



National Diabetes Month

NOVEMBER IS NATIONAL DIABETES MONTH

By Annette Payne, RD, LD, CDCES

MOWCC meals are healthy for those who have Diabetes or Pre-Diabetes.

- Counting Carbohydrates? Carbohydrate content is listed on the menu for each meal. Our meals contain on average 80 grams or less of carbohydrate.
- Trying to cut back on Carbohydrates? Our nutrition facts include a serving of milk at each meal. Clients can opt to save the milk and fruit /dessert for a snack later on that day to reduce the carbohydrate content by approximately 30-45 grams of carbohydrate. The new total carbohydrate amount will be approximately 45-60 grams per meal.
- Full of fiber! Our meals average at least 7 grams of fiber, which helps slow the absorption of carbohydrates. We incorporate whole grain hamburger buns, brown rice, and lots of veggies to pump up the fiber in our meals.
- Cutting the sugar: we only use unsweetened fruit cups and incorporate some sugar-free cookies, gelatin & pudding cups.

Menu

Created by our
Licensed Dietitian

November 2024



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| <p>SF: indicates a sugar-free item when available. LS: low sodium product</p> <p>4 Swedish Beef Meatballs Pumpkin Rice Lima Beans, Craisins 2% Milk Quart Calories: 686 Carbs: 85g Fat: 21g Protein: 40g Sodium: 500mg</p> | <p>EMERGENCY MEALS Save these shelf stable meals for bad weather or other emergencies. DO NOT EAT unless instructed to.</p> <p>5 Cranberry Chicken Herbed Peas, Cheesy Cauliflower, Graham Crackers, Pudding Calories: 639 Carbs: 90g Fat: 17g Protein: 36g Sodium: 1004mg</p> | <p>6 Beef & Pepper Casserole Peas & Carrots Yellow Squash Mixed Fruit Cup Calories: 603 Carbs: 62g Fat: 27g Protein: 29g Sodium: 575mg</p> | <p>7 Chicken Fajitas w/onions & peppers Veggie Brown Rice Seasoned Black Beans Oatmeal Cream Pie Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg</p> | <p>1 BBQ Meatloaf Mashed Potatoes, Creamed Corn, Applesauce Cup Granola Bar Calories: 668 Carbs: 98g Fat: 20g Protein: 30g Sodium: 1017mg</p> |
| <p>11 Chicken Fried Rice Broccoli Gingered Beets Cookie, 2% Milk Quart Calories: 603 Carbs: 72g Fat: 18g Protein: 39g Sodium: 622mg</p> | <p>12 Salisbury Steak w/LS Gravy, Macaroni & Cheese, Garden Blend Veggies, Applesauce Calories: 695 Carbs: 73g Fat: 28g Protein: 40g Sodium: 842mg</p> | <p>13 Chicken Gumbo w/ Rice Cornbread Cinnamon Apples Pudding Cup Calories: 602 Carbs: 90g Fat: 12g Protein: 34g Sodium: 970mg</p> | <p>14 Bean Burrito w/ queso Brown Rice Rancho Fiesta Veggies Peach Cup Calories: 709 Carbs: 110g Fat: 18g Protein: 26g Sodium: 884mg</p> | <p>15 Spaghetti w/meat sauce Green Beans, California Blend Veg, Graham Crackers, Orange Raisins Calories: 607 Carbs: 104g Fat: 14g Protein: 29g Sodium: 754mg</p> |
| <p>18 Cranberry Beef Meatballs Herb Roasted Potatoes Ranch Corn, Strawberry Raisins, 2% Milk Quart Calories: 680 Carbs: 92g Fat: 20g Protein: 36g Sodium: 620mg</p> | <p>19 New Orleans Beef Macaroni & Cheese Zucchini SF Pudding Cup Calories: 645 Carbs: 69g Fat: 25g Protein: 36g Sodium: 1186mg</p> | <p>20 Lemon Pepper Tilapia Garlic Lemon Rice Garden Blend Vegetables Fresh Orange Calories: 603 Carbs: 79g Fat: 16g Protein: 38g Sodium: 628mg</p> | <p>21 French Toast Sticks Turkey Sausage Breakfast Potatoes Yogurt, SF Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 34g Sodium: 786mg</p> | <p>22 Turkey & Gravy over Cornbread Stuffing Mashed Sweet Potatoes Corn, Dessert Calories: 866 Carbs: 118g Fat: 24g Protein: 48g Sodium: 1100mg</p> |
| <p>25 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</p> | <p>26 Breaded Cod Mashed Sweet Potatoes Okra & Tomatoes Tartar Sauce, Pear Cup Calories: 634 Carbs: 82g Fat: 19g Protein: 35g Sodium: 962mg</p> | <p>27 Beef Chili Mac Peas & Pearl Onions Capri Vegetables Fig Bar Calories: 682 Carbs: 93g Fat: 21g Protein: 32g Sodium: 789mg</p> | <p>28 HAPPY THANKSGIVING! Meals on Wheels is closed today. Please eat the meal that was previously sent.</p> | <p>29 Meals on Wheels is closed today. Please eat the meal that was previously sent.</p> |

deliver.

hope.

