



Diabetes Prevention and Control

By Annette Payne, RD, LD, CDE

Source: niddk.nih.gov

Small Steps, Big Difference

1. **Take small steps.** Making changes to be healthier can be hard, but you don't have to change everything. Start Small.
2. **Move More.** Limit time spent sitting and try to get 30 minutes of activity most days of the week. Start slowly by breaking it up throughout the day. Try walking, lifting weights using water bottles, and chair aerobics.
3. **Choose healthier food and drinks most of the time.** Aim for meals and snacks that are high in fiber and low in fat and sugar by getting enough fruits, vegetables, and whole grains. Drink water instead of sweetened drinks.
4. **Lose weight (if needed) and keep it off.** You may be able to prevent or delay diabetes by losing a small amount of weight. If you have diabetes, a small weight loss can help keep blood sugar in better control.
5. **Seek support from your doctor.** People are more successful at managing pre-diabetes and diabetes if they have regular contact and support from trusted health care professionals.

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 through September 2022. We anticipate delivering these boxes on November 13th.

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:

- Roasted Turkey
- Mashed potatoes
- Cranberry chicken
- Chili
- Oatmeal cream pie
- Meatloaf
- Graham Crackers
- Cornbread

DATES TO REMEMBER

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.

Thanksgiving Day– On November 25th & November 26th, the MOWCC office will be closed. You will be provided with a meal ahead of time for those days.

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.

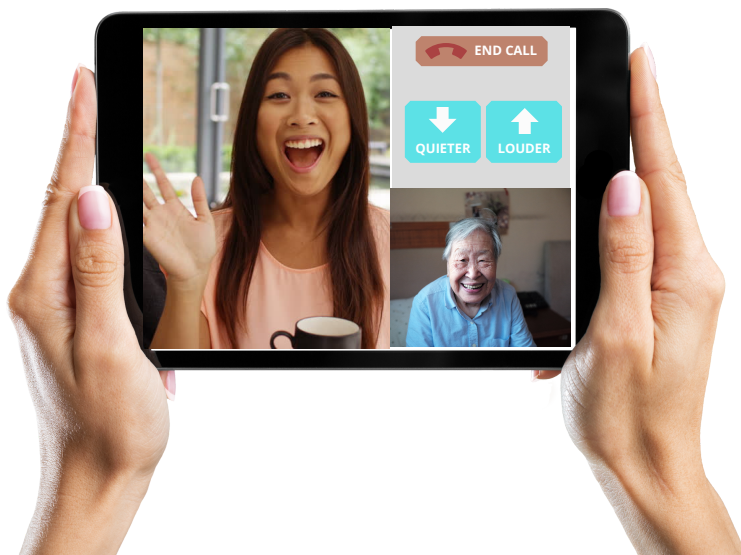
MENTAL HEALTH RESOURCES

As the holiday season rolls in, we wanted to check in with our seniors to combat any seasonal depression or isolation. Please use the following resources if needed.

LifePath Systems offers mental health services such as counseling and medication management. Call 972-422-5939 for more information or call the 24/7 hotline at 1-877-422-5939.

The Wellness Center for Older Adults offers senior and caregiver counseling and support groups along with other resources. Call 972-953-7669 for more information.

For more information or support call us at (202) 963-6288.



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. If you have requested a tablet, we are still working on delivering them. 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



November 2021

Menu

Created by our
Licensed Dietitian

Notes:

