

Important Numbers

Office
(810) 632-2155

Fire, Police, Emergency
911

Office Hours

Mon – Fri 7:30 am – 3:00 pm

Livingston County Senior Nutrition Program

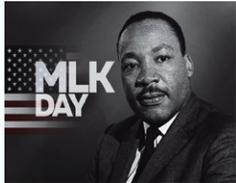


9525 E. Highland Road • Howell, MI 48843 • (810) 632-2155



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

No Meals on Wheels Delivery



*see menu for details

Monday, January 16th



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

Reminder of Bad Weather Procedures!

Bad weather is here and to be prepared, here is a reminder of the procedures to follow to determine if meal delivery will be cancelled. When schools close, we close, so if there is bad weather, call the main office line to check and see if we will have delivery that day. We will change the message on our phones by 7:00AM so you can call and confirm meals are cancelled. This is a good time to use the 5-meal emergency packs that were sent to you! We will resume delivering your meals as soon as the weather permits!



Thank You American Legion Auxiliary Post 141!

Meals on Wheels would like to say a very big thank you to the American Legion Auxiliary Post 141! For many years this organization has prepared, packed and delivered Christmas dinner to the Homebound



Seniors who reserved a meal and were home on Christmas Day. We couldn't do it without your organization and we thank you for your help and generosity during the Christmas Holiday!

Gift of Giving Event!

Meals on Wheels would like to say a very big thank you to the Little Green Apple store in Brighton for choosing Meals on Wheels as the beneficiary from their Gift of Giving Event! Customers who bought the Gift of Giving Ornament received 20% off their purchase and the proceeds from the ornament were donated to Meals on Wheels. We can't thank you enough for choosing Meals on Wheels a third year in a row!



Hartland Garden Club!



Meals on Wheels would like to thank the Hartland Garden Club

for donating beautiful Christmas candy arrangements to our seniors in the Hartland area! Such a nice gesture for our seniors to enjoy during the holiday season.

Meals on Wheels Birthday Celebrations!

Pictured: Bill Reichert & Darlene Dockery celebrated their 80th Birthday (one day apart)!

Pictured: Chef Ed Carrico celebrated his 60th Birthday!



How to Understand and Use the Nutrition Facts Label

By U.S. Food & Drugs

1. Serving Information (#1 on sample label)

When looking at the Nutrition Facts label, first take a look at the number of servings in the package (servings per container) and the serving size. Serving sizes are standardized to make it easier to compare similar foods; they are provided in familiar units, such as cups or pieces, followed by the metric amount, e.g., the number of grams (g). The serving size reflects the amount that people typically eat or drink. **It is not a recommendation of how much you should eat or drink.**

It's important to realize that all the nutrient amounts shown on the label, including the number of calories, refer to the size of the serving. **Pay attention to the serving size, especially how many servings there are in the food package. For example, you might ask yourself if you are consuming ½ serving, 1 serving, or more.** In the sample label, one serving of lasagna equals 1 cup. If you ate two cups, you would be consuming two servings. That is two times the calories and nutrients shown in the sample label, so you would need to double the nutrient and calorie amounts, as well as the %DVs, to see what you are getting in two servings.

