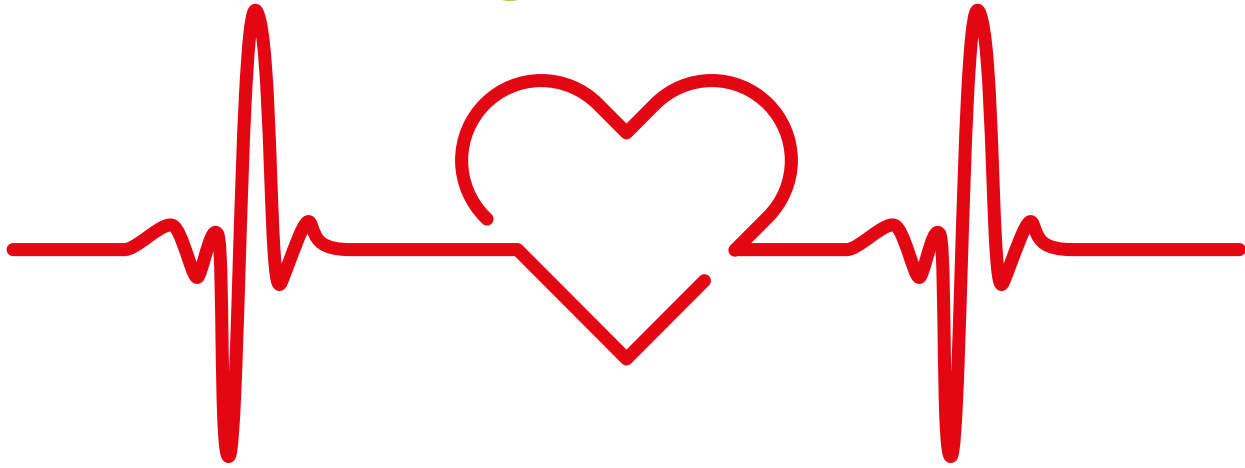


# The Heart Beat

THE OFFICIAL PUBLICATION OF  
MEALS ON WHEELS COLLIN COUNTY  
Issue 46 | February 2025



## LOVE YOUR HEART; HALT THE SALT

By Annette Payne, RD, LD, CDCE

### Breakfast Comparison

#### Salty Facts:

- Over 74% of Americans 60 and older have high blood pressure.
- Excess sodium intake is linked with high blood pressure, a leading cause of heart disease and stroke.
- Most Americans consume about 3,400 mg of sodium daily.
- American Heart Assoc. recommends limiting sodium to 1,500 mg daily for most adults.

#### Cutting the salt:

1. Ditch the salt shaker. 1 tsp of salt = 2,300 mg of sodium.
2. Boost flavor with herbs, spices. Lemon, lime, vinegar, or salt-free seasoning. Limit salty condiments such as mustard, ketchup, salsa, pickles, salad dressing, soy sauce.
3. Canned foods: choose low-sodium or no-salt-added vegetables and broths. Or rinse foods such as beans and tuna to remove some sodium.
4. Read labels! Compare items and choose the lowest sodium. Pay attention to the serving sizes! (2 Tbsp salsa = 230 mg sodium, but if you eat ½ cup salsa = 920 mg sodium!)
5. Limit processed foods such as frozen dinners, pizza, fast food, packaged mixes, and canned soups/broth.
6. Eating out: Ask that your meal be prepared without added salt or ingredients such as bacon, cheese, pickles, olives.

<b>Sausage, egg, cheese on an English muffin Hash Brown Orange juice</b>	<b>1 cup Cheerios® cereal with medium banana and 1 cup low-fat milk 1 cup fruit yogurt, fat-free, no sugar added</b>
<b>1,185 mg sodium</b>	<b>554 mg sodium</b>

\*MOWCC does not add any salt to your meals. We use spices and salt-free seasoning blends, low-sodium gravies, low-sodium beans, and no sodium frozen veggies!

For more information on salt, including healthy recipes, go to [heart.org/sodium](http://heart.org/sodium).

#### EMERGENCY FOOD BOXES

Save these meals in the event that MOWCC cannot deliver and **DO NOT EAT unless you are instructed to by MOWCC**. If you have not received an emergency meal box, please call Client Services at 972-562-6996.

\*Check expiration dates and let us know if milk needs to be replaced.

\*Emergency meals may be used for holiday closings. One meal will be used for Good Friday (April 18th)