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

EMERGENCY MEAL BOXES

5 shelf stable meals will arrive by mid November. Save these meals for bad weather or other emergencies. **DO NOT EAT** 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.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Enchiladas Black Beans Chuckwagon Corn Yogurt, 2% Milk Quart Calories: 831 Carbs: 109g Fat: 25g Protein: 47g Sodium: 791mg	2 Meatloaf w/ tomato sauce Mashed Potatoes Green Beans Applesauce Cup Graham Crackers Calories: 684 Carbs: 79g Fat: 27g Protein: 32g Sodium: 812mg	3 King Ranch Casserole White Rice Fiesta Vegetables Fresh Orange Calories: 709 Carbs: 85g Fat: 23g Protein: 40g Sodium: 1321mg	4 Caribbean Chicken Island Rice Carrots & Peas Pineapple Cup Calories: 602 Carbs: 87 gm Fat: 9g Protein: 45g Sodium: 501mg	5 Vegetable Lasagna Capri Blend Veg Italian Stewed Tomatoes Oatmeal Cream Pie Calories: 620 Carbs: 87g Fat: 17g Protein: 31g Sodium: 1341mg
8 Hawaiian Turkey Meatballs over rice, Oriental Veg, Baby Carrots/Mandarin Oranges 2% Milk Quart Calories: 609 Carbs: 96g Fat: 10g Protein: 32g Sodium: 732mg	9 Marinara Baked Pasta Winter Blend Vegetables Roasted Sweet Potatoes Fig Bar Calories: 632 Carbs: 98g Fat: 17g Protein: 23g Sodium: 713mg	10 Chicken Fajitas w/onions & peppers Rice, Black Beans Graham Crackers, Pears Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg	11 VETERAN'S DAY Meals on Wheels is closed today. Please eat the meal that was previously sent.	12 Cranberry Chicken Herbed Peas, Cheesy Cauliflower, Graham Crackers, Pumpkin Spice Pudding Calories: 639 Carbs: 90g Fat: 17g Protein: 36g Sodium: 1004mg
15 Chicken Vegetable Casserole Broccoli Black Eyed Peas Oatmeal Cream Pie 2% Milk Quart Calories: 600 Carbs: 86g Fat: 11g Protein: 44g Sodium: 624mg	16 Salisbury Steak w/ LS Gravy Macaroni & Cheese Garden Blend Vegetables Graham Crackers, Fresh Orange Calories: 775 Carbs: 83g Fat: 31g Protein: 42g Sodium: 942mg	17 Bean Burrito w/ queso Rice Rancho Fiesta Vegetables Peach Cup Calories: 709 Carbs: 110g Fat: 18g Protein: 26g Sodium: 884mg	18 Spaghetti w/meat sauce Green Beans California Blend Veg Graham Crackers Mixed Fruit Calories: 607 Carbs: 104g Fat: 14g Protein: 29g Sodium: 754mg	19 Roasted Turkey w/ LS Gravy Stuffing, Sweet Potatoes Green Bean Almondine Dessert, Cranberry Sauce Calories: 866 Carbs: 118g Fat: 24g Protein: 48g Sodium: 1337mg
22 Teriyaki Beef Meatballs Rice Carrots Applesauce Cup 2% Milk Quart Calories: 654 Carbs: 77g Fat: 22g Protein: 36g Sodium: 905mg	23 Chili Cornbread Green Beans Fresh Orange Calories: 680 Carbs: 80g Fat: 27g Protein: 30g Sodium: 1113mg	24 Lemon Pepper Tilapia over Wild Rice Lima Beans Garden Blend Vegetables Pear Cup Calories: 609 Carbs: 85g Fat: 11g Protein: 43g Sodium: 617mg	25 HAPPY THANKSGIVING! Meals on Wheels is closed. Heat up your frozen turkey dinner for today!	26 Meals on Wheels is closed. Heat up your frozen meal for today.
29 Chicken Tenders Mashed Potatoes Corn, Honey Mustard SF Jell-O, Graham Crackers, 2% Milk Quart Calories: 731 Carbs: 89g Fat: 29g Protein: 31g Sodium: 891 mg	30 Cheeseburger Macaroni Peas & Pearl Onions Capri Vegetables Fig bar Calories: 757 Carbs: 91g Fat: 29g Protein: 33g Sodium: 590mg			

deliver.

hope.