2. Calories (#2 on sample label)

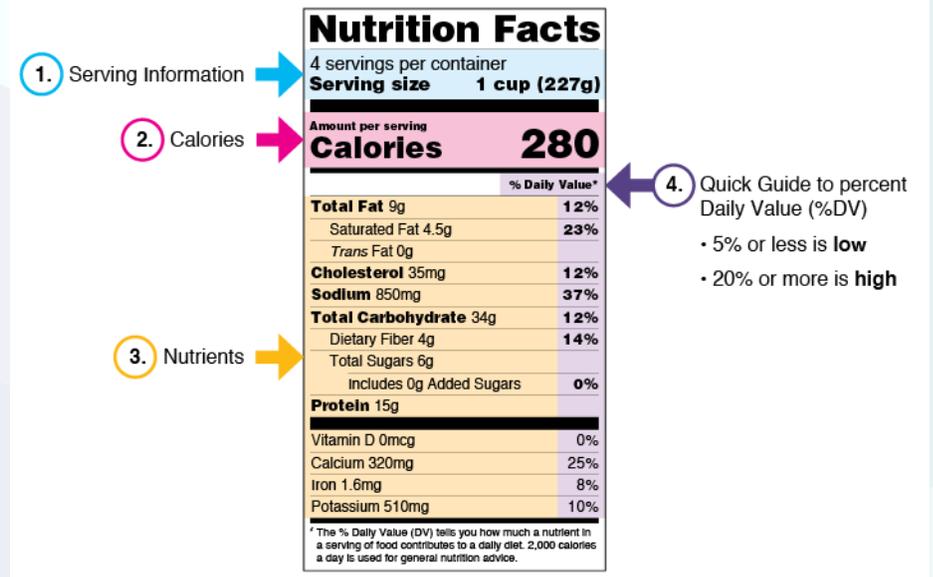
Calories provide a measure of how much energy you get from a serving of this food. In the example, there are **280 calories** in one serving of lasagna. What if you ate the entire package? Then, you would consume 4 servings, or **1,120 calories**.

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. Learn your estimated calorie needs at <https://www.choosemyplate.gov/resources/MyPlatePlan>.

Remember: The number of servings you consume determines the number of calories you actually eat. Eating too many calories per day is linked to overweight and obesity.

3. Nutrients (#3 on sample label)

Look at section 3 in the sample label. It shows you some key nutrients that impact your health. You can use the label to support your personal dietary needs – look for foods that contain more of the nutrients you want to



get more of and less of the nutrients you may want to limit.

• Nutrients to get less of: Saturated Fat, Sodium, and Added Sugars.

Saturated fat, sodium, and added sugars are nutrients listed on the label that may be associated with adverse health effects. Eating too much saturated fat and sodium, for example, is associated with an increased risk of developing some health conditions, like cardiovascular disease and high blood pressure. Consuming too much added sugars can make it hard to meet important nutrient needs while staying within calorie limits.

What are Added Sugars and How are they Different from Total Sugars?

Total Sugars on the Nutrition Facts label includes sugars naturally present in many nutritious foods and beverages, such as sugar in milk and fruit as well as any added sugars that may be present in the product. No Daily Reference Value has been established for total sugars because no recommendation has been made for the total amount to eat in a day.

Added Sugars on the Nutrition Facts label include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Diets high in calories from added sugars can make it difficult to meet daily recommended levels of important nutrients while staying within calorie limits.

• Nutrients to get more of: Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium.

Dietary fiber, vitamin D, calcium, iron and potassium are nutrients on the label that Americans generally do not get the recommended amount of. They are identified as **nutrients to get more of**. Eating a diet high in dietary fiber can increase the frequency of bowel movements, lower blood glucose and cholesterol levels, and reduce calorie intake. Diets higher in vitamin D, calcium, iron, and potassium can reduce the risk of developing osteoporosis, anemia, and high blood pressure.

4. The Percent Daily Value (%DV) (#4 on sample label)

The % Daily Value (%DV) is the percentage of the Daily Value for each nutrient in a serving of the food. The Daily Values are reference amounts (expressed in grams, milligrams, or micrograms) of nutrients to consume or not to exceed each day. The %DV shows how much a nutrient in a serving of a food contributes to a total daily diet. The %DV helps you determine if a serving of food is high or low in a nutrient.

General Guide to %DV

- 5% DV or less of a nutrient per serving is considered low
- 20% DV or more of a nutrient per serving is considered high

More often, choose foods that are:

- Higher in %DV for Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium
- Lower in %DV for Saturated Fat, Sodium, and Added Sugars