# 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
<p>SF: indicates a sugar-free item when available. LS: low sodium product</p> <p>3 Chicken Fried Rice Broccoli Gingered Beets Cookie, 2% Milk Quart Calories: 603 Carbs: 72g Fat: 18g Protein: 39g Sodium: 622mg</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>4 Salisbury Steak w/ LS Gravy, Macaroni &amp; Cheese, Garden Blend Veggies, Applesauce Calories: 695 Carbs: 73g Fat: 28g Protein: 40g Sodium: 842mg</p>	<p>5 Chicken Gumbo w/ Rice Cornbread Cinnamon Apples Pudding Cup Calories: 602 Carbs: 90g Fat: 12g Protein: 34g Sodium: 970mg</p>	<p>6 Bean Burrito w/ queso Brown Rice Rancho Fiesta Veggies Peach Cup Calories: 709 Carbs: 110g Fat: 18g Protein: 26g Sodium: 884mg</p>	<p>7 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>10 Cranberry Beef Meatballs Herb Roasted Potatoes Ranch Corn, Strawberry Raisins, 2% Milk Quart Calories: 680 Carbs: 92g Fat: 20g Protein: 36g Sodium: 690mg</p>	<p>11 New Orleans Beef Macaroni &amp; Cheese Zucchini SF Pudding Cup Calories: 645 Carbs: 69g Fat: 25g Protein: 36g Sodium: 1186mg</p>	<p>12 Lemon Pepper Tilapia Garlic Lemon Rice Garden Blend Vegetables Fresh Orange Calories: 603 Carbs: 79g Fat: 16g Protein: 38g Sodium: 628mg</p>	<p>13 French Toast Sticks Turkey Sausage Breakfast Potatoes Yogurt, SF Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 34g Sodium: 786mg</p>	<p>14 <i>Happy Valentine's Day!</i> 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>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</p>	<p>18 Breaded Cod Mashed Sweet Potatoes Okra &amp; Tomatoes Tartar Sauce, Pear Cup Calories: 634 Carbs: 82g Fat: 19g Protein: 35g Sodium: 962mg</p>	<p>19 Beef Chili Mac Peas &amp; Pearl Onions Capri Vegetables Fig Bar Calories: 682 Carbs: 93g Fat: 21g Protein: 32g Sodium: 789mg</p>	<p>20 Baked Chicken &amp; Mushrooms Peas &amp; Carrots, Rice Chocolate Chip Cookies Calories: 763 Carbs: 102g Fat: 26g Protein: 37g Sodium: 868mg</p>	<p>21 Steakburger w/ cheese Tater Tots Baked Beans Hamburger Bun, Mustard, Pudding Cup Calories: 975 Carbs: 100g Fat: 45g Protein: 41g Sodium: 1400mg</p>
<p>24 Chicken Spaghetti Brussel Sprouts Italian Vegetables Granola Bar 2% Milk Quart Calories: 611 Carbs: 67g Fat: 18g Protein: 46g Sodium: 523mg</p>	<p>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</p>	<p>26 Brunswick Stew Cornbread Stuffing Collard Greens Pudding Cup Calories: 636 Carbs: 70g Fat: 24g Protein: 35g Sodium: 900mg</p>	<p>27 Beef Swiss Steak Roasted Potatoes Herbed Peas Graham Crackers Applesauce Cup Calories: 652 Carbs: 76g Fat: 23g Protein: 37g Sodium: 1044mg</p>	<p>28 Chili Cornbread Green Beans Yogurt Calories: 680 Carbs: 80g Fat: 27g Protein: 30g Sodium: 911mg</p>

*hope.*

*deliver.*



# Menu

Created by our  
Licensed Dietitian

# March

2025



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<p>3 Teriyaki Chicken Breast Brown Rice Asian Blend Veggies Fig Bar, 2% Milk Quart Calories: 669 Carbs: 95g Fat: 13g Protein: 43g Sodium: 580mg</p>	<p>4 Vegetable Lasagna Capri Blend Veg Italian Stewed Tomatoes Oatmeal Cream Pie Calories: 620 Carbs: 87g Fat: 17g Protein: 31g Sodium: 1341mg</p>	<p>5 Chicken Pot Pie /w Biscuit Mashed Potatoes Broccoli, Fresh Apple Calories: 640 Carbs: 91g Fat: 12g Protein: 42g Sodium: 765mg</p>	<p>6 Greek Chicken Mixed Vegetables White Beans w/ Rosemary Graham Crackers, Craisins Calories: 675 Carbs: 88g Fat: 15g Protein: 46g Sodium: 444mg</p>	<p>7 BBQ Meatloaf Mashed Potatoes, Creamed Corn, Applesauce Cup Granola Bar Calories: 668 Carbs: 98g Fat: 20g Protein: 30g Sodium: 1017mg</p>
<p>10 Swedish Beef Meatballs Pumpkin Rice Lima Beans, Craisins 2% Milk Quart Calories: 686 Carbs: 85g Fat: 21g Protein: 40g Sodium: 500mg</p>	<p>11 Cranberry Chicken Herbed Peas, Cheesy Cauliflower, Graham Crackers, Pudding Calories: 639 Carbs: 90g Fat: 17g Protein: 36g Sodium: 1004mg</p>	<p>12 Beef &amp; Pepper Casserole Peas &amp; Carrots Yellow Squash Mixed Fruit Cup Calories: 603 Carbs: 62g Fat: 27g Protein: 29g Sodium: 575mg</p>	<p>13 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>14 Tuna Noodle Casserole Lima Beans Carrots w/ dill Oreo Calories: 616 Carbs: 75g Fat: 20g Protein: 33g Sodium: 840mg</p>
<p>17 Chicken Fried Rice Broccoli Gingered Beets Cookie, 2% Milk Quart Calories: 603 Carbs: 72g Fat: 18g Protein: 39g Sodium: 622mg</p>	<p>18 Salisbury Steak w/ LS Gravy, Macaroni &amp; Cheese, Garden Blend Veggies, Applesauce Calories: 695 Carbs: 73g Fat: 28g Protein: 40g Sodium: 842mg</p>	<p>19 Chicken Gumbo w/ Rice Cornbread Cinnamon Apples Pudding Cup Calories: 602 Carbs: 90g Fat: 12g Protein: 34g Sodium: 970mg</p>	<p>20 Bean Burrito w/ queso Brown Rice Rancho Fiesta Veggies Peach Cup Calories: 709 Carbs: 110g Fat: 18g Protein: 26g Sodium: 884mg</p>	<p>21 Spaghetti w/meat sauce Green Beans, California Blend Veg, Graham Crackers, Orange Raisins Calories: 607 Carbs: 104g Fat: 14g Protein: 29g Sodium: 754mg</p>
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*deliver.*