Made with VISME US.

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

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.

ALLERGY WARNING
MOWCC is not an allergen free kitchen. Menu items may contain or come into contact with food allergens. If you have food allergens or intolerances, please contact us.



International Fraud Awareness Week



November 10-16, 2024

During International Fraud Awareness Week, Meals on Wheels Collin County wants to remind you to stay vigilant. Older adults are often targeted by fraudsters, so it's essential to protect your personal information. Never share sensitive details, like your Social Security number, bank account, or credit card information, over the phone, online, or through email unless you're certain of the source.

Your safety is our top priority—stay safe and informed!

Fraudsters often target older adults through texts, emails, and phone calls. Here are some essential tips to help you stay safe and avoid scams:

1. Be Skeptical of Unsolicited Messages

- Be cautious of texts from unknown numbers, especially those with suspicious links or requests for personal information.
- Don't open attachments or click on links from unfamiliar senders. Scammers may pretend to be from legitimate organizations, so always double-check.
- If someone claims to be from a company or government agency and you didn't expect the call, hang up and call the official number to verify.

2. Never Share Personal Information

- Scammers may ask for Social Security numbers, credit card details, or passwords. Legitimate organizations will not request this information via text, email, or over the phone.
- If an email or message asks for personal information, even if it looks official, call the company directly to confirm.

3. Be Cautious of Urgent Requests

- Scammers often create a sense of urgency, claiming there's a problem with your account, your taxes, or even your computer. Take your time and verify before acting on such messages.
- Don't be pressured into making quick decisions over the phone or email, especially with requests for money or personal data.

4. Stay Informed About Current Scams

- Scammers change their tactics regularly, so stay updated on the latest scams by checking resources such as the Federal Trade Commission (FTC) website or local law enforcement bulletins.
- Share information with family and friends so that you can recognize new threats.

By staying vigilant and informed, together we can significantly reduce the risk of falling victim to fraud.



COMMUNITY RESOURCE FAIR



Free!

**NOV 9TH, 2024
9am-12pm**

**Sam Johnson Recreation Center
For Adults 50+
401 W. 16th St., Plano, TX 75075**

Join us for an amazing day filled with opportunities to connect with over 60 senior service vendors. Discover valuable resources, engage in enlightening presentations, and win exciting door prizes. Whether you're a senior, a loved one, or a caregiver, there's something for everyone. Come get your blood pressure checked, listen to an inspiring keynote address, and explore a wide range of local services! Mark your calendar and be part of this incredible experience.



Contact Us

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972-953-7669

www.wellnesscenteronline.org

ACTIVITIES CORNER

Thanksgiving Word Search



N U R Z U Q T T S E V R A H T F L
M E E F J J G N I F F U T S W B U
U I S M L J K A I W N J W O K J F
T P R Z D E T R A D I T I O N E K
U N L R W R F T D L B K W M S Q N
A I R B Y C H T V R N Y P O T J A
Y K Z H L D J A O S U C T U Q O H
L P N I N W G N L V N M R Y A Z T
I M I Z K E R L K D E K S K A M G
M U U G H P O Q N P E R A T S N H
A P U S C R V K F Y H E S L I I P
F S H B G P K H K A X S J N Z C Z
A I C R A N B E R R Y S A U C E K
O N D O P M J H T S F R I F Y X M
Q H M I R G L I P S B G N Q B X S
J I V W U H W U H P R V J O Y X B
L L A B T O O F L J U G O B B L E

Pilgrim
Pumpkin pie
Drumstick
Gobble
Thankful
Tradition
Leftovers
Cranberry sauce
Harvest
Stuffing
Rolls
Football
Autumn
Family
Turkey



NEW NEWSLETTER NAME SHOWDOWN!

Friends, Your creativity matters! We're looking for a new name for this newsletter, and we'd love your ideas.

Share suggestions by emailing us at frontdesk@mealsonwheelscc.org or calling us at 972-632-3136.

Let's create something special together!

MOWCC UPDATES/REMINDERS

New Fall menu is here! New recipes & old favorites are back!

- Cranberry Beef Meatballs**
- Beef Chili Mac**
- Tuna Noodle Casserole**
- Pumpkin Rice**
- Lemon Pepper Tilapia**
- Bean Burrito w/ queso**

DATES TO REMEMBER:

SATURDAY, November 9: Thanksgiving meal delivery for most clients.

Please save meals for Thanksgiving holiday.

MONDAY, November 11: Veteran's Day

November 28 and 29: MOWCC is closed for Thanksgiving

Support and Help Lines for Abuse, Neglect, and Veterans:

If you feel abused, neglected or exploited, call 1-800-252-5400.

Are you a veteran in need of someone to talk to? Call dial 988, then press 1.

Need some extra shelf stable food items?:

**Please contact your Social Worker on their direct line or call Senior Services Admin
Lauren at 469-731-4866**

For information to schedule a Breast screening call:

**Texas Health and Human Services
(512) 776-7796**

In need of DME/Incontinence/Medical Supplies?:

**REACH Plano
720 E Park Blvd. Suite 104
Plano TX 75074
972-398-1111
<https://www.reachcils.org/>**