



DOES EATING HURT?

By Annette Payne, RD, LD, CDCES

It's hard to eat healthy when tooth decay or loss, sore gums, or ill-fitting dentures are causing discomfort. Over time, this can cause unwanted weight loss which increases your risk for falls! What you can do about it:

- Call your dentist's office and book your cleanings and exams for the year. You'll be a step ahead with the appointments on your calendar.
- BenefitsCheckUp.org can help you find dental services benefits that are available to you or other options for finding low-cost dental care.
- Invest in an electric toothbrush or water flosser, two tools that can level up your dental hygiene.
- Enjoy these nutritious, soft foods during any dental discomfort: oatmeal, yogurt, scrambled eggs, cottage cheese, cooked vegetables, and soups.
- Dental Hygiene Clinic at Collin College: \$20 cleanings during the school year.
2200 W. University Dr., #A116; McKinney, TX 75071. 972-548-6537
- Family Health Center on Virginia: Offers sliding scale fee based on income.
1620 W Virginia St., McKinney TX 75069. 214-618-5600 <https://fhcntx.org/>

MOWCC UPDATES/REMINDERS

IMPORTANT DATE:

Meals on Wheels will be closed on:
Labor Day – Monday, September 2, 2024.

A shelf stable meal will be sent for you
to eat on this day.



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 202-963-6288.

Menu

Created by our
Licensed Dietitian

August

2024



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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Notes: SF - sugar-free item when available LS - low sodium product</p>			<p>1 Chicken Fajitas w/onions & peppers Veggie Brown Rice Seasoned Black Beans Craisins Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg</p>	<p>2 Zesty Orange Boneless Chicken Wings Roasted Herb Potatoes Broccoli w/Cheese Sauce Sugar-Free Cookie Calories: 627 Carbs: 57g Fat: 27g Protein: 38g Sodium: 703 mg</p>
<p>5 Vegetable Lasagna Capri Vegetables Italian Stewed Tomatoes Oatmeal Cream Pie 2% Milk Quart Calories: 623 Carbs: 87g Fat: 19g Protein: 26g Sodium: 1059mg</p>	<p>6 Greek Chicken Mixed Vegetables White Beans w/ Rosemary Graham Crackers, Apple Calories: 675 Carbs: 88g Fat: 15g Protein: 46g Sodium: 444mg</p>	<p>7 Chicken Cordon Bleu **Contains Pork** Balsamic Carrots Succotash Lorna Doone Cookie Calories: 657 Carbs: 63g Fat: 28g Protein: 38g Sodium: 654mg</p>	<p>8 Egg Salad w/Turkey Ham 3 Bean Salad Spiced Peaches Crackers, Pudding Calories: 609 Carbs: 68g Fat: 26g Protein: 26g Sodium: 946mg</p>	<p>9 BBQ Chicken Breast Baked Beans Carrots, Graham Crackers Pear Cup Calories: 639 Carbs: 96g Fat: 11g Protein: 44g Sodium: 1064mg</p>
<p>12 Sweet & Sour Chicken Asian Blend Vegetables Veggie Brown Rice Strawberry Raisins 2% Milk Quart Calories: 650 Carbs: 101g Fat: 9g Protein: 43g Sodium: 326mg</p>	<p>13 Marinara Baked Pasta Winter Blend Vegetables Roasted Sweet Potatoes Fig Bar Calories: 632 Carbs: 98g Fat: 17g Protein: 23g Sodium: 713mg</p>	<p>14 Sundried Tomato Chicken Salad, Potato Salad Diced Beets Crackers, SF Jell-O Calories: 601 Carbs: 70g Fat: 20g Protein: 33g Sodium: 950mg</p>	<p>15 Salisbury Steak w/ LS Gravy, Macaroni & Cheese, Garden Blend Veggies, Applesauce Calories: 695 Carbs: 73g Fat: 28g Protein: 40g Sodium: 842mg</p>	<p>16 Mini Chicken Corn Dogs Corn, Lima Beans Mustard Packet Yogurt Calories: 729 Carbs: 117g Fat: 20g Protein: 32g Sodium: 836mg</p>
<p>19 Chicken Broccoli Casserole Balsamic Brussel Sprouts Italian Vegetables Craisins, 2% Milk Quart Calories: 617 Carbs: 76g Fat: 22g Protein: 33g Sodium: 401mg</p>	<p>20 Chicken w/ Cajun Sauce Broccoli Black Eyed Peas Oatmeal Cream Pie Calories: 604 Carbs: 65g Fat: 17g Protein: 49g Sodium: 521mg</p>	<p>21 BBQ Chicken Salad Broccoli Salad Cinnamon Applesauce Crackers Calories: 796 Carbs: 56g Fat: 46g Protein: 41g Sodium: 710mg</p>	<p>22 French Toast Sticks Scrambled Eggs Breakfast Potatoes Yogurt SF Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 34g Sodium: 286mg</p>	<p>23 Beef Taco Spaghetti Seasoned Black Beans California Blend Veg Applesauce Cup Calories: 644 Carbs: 78g Fat: 20g Protein: 31 g Sodium: 720 mg</p>
<p>26 BBQ Beef Meatballs Roasted Sweet Potatoes Cream Corn, Granola Bar 2% Milk Quart Calories: 736 Carbs: 95g Fat: 25g Protein: 36g Sodium: 847mg</p>	<p>27 Chicken Fried Rice Broccoli Gingered Beets Tropical Fruit Cup Calories: 603 Carbs: 72g Fat: 18g Protein: 39g Sodium: 622mg</p>	<p>28 Cod Fish Sticks Mashed Sweet Potatoes Okra & Tomatoes Tartar Sauce, Fresh Orange Calories: 670 Carbs: 88g Fat: 26g Protein: 23g Sodium: 879mg</p>	<p>29 Italian Chicken Breast Herbed Rice Peas & Carrots Lorna Doone Cookie Calories: 630 Carbs: 68g Fat: 21g Protein: 44 Sodium: 476mg</p>	<p>30 New Orleans Beef Macaroni & Cheese Zucchini SF Pudding Cup Calories: 645 Carbs: 69g Fat: 25g Protein: 36g Sodium: 1186mg</p>

delivered.

Items with this icon indicates it is a cold dish

hope.

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National Wellness Month

August 2024



August marks National Wellness Month, a dedicated time to enhance well-being and embrace holistic health. This month invites everyone to reflect on their wellness journey and take actionable steps toward a healthier lifestyle.

Why Wellness Matters

Wellness encompasses not just physical health, but also emotional, social, and mental well-being. Focusing on wellness can lead to improved quality of life, increased productivity, and stronger relationships.

Focus Areas for August:

Mindfulness and Stress Reduction: Incorporate practices like meditation or breathing exercises to manage stress and cultivate a positive mindset.

Nutrition and Healthy Eating: Explore new recipes or meal prep ideas that emphasize whole foods and balanced nutrition. Consider trying a new fruit or vegetable each week!

Physical Activity: Challenge yourself to try a new form of exercise, whether it's a dance class, hiking, or yoga. Aim for consistency rather than intensity.

Social Connections: Strengthen relationships by reaching out to friends and family.

Plan activities together, whether in-person or virtually, to foster connection.

Gratitude and Reflection: Keep a gratitude journal to reflect on the positives in your life. This practice can enhance your mood and shift your perspective.

National Wellness Month is an opportunity to prioritize your well-being. By embracing healthy habits and creating connections, you can enhance your overall quality of life and encourage those around you to do the same.

This August, take the time to invest in yourself and your community!



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/>

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