



## POWER UP ON PROTEIN

By Annette Payne, RD, LD, CDCES

Protein is serious business for your health. Not eating enough protein leads to muscle weakness, higher risk of falls, and decreased ability to live independently. 30-50% of adults age 71 and older do NOT eat enough protein. Aim for 25-30 grams of protein (3 times a day)

Easy tips to add protein:

1. Add canned beans to salads, soups, rice dishes and casseroles.
2. Add peanut butter to crackers, apple slices, and banana slices.
3. Add milk rather than water to make soup, oatmeal, or hot cocoa.
4. Add dry milk powder into fluid milk, oatmeal, cream soups and mashed potatoes.

BREAKFAST EXAMPLES:

- 2 Toast + Jelly + coffee = 4 grams of protein (not enough!) ❌
- 2 toast + 2 Tbsp. peanut butter + 1 egg = 25 grams of protein ✅
- Oatmeal (made with ½ cup oats + 1 cup milk + 2 Tbsp Peanut butter) topped with banana slices= 27 grams protein ✅
- 1 cup Greek yogurt topped with 2 Tbsp sliced almonds and berries = 29 grams protein ✅

(Source: Eatright.org)

Food Source	Serving Size	Protein Grams per Serving
Beef, Chicken, Fish	3 ounces	24
Greek Yogurt	1 cup	24
Lentils (cooked)	1 cup	17
Peanut Butter	2 Tbsp	14
Almonds	1/3 cup	10
Milk	1 cup	8
Quinoa (cooked)	1 cup	8
Eggs	1 large	7
Oatmeal (cooked)	1 cup	5
Spinach (cooked)	1 cup	5

## DATES TO REMEMBER:

- Saturday, January 11. Emergency meal box delivery for most clients. Please let us know if you will not be home on this day.
- Monday, January 20 – MOWCC is closed for MLK Jr. Day. Please eat the meal that will be provided ahead of that day.

# Menu

Created by our  
Licensed Dietitian

# January 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<p>SF: indicates a sugar-free item when available. LS: low sodium product</p>	<p><b>EMERGENCY MEALS</b> Save these shelf stable meals for bad weather or other emergencies. DO NOT EAT unless instructed to.</p>	<p>1 NEW YEAR'S DAY Meals on Wheels is closed today. Please eat the meal that was previously sent.</p>	<p>2 French Toast Sticks Turkey Sausage Breakfast Potatoes Yogurt SF Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 34g Sodium: 786mg</p>	<p>3 Chicken &amp; Dumplings Mashed Sweet Potatoes Broccoli w/ cheese sauce Oatmeal Raisin Cookie Calories: 616 Carbs: 75g Fat: 19g Protein: 36g Sodium: 1123mg</p>
<p>6 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>7 Breaded Cod Mashed Sweet Potatoes Okra &amp; Tomatoes Tartar Sauce, Pear Cup Calories: 634 Carbs: 82 Fat: 19g Protein: 35g Sodium: 962mg</p>	<p>8 Beef Chili Mac Peas &amp; Pearl Onions Capri Vegetables Fig Bar Calories: 682 Carbs: 93 Fat: 21g Protein: 32g Sodium: 789mg</p>	<p>9 Baked Chicken &amp; Mushrooms Peas &amp; Carrots, Rice Chocolate Chip Cookies Calories: 763 Carbs: 102g Fat: 26g Protein: 37g Sodium: 868mg</p>	<p>10 Steakburger w/ cheese Tater Tots Baked Beans Hamburger Bun, Mustard, Pudding Cup Calories: 975 Carbs: 100 Fat: 45g Protein: 41g Sodium: 1400mg</p>
<p>13 Chicken Spaghetti Brussel Sprouts Italian Vegetables Granola Bar 2% Milk Quart Calories: 611 Carbs: 67g Fat: 18g Protein: 46 g Sodium: 523 mg</p>	<p>14 Breaded Steak w/ Pepper Gravy, Winter Blend Veggies Warm Cinnamon Peaches Lorna Doone Cookie Calories: 695 Carbs: 88g Fat: 20g Protein: 32g Sodium: 1034mg</p>	<p>15 Brunswick Stew Cornbread Stuffing Collard Greens Pudding Cup Calories: 636 Carbs: 70g Fat: 24g Protein: 35g Sodium: 900mg</p>	<p>16 Beef Swiss Steak Roasted Potatoes Herbed Peas Graham Crackers Applesauce Cup Calories: 652 Carbs: 76g Fat: 23g Protein: 37g Sodium: 1044mg</p>	<p>17 Chili Cornbread Green Beans Yogurt Calories: 680 Carbs: 80g Fat: 27g Protein: 30g Sodium: 911mg</p>
<p>20 MLK Jr. DAY Meals on Wheels is closed today. Please eat the meal that was previously sent.</p>	<p>21 Vegetable Lasagna Capri Blend Veg Italian Stewed Tomatoes Oatmeal Cream Pie 2% Milk Quart Calories: 620 Carbs: 87g Fat: 17g Protein: 31g Sodium: 1341mg</p>	<p>22 Chicken Pot Pie /w Biscuit Mashed Potatoes Broccoli, Fresh Apple Calories: 640 Carbs: 91g Fat: 12g Protein: 42g Sodium: 765mg</p>	<p>23 Greek Chicken Mixed Vegetables White Beans w/ Rosemary Graham Crackers, Craisins Calories: 675 Carbs: 88g Fat: 15g Protein: 46g Sodium: 444mg</p>	<p>24 BBQ Meatloaf Mashed Potatoes, Creamed Corn, Applesauce Cup, Granola Bar Calories: 668 Carbs: 98g Fat: 20g Protein: 30g Sodium: 1017mg</p>
<p>27 Swedish Beef Meatballs Pumpkin Rice Lima Beans, Craisins 2% Milk Quart Calories: 686 Carbs: 85g Fat: 21g Protein: 40g Sodium: 500mg</p>	<p>28 Cranberry Chicken Herbed Peas, Cheesy Cauliflower, Graham Crackers, Pudding Calories: 639 Carbs: 90g Fat: 17g Protein: 36g Sodium: 1004mg</p>	<p>29 Beef &amp; Pepper Casserole Peas &amp; Carrots Yellow Squash Mixed Fruit Cup Calories: 603 Carbs: 62g Fat: 27g Protein: 29g Sodium: 575mg</p>	<p>30 Chicken Fajitas w/onions &amp; peppers Veggie Brown Rice Seasoned Black Beans Oatmeal Cream Pie Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg</p>	<p>31 Tuna Noodle Casserole Lima Beans Carrots w/ dill Oreo Calories: 616 Carbs: 75g Fat: 20g Protein: 33g Sodium: 840mg</p>

