



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

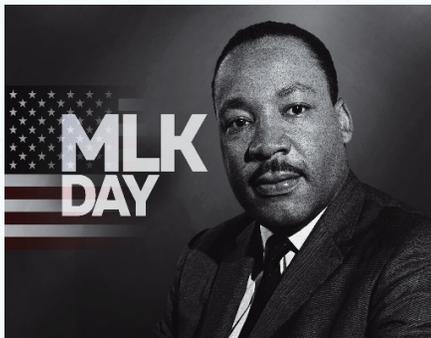


Meals on Wheels would like to wish everyone a very safe and Happy New Year!



In Remembrance Ronald Dziegeleski

We are deeply saddened to inform you of the passing of one of our team members at Meals on Wheels. Ronald Dziegeleski passed away on December 7, 2021. Ron was retired and chose us to transport food to our centers part time for 9 1/2 years when he didn't even need to work. He loved his job, the people he worked with, and the people he delivered to. He always had a smile on his face. He was witty, charming, and he ALWAYS had a story to tell. Rest easy Ron, we are all truly going to miss you!



No Meals on Wheels Deliveries

*see menu for details
Monday, January 17th



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

Independence Village SENIOR LIVING

Thank You Independence Village of White Lake!

Meals on Wheels would like to say a very big thank you to Independence Village of White Lake for helping our seniors have a great meal on Christmas! For the first time, this organization prepared a traditional Christmas Dinner for our Homebound Seniors who reserved a meal and were home on Christmas Day. We couldn't have done it without your organization and we thank you for your help and generosity during the Christmas Holiday!

Abbey Park Tree

Meals on Wheels has a tree on display at the Abbey Park at Mill River Retirement and Assisted Living Facility. Our tree takes you back in time with antique silverware and wooden spoons on display as ornaments. There even are some ornaments on the tree from one of our employee's childhood. If you're at Abbey Park make sure to vote for our tree! Thank you!



Lakes Chamber of Commerce Silent Auction!

Meals on Wheels would like to say a very big thank you to the Lakes Area Chamber of Commerce for choosing Meals on Wheels as the beneficiary from the proceeds at their Silent Auction. They had so many wonderful local businesses donate items to their Silent Auction! The Lakes Area Chamber of Commerce states that it was their best one yet!



Nutrition Facts

8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- 1 The serving size now appears in larger, bold font and some serving sizes have been updated.
- 2 Calories are now displayed in larger, bolder font.
- 3 Daily Values have been updated.
- 4 Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

Understanding the Nutrition Facts Label

By: FDA

The following key terms are intended to make it easier for you to use the Nutrition Facts labels to make informed food choices.

Servings Per Container shows the total number of servings in the entire food package or container. One package of food may contain more than one serving. For example, if you eat or drink two servings, you are getting double the calories and double the nutrients that are listed on the label.

Serving Size is based on the amount of food that is usually eaten at one time. Serving size is not a recommendation of how much to eat. The nutrition information listed on the label is usually based on one serving of the food; however, some containers may also have nutrition information listed for the entire package.

Calories refers to the total number of calories in a serving of the food. To achieve or maintain a healthy body weight, balance the number of calories you eat and drink with the number of calories your body uses. 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, height, weight, and physical activity level. Check your calorie needs at www.ChooseMyPlate.gov/MyPlatePlan.

% Daily Value (%DV) shows how much a nutrient in a serving of the food contributes to a total daily diet. The Daily Values are reference amounts (in grams, milligrams, or micrograms) of nutrients to consume or not to exceed each day. Use the %DV to determine if a serving of the food is high or low in an individual nutrient. You can also use the %DV to compare food products (make sure the serving size is the same). For example, if you eat one serving of a food and it provides 10% DV of dietary fiber, then for that day, you have eaten 10% of your dietary fiber daily goal.