



# Western Oakland Meals on Wheels



**Important Numbers**  
 Office  
 (810) 632-2155  
 Fire, Police, Emergency  
 911  
**Office Hours**  
 Mon – Fri 7:30 am – 4:00 pm

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



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



The March Newsletter is sponsored by BrightStar Care!

## March 14, 2021 - Daylight Saving Time Starts



When local standard time is about to reach Sunday, March 14, 2021, 2:00 am clocks are turned forward 1 hour to Sunday, March 14, 2021, 3:00 am local daylight time instead. Sunrise and sunset will be about 1 hour later on March 14, 2021, then the day before. There will be more light in the evening.

## St. Patrick's Day



Wednesday, March 17th!  
 Don't forget to wear green!



First Day of Spring! – Saturday, March 20th

**Easter Sunday Meal Reservation!**  
**Attention Meals on Wheels Clients!**  
 Please call the office at 810-632-2155 if you would like an Easter meal delivered on Easter Sunday, April 4, 2021. Delivery is between 10:00 AM and 12:00 PM.



No Meals on Wheels Deliveries  
 \*see the menu for details –  
 Friday, April 2nd

## Our Month Is March!

By: Meals on Wheels America



On March 22, 1972, President Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors. For nearly 50 years, senior nutrition programs have delivered more than just nutritious meals to seniors at risk of hunger and isolation in virtually every community across the country. And, the dedicated staff and volunteers who deliver these meals each week provide a vital lifeline and connection to the community, which are sometimes all it takes to keep our senior neighbors at home, where they want to be.

Meals on Wheels programs have come together each March since 2002 to celebrate this proven collaboration in Livingston & Western Oakland County: of local community organizations, businesses, all levels of government, and compassionate individuals to ensure that our seniors are not forgotten. By volunteering, donating, or speaking out, you can ensure the seniors in your neighborhood can live healthier, happy, and independent lives at home, where they want to be.

While our 2021 March for Meals activities might not look like they always have, it's more important than ever to celebrate the power and importance of Meals on Wheels amid this unprecedented time in our nation's history. Not only do we appreciate our volunteers tremendously, but the seniors on our program also appreciate them as well...

- "Thanks for everybody's work and service and thoughtfulness. Your attempts to employ variety and healthfulness are laudable. The meals and contact are an invaluable benefit to so many."
- "God bless the kind and caring people who brighten up my day delivering MOW to me in such cold temps!"

Our Month is March continued on back

## Our Month is March continued from cover

- “Love your service, thank you for being there!”
- “Thank you so much, I appreciate the food and the pleasant people who bring it!”
- “Thank you for all your teams’ hard work, have enjoyed the meals.”
- “Wonderful service! We certainly appreciate the Meals on Wheels Program!”
- “Thanks from my heart! The meals are so good and the people who deliver (are a bright spot) and a delight to see them!”
- “Thank you for your dedication and commitment to continue this service for my father! I don’t know what I would do without you!”
- “Thank you all year for all that your organization and volunteers do. It is a saving grace for helping ‘handicapped’ stay in their homes.”
- “Thank you to all of you who work so diligently putting out nutritious meals so I don’t have to worry about my loved one.”
- “Thank you so much for everything. I couldn’t manage financially without you.”

**Crossword Puzzle Answers:** Across 2. Lentils 3. Mango 5. Yogurt 8. Couscous 9. Salmon 12. Chickpeas 13. Whole 14. Egg Down 1. Cilantro 4. Avocado 6. Ricotta 7. Succotash 10. Mushroom 11. Tempeh 14. Egg

## March is National Nutrition Month!

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During March, everyone is invited to learn about making informed food choices and developing healthy eating and physical activity habits.

### Personalize Your Plate!

There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds, and tastes! And a Registered Dietitian Nutritionist can tailor a healthful eating plan that is as special as you are.



### Week One: Eat a variety of nutritious foods every day!

- Include healthful foods from all food groups.
- Hydrate healthfully.
- Learn how to read Nutrition Facts Panels
- Avoid distractions while eating.
- Take time to enjoy your food.

### Week Two: Plan your meals each week!

- Use a grocery list to shop for healthful foods.
- Be menu-savvy when dining out.
- Choose healthful recipes to make during the week.
- Enjoy healthful eating at school and work.
- Plan healthful eating while traveling.

### Week Three: Learn skills to create tasty meals!

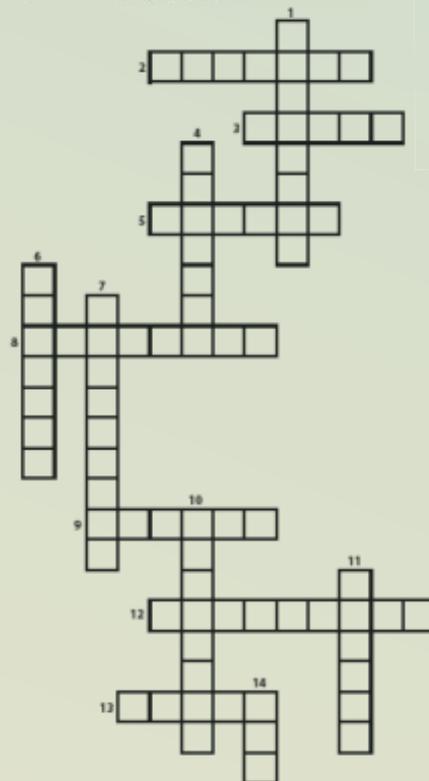
- Keep healthful ingredients on hand.
- Practice proper home food safety.
- Share meals as a family when possible.
- Reduce food waste.
- Try new flavors and foods.

### Week Four: Consult a Registered Dietitian Nutritionist (RDN)!

- Ask your doctor for a referral to an RDN.
- Receive personalized nutrition advice to meet your goals.
- Meet RDNs in a variety of settings throughout the community.
- Find an RDN who is specialized to serve your unique needs.
- Thrive through the transformative power of food and nutrition.

For more information on each topic visit <https://www.eatright.org/food/resources/national-nutrition-month>.

## Crossword Puzzle



### Across

2. Soups and dal are made with this legume.
3. A tropical fruit that is orange in color after the peel is removed and contains a large pit.
5. This dairy food is made with live cultures of healthful bacteria.
8. A tiny, round form of pasta that may be used in North African and Middle Eastern dishes.
9. A type of fatty fish that is a good source of omega-3 fatty acids.
12. Another name for garbanzo beans.
13. This term refers to grains that are not refined.

### Down

1. This fresh herb is used as an ingredient or as a condiment in a variety of cuisines.
4. The main ingredient in guacamole.
6. A soft cheese used as a filling in lasagna and raviolis.
7. A dish made with lima beans and corn.
10. The name for a type of fungi that is part of the vegetable group.
11. A vegetarian source of protein made from fermented soybeans.
14. The protein food is a source of vitamin D.