**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.

*deliver.*

*hope.*

Made with VISME

# Menu

Created by our  
Licensed Dietitian

# February

2025



## 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 allergies or intolerances, please contact us.

Made with VISME

	Monday	Tuesday	Wednesday	Thursday	Friday
	SF: indicates a sugar-free item when available. LS: low sodium product	<b>EMERGENCY MEALS</b> Save these shelf stable meals for bad weather or other emergencies. DO NOT EAT unless instructed to.			
3	Chicken Fried Rice Broccoli Gingered Beets Cookie, 2% Milk Quart Calories: 603 Carbs: 72g Fat: 18g Protein: 39g Sodium: 622mg	4 Salisbury Steak w/ LS Gravy, Macaroni & Cheese, Garden Blend Veggies, Applesauce Calories: 695 Carbs: 73g Fat: 28g Protein: 40g Sodium: 842mg	5 Chicken Gumbo w/ Rice Cornbread Cinnamon Apples Pudding Cup Calories: 602 Carbs: 90g Fat: 12g Protein: 34g Sodium: 970mg	6 Bean Burrito w/ queso Brown Rice Rancho Fiesta Veggies Peach Cup Calories: 709 Carbs: 110g Fat: 18g Protein: 26g Sodium: 884mg	7 Spaghetti w/meat sauce Green Beans, California Blend Veg, Graham Crackers, Orange Raisins Calories: 607 Carbs: 104g Fat: 14g Protein: 29g Sodium: 754mg
10	Cranberry Beef Meatballs Herb Roasted Potatoes Ranch Corn, Strawberry Raisins, 2% Milk Quart Calories: 680 Carbs: 92g Fat: 20g Protein: 36g Sodium: 690mg	11 New Orleans Beef Macaroni & Cheese Zucchini SF Pudding Cup Calories: 645 Carbs: 69g Fat: 25g Protein: 36g Sodium: 1186mg	12 Lemon Pepper Tilapia Garlic Lemon Rice Garden Blend Vegetables Fresh Orange Calories: 603 Carbs: 79g Fat: 16g Protein: 38g Sodium: 628mg	13 French Toast Sticks Turkey Sausage Breakfast Potatoes Yogurt, SF Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 34g Sodium: 786mg	14 Happy Valentine's Day! Chicken & Dumplings Mashed Sweet Potatoes Broccoli w/ cheese sauce Oatmeal Raisin Cookie Calories: 616 Carbs: 75g Fat: 19g Protein: 36g Sodium: 1123mg
17	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	18 Breaded Cod Mashed Sweet Potatoes Okra & Tomatoes Tartar Sauce, Pear Cup Calories: 634 Carbs: 82g Fat: 19g Protein: 35g Sodium: 962mg	19 Beef Chili Mac Peas & Pearl Onions Capri Vegetables Fig Bar Calories: 682 Carbs: 93g Fat: 21g Protein: 32g Sodium: 789mg	20 Baked Chicken & Mushrooms Peas & Carrots, Rice Chocolate Chip Cookies Calories: 763 Carbs: 102g Fat: 26g Protein: 37g Sodium: 868mg	21 Steakburger w/ cheese Tater Tots Baked Beans Hamburger Bun, Mustard, Pudding Cup Calories: 975 Carbs: 100g Fat: 45g Protein: 41g Sodium: 1400mg
24	Chicken Spaghetti Brussel Sprouts Italian Vegetables Granola Bar 2% Milk Quart Calories: 611 Carbs: 67g Fat: 18g Protein: 46g Sodium: 523mg	25 Breaded Steak w/ Pepper Gravy, Winter Blend Veggies Warm Cinnamon Peaches Lorna Doone Cookie Calories: 695 Carbs: 88g Fat: 20g Protein: 32g Sodium: 1034mg	26 Brunswick Stew Cornbread Stuffing Collard Greens Pudding Cup Calories: 636 Carbs: 70g Fat: 24g Protein: 35g Sodium: 900mg	27 Beef Swiss Steak Roasted Potatoes Herbed Peas Graham Crackers Applesauce Cup Calories: 652 Carbs: 76g Fat: 23g Protein: 37g Sodium: 1044mg	28 Chili Cornbread Green Beans Yogurt Calories: 680 Carbs: 80g Fat: 27g Protein: 30g Sodium: 911mg

