

**Important Numbers**

Office  
(810) 632-2155

Fire, Police, Emergency  
911

**Office Hours**

Mon – Fri 7:30 am – 4:00 pm

# Livingston County Senior Nutrition Program



9525 E. Highland Road • Howell, MI 48843 • (810) 632-2155

JULY 2020



Meals on Wheels would like to wish everyone with a birthday in July a very Happy Birthday!



The office will be closed Friday, July 3rd in observance of Independence Day. A frozen meal will be delivered on Monday, June 29th for July 3rd's meal and weekend frozen meals will be delivered Wednesday, July 1st.



Meals on Wheels would like to say a HUGE thank you to the Wild Indoors Pet Supplies and More store in Pinckney. They have been donating large amounts of pet food to our program and we greatly appreciate this for our seniors. THANK YOU!



## Happy Birthday Glo!

Meals on Wheels would like to say a very Happy Birthday to Glo who turned 90 years old! Glo has been a volunteer driver for Meals on Wheels for over 30 years in the Highland area and is still delivering! On June 10th, the Highland Activity Center put together a drive by birthday celebration parade for Glo. Thank you Glo for your many years of volunteering and Happy Birthday!

**Meals on Wheels would like to give a shout out to the Brighton Rotary!**

The Gilbert's who are participants of the Meals on Wheels program were gifted a brand new ramp built by the Brighton Rotary Raiders. The Brighton Rotary focuses on charity work by building handicap ramps for free. They build 10-12 ramps a summer and the Gilbert's were one of the households to receive a free handicap ramp. It is amazing how our community can get together and provide for those in need.



# Independence Day



## Independence Day

Independence Day is celebrated annually on the 4th of July. It first began in the 18th century on July 2nd of 1776, when the Continental Congress voted in favor of independence and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American Independence. Festivities for this holiday include: firework shows, parades, concerts, Barbecues and wearing red, white and blue.



## National Hot Dog Day

The most iconic American food has its own special day and National Hot Dog Day is celebrated on July 22, 2020 this year!

### Some facts about the hotdog!

1. About 9 billion hot dogs are sold annually in the U.S.
2. Americans eat about 155 million hot dogs on the 4th of July
3. 26 million hot dogs a year are eaten at U.S. baseball stadiums
4. Mustard is the most popular condiments for hot dogs with Ketchup coming in 2nd and chili being 3rd.

## Fruits

By: Choose MyPlate – U.S. Department of Agriculture

### What foods are in the Fruit Group?

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.



### How much fruit is needed daily?

The amount of fruit you need to eat depends on age, sex, and level of physical activity. The amount each person needs can vary between 1 and 2 cups each day.

### Why is it important to eat fruit?

Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body.

### Nutrients

- Most fruits are naturally low in fat, sodium, and calories. None have cholesterol.
- Fruits are sources of many essential nutrients that are under consumed, including potassium, dietary fiber, vitamin C, and folate (folic acid).
- Diets rich in potassium may help to maintain healthy blood pressure. Fruit sources of potassium include bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice.
- Dietary fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as fruits help provide a feeling of fullness with fewer calories. Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber.
- Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.
- Folate (folic acid) helps the body form red blood cells. Women of childbearing age who may become pregnant should consume adequate folate from foods, and in addition 400 mcg of synthetic folic acid from fortified foods or supplements. This reduces the risk of neural tube defects, spina bifida, and anencephaly during fetal development.

### Health benefits

- As part of an overall healthy diet, eating foods such as fruits that are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding fruit can help increase intake of fiber and potassium which are important nutrients that many Americans do not get enough of in their diet.

### What counts as a cup of fruit?

- Apple – 1 small or ½ large
- Banana – 1 large
- Grapes – 32 seedless
- Orange – 1 large
- Peach – 1 large
- Pear – 1 medium
- Strawberries – 8 large