



SUMMER FOOD SAFETY TIPS

By Annette Payne, RD, LD, CDCES

Food poisoning peaks in the summer months when warmer temperatures cause foodborne germs to flourish. Follow these tips to stay healthy!

- Wash hands and surfaces often!
- Defrost meats properly: Defrosting raw meat at room temperature allows dangerous food bugs to grow. Plan ahead and defrost meat 1-2 days in advance in the refrigerator.
- Don't re-use marinades: Throw away used marinade to prevent raw meat juices getting on your cooked food.
- Wash produces thoroughly: Wash fruit and veggies in cool tap water before eating to eliminate any bacteria. This includes washing produce like melon before you slice it to make sure bacteria isn't transferred from the knife to your produce.
- Separate raw and cooked foods: If you're grilling, use one plate for the raw stuff and a separate, clean plate for the newly cooked foods. The same rule applies for tongs and other serving utensils.
- Refrigerate leftovers right away: Don't allow perishable food to sit on the counter for more than 2 hours. Toss any unrefrigerated food if it surpasses the time limit.

MOWCC UPDATES/REMINDERS

IMPORTANT DATE:

MOWCC will be closed on the following:

- July 4th & 5th – Independence Day
*Please eat the meals that were previously sent.



- Contact the Texas state-wide Area Agency on Aging at 1-800-252-9240.
- For assistance with resource navigation, reach out to the Texas state-wide Aging and Disability Resource Center at 1-855-937-2372.
- Seniors and/or low-income Plano residents who need assistance removing damaged trees from their property may qualify for assistance with storm debris clean up. Contact Neighborhood Services at 972-208-8150 to apply.

Menu

Created by our
Licensed Dietitian

July

2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 Sweet & Sour Chicken Asian Blend Vegetables Veggie Brown Rice Strawberry Raisins 2% Milk Quart Calories: 650 Carbs: 101g Fat: 9g Protein: 43g Sodium: 326mg	2 Marinara Baked Pasta Winter Blend Vegetables Roasted Sweet Potatoes Fig Bar Calories: 632 Carbs: 98g Fat: 17g Protein: 23g Sodium: 713mg	3 Sundried Tomato Chicken Salad, Potato Salad Diced Beets Crackers, Jell-O Calories: 601 Carbs: 70g Fat: 20g Protein: 33g Sodium: 950mg	4 Happy Independence Day! Meals on Wheels is closed today. Please eat the meal that was previously sent.	5 Meals on Wheels is closed today. Please eat the meal that was previously sent.
8 Chicken Broccoli Casserole Balsamic Brussel Sprouts Italian Vegetables Craisins, 2% Milk Quart Calories: 617 Carbs: 76g Fat: 22g Protein: 33g Sodium: 401mg	9 Chicken w/ Cajun Sauce Broccoli Black Eyed Peas Oatmeal Cream Pie Calories: 604 Carbs: 65g Fat: 17g Protein: 49g Sodium: 521mg	10 BBQ Chicken Salad Broccoli Salad Cinnamon Applesauce Crackers Calories: 796 Carbs: 56g Fat: 46g Protein: 41g Sodium: 710mg	11 French Toast Sticks Scrambled Eggs Breakfast Potatoes Yogurt, Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 34g Sodium: 786mg	12 Beef Taco Spaghetti Seasoned Black Beans California Blend Veg Applesauce Cup Calories: 614 Carbs: 78g Fat: 20g Protein: 31g Sodium: 720mg
15 BBQ Beef Meatballs Roasted Sweet Potatoes Cream Corn, Granola Bar 2% Milk Quart Calories: 736 Carbs: 95g Fat: 25g Protein: 36g Sodium: 847mg	16 Chicken Fried Rice Broccoli Gingered Beets Tropical Fruit Cup Calories: 603 Carbs: 72g Fat: 18g Protein: 39g Sodium: 622mg	17 Cod Fish Sticks Mashed Sweet Potatoes Okra & Tomatoes Tartar Sauce, Fresh Orange Calories: 670 Carbs: 88g Fat: 26g Protein: 23g Sodium: 879mg	18 Italian Chicken Breast Herbed Rice Peas & Carrots Oatmeal Raisin Cookie Calories: 630 Carbs: 68g Fat: 21g Protein: 44 Sodium: 476mg	19 New Orleans Beef Macaroni & Cheese Zucchini SF Pudding Cup Calories: 645 Carbs: 69g Fat: 25g Protein: 36g Sodium 1186mg
22 Chicken Tenders Mashed Potatoes Corn, BBQ Sauce Orange Raisins , Graham Crackers, 2% Milk Quart Calories: 731 Carbs: 89g Fat: 29g Protein: 31g Sodium: 891 mg	23 Cheeseburger Macaroni Peas & Pearl Onions Capri Vegetables Fig bar Calories: 757 Carbs: 91g Fat: 29g Protein: 33g Sodium: 590mg	24 Pulled Chicken BBQ Sandwich, Mixed Veggies Tater Tots, Hamburger Bur Pear Cup Calories: 678 Carbs: 94g Fat: 15g Protein: 43g Sodium: 1040mg	25 Tuna Salad w/tomato slice Corn Salad Cottage Cheese & Peaches Crackers Calories: 661 Carbs: 54g Fat: 31g Protein: 42g Sodium: 949mg	26 Teriyaki Chicken Breast Brown Rice Carrots Yogurt Calories: 716 Carbs: 98g Fat: 14g Protein: 47g Sodium: 731mg
29 Beef Burrito w/ Queso Rice, Rancho Fiesta Veggies Oreo Cookie 2% Milk Quart Calories: 703 Carbs: 90g Fat: 24g Protein: 30g Sodium: 956 mg	30 Meatloaf w/ tomato sauce Mashed Potatoes, Creamed Corn, Applesauce Cup Granola Bar Calories: 668 Carbs: 98g Fat: 20g Protein: 30g Sodium: 950mg	31 Breaded Steak w/ LS Pepper Gravy Winter Blend Vegetables Warm Cinnamon Peaches SF Pudding Cup Calories: 635 Carbs: 88g Fat: 18g Protein: 34g Sodium: 862 mg	Notes: SF - sugar-free item when available LS - low sodium product	