delivered.

hope.

# National Glaucoma Awareness Month

Glaucoma is a leading cause of vision loss and blindness. It's a group of diseases that often involves pressure damaging the eye's optic nerve. While vision loss from glaucoma cannot be reversed, early detection and treatment can slow its progression.

## Key Information About Glaucoma:

### Types of Glaucoma:

- Open-angle glaucoma: Gradual loss of peripheral vision.
- Angle-closure glaucoma: Iris pressure blocks fluid drainage.
- Low-tension glaucoma: Vision damage occurs without elevated eye pressure.

### Who's at Risk?

- People over 60.
- Those with a family history of glaucoma.
- Individuals of African, Asian, or Hispanic descent.
- Diabetics and people with severe nearsightedness.

### How to Participate in National Glaucoma Awareness Month:

- **Get Your Eyes Checked:** Schedule regular eye exams, even if you have no symptoms.
- **Learn About the Disease:** Understand risk factors and share what you learn.

### Why This Month Matters:

- Glaucoma is often called a “silent disease” because it develops without symptoms.
- Awareness helps patients feel supported and share their experiences.
- Education can help prevent vision loss through early diagnosis and treatment.

**Let's work together to stay informed and protect our vision!**

# ACTIVITIES CORNER

## *Resolutions* LOOKING AHEAD TO 2025

Name \_\_\_\_\_ Age \_\_\_\_\_

### ***In 2025***

I want to continue \_\_\_\_\_

I want to try \_\_\_\_\_

I want to stop \_\_\_\_\_

I want to visit \_\_\_\_\_

### ***My goal for this year***

---

---

---

---

---

---

---

---

---

---



**NEW NEWSLETTER NAME SHOWDOWN!**



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

Share suggestions by emailing us at [frontdesk@mealsonwheelscc.org](mailto:frontdesk@mealsonwheelscc.org) or calling us at 972-632-3136.

Let's create something special together!

# MOWCC UPDATES/REMINDERS

## SPACE HEATER SAFETY TIPS

- warmth/winter tips would be nice such as:
- Warm feet and hands help you sleep better, consider wearing gloves and socks to bed
- During the day, if you have a window that faces the sun, keep your blinds open to let the natural sunlight heat up the room; at night, make sure to close your blinds to help minimize the cold air coming in
- Don't use stoves or ovens as an alternate heating source, as it poses risks to both your health and safety
- Running a humidifier can help the air hold heat better and give dry winter skin some relief. If you live alone or with a spouse, consider leaving the bathroom door open when bathing to let warm steam spread into common areas
- Make a winter safety plan with your family, roommates, or neighbors in case the power goes out. Take a look at FEMA's 1, 2, 3 Disaster Preparedness Guide for Older Adults for tips on how to be prepared for storms and power outages
- Wear layers you can easily take on and off even when inside
- Use heating pads or hot water bottles to heat up a bed before sleep. Make sure all heating pads are turned off before falling asleep.
- If you are dependent on oxygen or other lifesaving equipment that requires power from an outlet, contact your energy provider to see if they offer priority service to individuals at risk when there is a power outage. It's also wise to have a back up supply of oxygen tanks, or extra batteries if your medical equipment is battery operated.

## TRANSPORTATION RESOURCES

### Collin County Transit

Residents of Celina, Lowry Crossing, McKinney, Melissa, Princeton, Prosper  
469-771-0667

### Collin County Rides For Residents of Allen and Fairview

940-243-0077

### DART Rides For Residents of Plano and Dallas

214-515-7272

Caregiver of a loved one with Dementia? Call 800-272-3921 for resources and support.

### Need Minor Home Maintenance or Repairs?

McKinney Residents call Senior Handyman Services at 469-396-7042

Plano Residents call Plain-O-Helpers at 469-366-4286

Frisco Residents call Frisco Helpers at 214-973-1490