



Western Oakland Meals on Wheels



Important Numbers
Office
(248) 223-9160

Fire, Police, Emergency
911

Office Hours
Mon – Fri 7:30 am – 3:00 pm

9525 E. Highland Road • Howell, MI 48843 • (248) 223-9160



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



Daylight Saving Time Starts

When local standard time is about to reach Sunday, March 12, 2023, 2:00 AM clocks are turned forward 1 hour to Sunday, March 12, 2023, 3:00 AM local daylight time.

St. Patrick's Day

Friday, March 17th

Don't forget to wear green!



First Day of Spring!

Monday, March 20th



No Meals on Wheels Deliveries

Friday, April 7th

*see the menu for details

Easter Sunday Meal Reservation!

Attention Meals on Wheels Clients! Please call the office at 248-223-9160 if you would like a meal delivered on Easter Sunday, April 9th, 2023. Delivery is between 10:00 AM and 12:00 PM. Please reserve by Friday, March 31st.



March for Meals!

By: Meals on Wheels America



The annual March for Meals celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. This March, Meals on Wheels programs from across the country are joining forces to celebrate more than 50 years of success and garner the support needed to ensure these critical programs can continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come.

“March is an important time for us to come together to ensure that Meals on Wheels is there for all of our senior neighbors in need,” said Ellie Hollander, President and CEO of Meals on Wheels America. “The demand for services is already great and approximately 12,000 Americans are turning 60 every day. We must maintain and expand the programs that have helped so many get through this unprecedented time in our nation’s history. We can’t do it alone. It takes all of us to keep the nationwide Meals on Wheels movement going.”



March is National Nutrition Month!

By: eatright.org Academy of Nutrition and Dietetics

National Nutrition Month® is an annual campaign created 50 years ago in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.



This year's theme is "Fuel for the Future."

Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment. A Registered Dietitian Nutritionist can help you create healthy habits that are sustainable and celebrate your unique needs.

Week 1: Eat with the environment in mind.

- Enjoy more plant-based meals and snacks.
- Purchase foods with minimal packaging.
- Buy foods in season and shop locally when possible.
- Start a container or backyard garden to grow food at home.

Week 2: See a Registered Dietitian Nutritionist (RDN).

- Ask your doctor for a referral to an RDN.
- Find an RDN who specializes in your unique needs.
- Learn how nutrient needs may change with age.
- Receive personalized nutrition information to meet your health goals.

Week 3: Stay nourished and save money.

- Plan your meals and snacks.
- See what food you have at home before purchasing more.
- Use a grocery list and shop sales when purchasing food.
- Learn about community resources such as SNAP, WIC and local food banks.

Week 4: Eat a variety of foods from all food groups.

- Include your favorite cultural foods and traditions.
- Eat foods in various forms including fresh, frozen, canned and dried.
- Avoid fad diets that promote unnecessary restrictions.
- Practice gratitude for your body by giving it the fuel it needs.

Week 5: Make tasty foods at home.

- Learn cooking and meal preparation skills.
- Try new flavors and foods from around the world.
- Find creative ways to use leftovers rather than tossing them.
- Create happy memories by eating with friends and family when possible.

eat right. Academy of Nutrition and Dietetics

National Nutrition Month® 2023



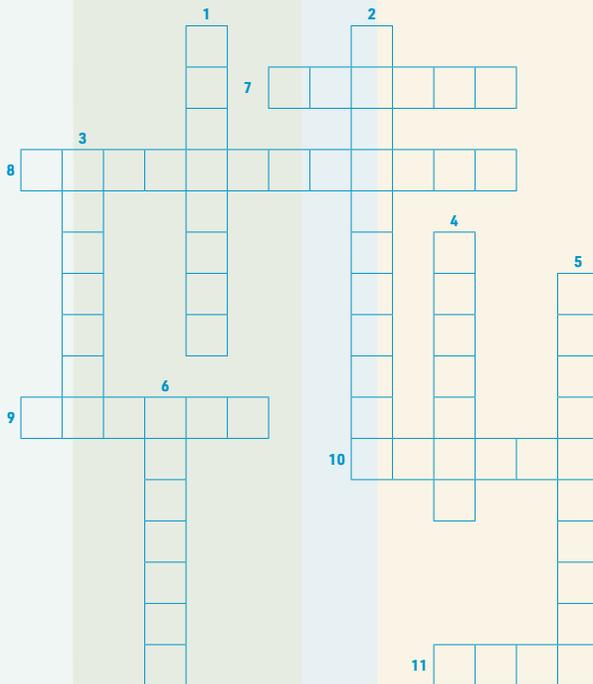
CROSSWORD

DOWN

- When corn is dried and processed, it can be made into this ingredient which is used for dishes like polenta, grits, and cornbread.
- These tiny fruits are available fresh, frozen, or dried and include a color in their name.
- This fruit is a cross between a pomelo and a tangerine.
- This fish is often used in Cajun cuisine or may be coated (in the answer to #1 Down) and baked or fried.
- A low-fat, slightly sour beverage that is part of the Dairy Group.
- Found in the produce section and is often bumpy on the outside and smooth and green on the inside when ripe. It's also the main ingredient in guacamole.

ACROSS

- A type of quick-cooking wheat kernel that's popular in dishes like pita, tabbouleh, and kibbeh.
- This dairy food is common in lunchboxes and a popular snack for children and adults.
- This vegetable may be eaten raw or cooked and is used to make sauces for pasta.
- These seeds have a nutty taste and are the main ingredient in tahini. They can also be used in a variety of other dishes or pressed into an oil that's used for cooking.
- This game bird is found on dinner tables in some households during the holidays and special occasions.



ANSWERS

