

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 15th



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 are the procedures to follow to determine if meal delivery will be cancelled.

When there is bad weather and schools are closing, call the main office line to check and see if we will have a 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!



Gregory Area Gift Donation!

Meals on Wheels would like to say a very big thank you to Brenda & Barb Lockwood! Brenda and Barb returned pop cans and with the money they received from returning the cans they bought lovely Christmas gifts for our seniors in the Gregory area! We can't thank you enough for thinking of our seniors during the holiday season!



Thank you, Families Building Faith!

Meals on Wheels would like to say a very big thank you to Families Building Faith for donating Christmas Pet Food Treats to the clients on our program!

December Packing Groups!

Meals on Wheels would like to say a very big thank you to 242 Church and Koppert Biological Systems, Inc. for donating their time to help us pack the meals for the day!



Pictured: 242 Group



Pictured: Koppert Biological Systems, Inc.

Using the Nutrition Facts Label: For Older Adults

By: The U.S. Food and Drug Administration (FDA)

Making healthy dietary choices can help you feel your best and stay active. It can also help you lower your risk of developing some health conditions that are common among older adults.

The U.S. Food and Drug Administration (FDA) has a tool to help you make informed food choices that can have positive effects on your health and wellness. It is called the Nutrition Facts label and you can find it on packaged foods and beverages.

Read this page to learn how to use the Nutrition Facts label.

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.
- **% Daily Value (%DV)** shows how much 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.

Nutrition Facts	
Servings Per Container	4 servings per container
Calories	240
Amount per serving	
Total Fat 4g	8%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 5mg	1%
Sodium 400mg	19%
Total Carbohydrate 40g	17%
Dietary Fiber 7g	28%
Total Sugars 4g	8%
Includes 2g Added Sugars	4%
Protein 11g	22%
Vitamin D 2mcg	10%
Calcium 200mg	20%
Iron 6mg	35%
Potassium 240mg	5%

Nutrients and Your Needs

Nutrients are substances in your food that keep your body working well. Eating too much or too little of some nutrients may increase your risk of certain chronic diseases, such as heart disease and high blood pressure.

Get More of These Nutrients: Dietary Fiber, Vitamin D, Calcium, and Potassium

Many older adults do not get the recommended amount of these nutrients. More often, compare and choose foods to get more of these nutrients on most days.

Get Less of These Nutrients: Saturated Fat, Sodium, and Added Sugars

Most older adults get too much of these nutrients. More often, compare and choose foods to get less of these nutrients each day.