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 the top nine food allergens. If you have food allergies/intolerances, please contact us.

delivered.

Items with this icon indicates it is a cold dish

hope.

Made with VISME



Social Wellness Month



JULY 2024

July is Social Wellness Month, dedicated to maintaining connections with friends, family, and the community while nurturing those relationships. It's a time to prioritize self-love through activities like reconnecting with old friends, joining a book club, exploring new hobbies, or simply taking time for self-care and getting active. This can be a great opportunity to strengthen bonds and enhance personal well-being throughout the month.

Activities That can Enhance your Social Wellness

1. Summer weather encourages **outdoor activities** such as hiking, beach outings, and sports. These activities also create opportunities to socialize with friends.
 2. July is a prime time for **gardening**, whether in community gardens or at home. So, take care of those plants and invite a friend to join.
 3. Many communities offer **volunteer opportunities** during the summer months. Volunteering not only contributes to social wellness by connecting you with others but also provides a sense of purpose and fulfillment which encourages social wellness within yourself.
 4. July 4th is a major national holiday **celebrating independence and freedom**. It's a time for social gatherings, fireworks, and community events.
 5. July often hosts numerous **festivals, concerts, and cultural events** around the world. These events bring communities together, creating social bonds and celebrating diversity.
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5 Facts about Social Wellness

- *People better relationships tend to respond better to stress
- *People with stronger connections have longer life spans
- *People with strong ties have healthier cardiovascular functioning
- *People with harmonious connections have enhanced immune system abilities
- * People healthy relationships have improved resilience



4th of July



The Fourth of July, also known as Independence Day, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776. It marks the country's independence from Great Britain and is celebrated with fireworks, parades, barbecues, and activities across the nation.

July 4th Firework Displays in Collin County

- **Fireworks Extravaganza**- 6101 Frisco Square Blvd, Frisco, TX 75034. Firework show will start at approximately 9:45 P.M. Show lasts about 20 minutes. (Bring a blanket or lawn chair)
 - **All American 4th** - Collin College, 2800 E. Spring Creek Pkwy, Plano, TX 75074. Doors open at 6 P.M. Firework display begins at 9:30 P.M. event ends at 10 P.M. (Blankets, lawn chairs and coolers are welcome)! Leave all pets at home!
 - **Red, White, and BOOM!** - 7001 W Eldorado Pkwy, McKinney, TX 75070. Event begins at 5 P.M. Firework display starts at 9:45 P.M. (Coolers, blankets, and lawn chairs are encouraged. No canopies allowed.) Leave pets at home!
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In need of DME/Incontinence/Medical Supplies? visit:

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

EMERGENCY FOOD BOXES

Keep your box of emergency food in the event that our volunteers cannot deliver. **DO NOT EAT** these meals unless you are instructed to by MOWCC. If you have not received an emergency meal box, please call Client Services at 469-731-4866.