 982mg	22 Cheese Enchiladas Black Beans Rice Tropical Fruit Cup Calories: 845 Carbs: 102g Fat: 33g Protein: 38g Sodium: 883mg
25 Chicken Spaghetti Brussel Sprouts Italian Vegetables Applesauce 2% Milk Quart Calories: 611 Carbs: 67g Fat: 18g Protein: 46 g Sodium: 523 mg	26 Cajun Turkey & Beans Cornbread Stuffing Collard Greens Fresh Orange Calories: 610 Carbs: 75g Fat: 16g Protein: 42g Sodium: 960mg	27 Oven Fried Chicken w/ Pepper Gravy Winter Blend Vegetables Warm Cinnamon Peaches Lorna Doone Cookie Calories: 695 Carbs: 88g Fat: 20g Protein: 32g Sodium: 1034mg	28 Chicken Cordon Bleu casserole w/ turkey ham Capri Vegetables, White Beans w/ rosemary, Graham Crackers, SF Pudding Cup Calories: 705 Carbs: 102g Fat: 16g Protein: 42g Sodium: 1023mg	29 Green Chili Chicken Stew Chuckwagon Corn Mexican Cornbread Peach Cup Calories: 615 Carbs: 85g Fat: 13g Protein: 43g Sodium: 1000mg

Notes:

TO CANCEL A MEAL:
Call by 2PM the day
before.
972-562-6996

EMERGENCY MEAL BOXES
5 shelf stable meals will
arrive mid-late October.
These are for
emergencies such as bad
weather or if our
volunteers cannot
deliver. **DO NOT EAT**
these meals unless
instructed to do so.

MILK QUARTS

Will be delivered once a week.
Nutrition facts provided
include a serving of milk with
the meal.

MENU CHANGES

Menu items may change
due to availability and
food industry shortages.

NUTRITION

Our nourishing meals provide
target nutrients for optimal
health. All meals provide a
minimum of 1/3 of the daily
nutritional needs for older
adults. No salt is added during
cooking and salt-free products
are used as much as possible.

deliver.

hope.