*hope.*

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# Tips To Tackle Fraud



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

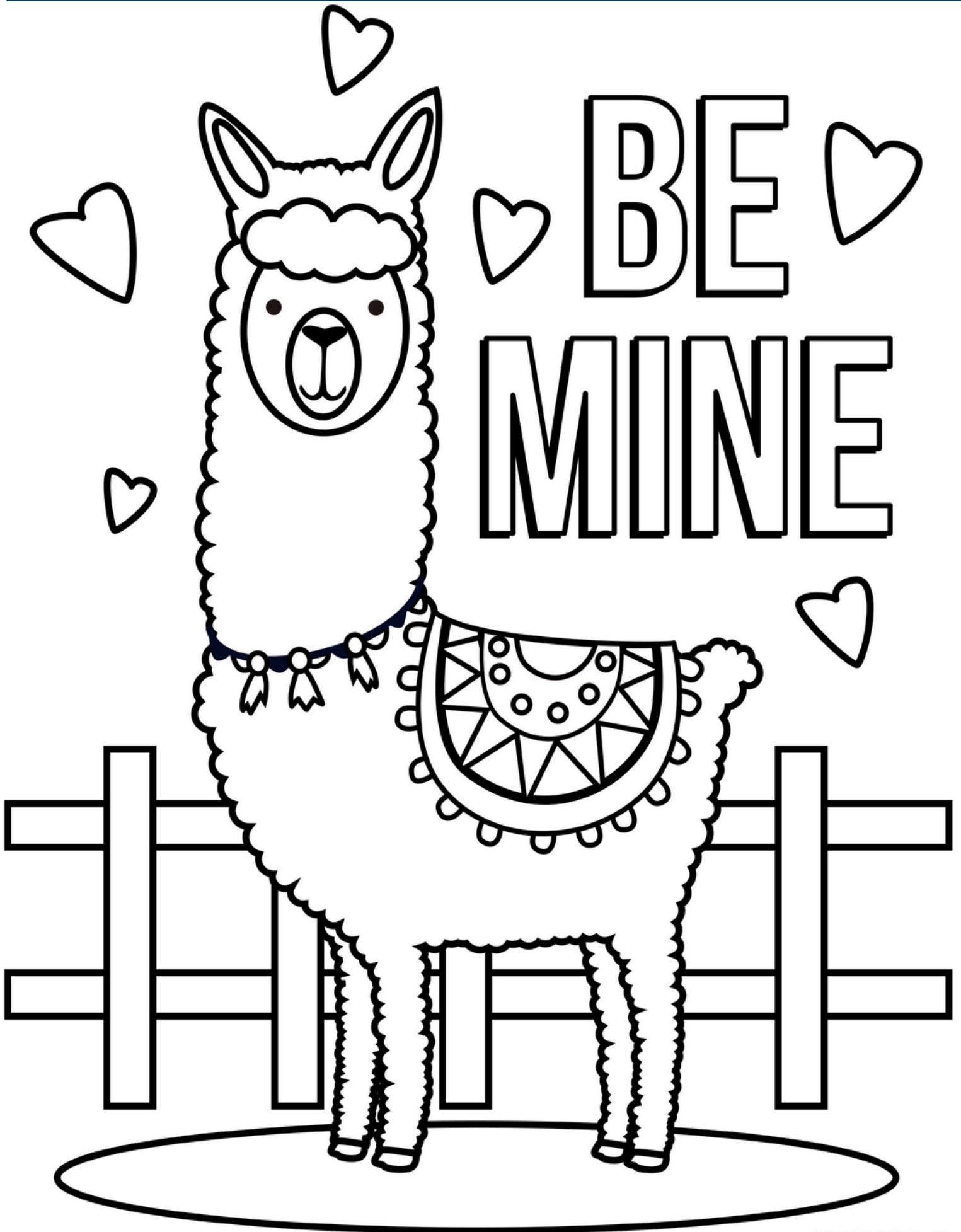
Scammers change their tactics regularly, so stay updated on the latest scams by checking resources such as the Federal Trade Commission (FTC) website or local law enforcement bulletins.

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

# COLORING CORNER

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# MOWCC UPDATES/REMINDERS

## SPACE HEATER SAFETY TIPS

- 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 backup 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

### 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