



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 October a very Happy Birthday!

Fun Holidays to Celebrate in October!

Sweetest Day – October 16th

National Pumpkin Day – October 26th

National Candy Corn Day – October 30th

Halloween – October 31st



Saturday, November 6th – Blizzard Box Deliveries



Emergency pantry packs will be delivered on Saturday, November 6th, between 10:00 am

and 12:00 pm to each Homebound Senior enrolled in the Meals on Wheels Program. Please keep these handy for when the weather makes it difficult to leave home and your Meals on Wheels delivery may need to be cancelled.

Senior Celebration Days – Screams Ice Cream!

For Senior Celebration Days this year, Screams Ice Cream from Hell, Michigan donated all of the ice cream and toppings for the seniors who attended the events to enjoy after they played BINGO! Pictured here is Candie Hovarter (Meals on Wheels Outreach Director) with Caitlin Stema and Danielle Knapp from Screams Ice Cream who helped pass out the ice cream.



Meals on Wheels took part in Senior Day at the 2021 Michigan State Fair!

Pictured here is Meals on Wheels Executive Director Margaret Davey and Program Director Bridget Ajemian. They got to meet lots of seniors from the area!

HUGE ANNOUNCEMENT!

Meals on Wheels New Kitchen Fundraiser!



Meals on Wheels is starting a fundraiser for a new kitchen! Meals on Wheels has been with the current kitchen for many years, and with time we have grown out of this space. The goal is to continue to serve as many seniors as

possible without the need to cook in several batches daily, as we have been forced to do to serve all the seniors needing meals and avoid a long waiting list. In order to meet this goal, we are fundraising to get a larger space and newer appliances to continue serving Livingston and Western Oakland Counties.

10 Tips for Eating Healthy on a Budget

By: National Institute on Aging



Even when you know what healthy foods to choose, being able to pay for them can be hard, especially if you are on a fixed income. Start by deciding how much you can afford to spend on food.

There are websites that can help you plan a food budget. For example, the U.S. Department of Agriculture supports Iowa State University's Spend Smart-Eat Smart. This website also has inexpensive recipes based on the Dietary Guidelines.

Once you have a budget, find store ads in the newspaper or grocery store websites to see what is on sale. Try to plan some meals around featured items and pick up some extra canned goods or staples that are on sale. And check the expiration or use-by date. A product might be on sale because it is almost out of date. Choose items with dates farthest in the future. While shopping, make use of these budget-wise 10 tips.

1. **Ask about discounts.** Ask your local grocery stores if they have a senior discount or a loyalty or discount card. Besides getting items at a lower price, you may also get store coupons.
2. **Use coupons when you can.** Remember, coupons only help if they are for things you would buy anyway. Sometimes, another brand costs less even after you use the coupon.
3. **Consider store brands**—they usually cost less. These products are made under a special label, sometimes with the store name. You might have to look on shelves that are higher or lower than eye level to find them.

4. **Be aware that convenience costs more.** You can often save money if you are willing to do a little work. For example, buy whole chickens and cut them into parts, shred or grate your own cheese, and avoid instant rice or instant oatmeal. Bagged salad mixes cost more and might not stay fresh as long as a head of lettuce.

5. **Look at unit prices.** Those small stickers on the shelves tell you the price but also the

unit price—how much the item costs per ounce or per pound. Compare unit prices to see which brand is the best value.

6. **Try to buy in bulk, but only buy a size you can use before it goes bad.** If you buy meat in bulk, decide what you need to use that day and freeze the rest in portion-sized packages right away.

7. **Focus on economical fruits and vegetables** like bananas, apples, oranges, cabbage, sweet potatoes, dark-green leafy vegetables, green peppers, and regular carrots.



8. **Think about the foods you throw away.** For less waste, buy or cook only what you need.
9. **Resist temptations at the check-out.** Those snack foods and candy are put there for impulse buying. Save money and avoid empty calories!
10. **Sign up for meal delivery.** While some older people have trouble finding enough money to buy food, others need help preparing meals.