



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 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 Independence Village of White Lake & Brookdale Senior Living of Novi!

Meals on Wheels would like to say a very big thank you to Independence Village of White Lake & Brookdale Senior Living of Novi for helping our seniors have a great meal on Christmas! Both organizations 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 the two organizations, and we thank you for your help and generosity during the Christmas Holiday!

Independence Village SENIOR LIVING



Thank You Alpha Phi Alpha Fraternity Inc. Sigma Delta Lambda of Southfield, MI!



Meals on Wheels would like to say a very big thank you to the Alpha Phi Alpha Fraternity Incorporated Sigma Delta Lambda of Southfield, MI for delivering all the Christmas dinners to our Homebound Seniors who re-

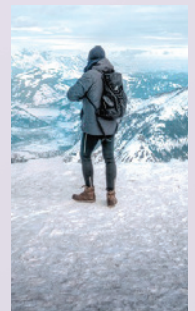
served a meal and were home on Christmas Day! We couldn't do it without your organization, and we thank you for your help and generosity during the Christmas Holiday!



Out with the old, in with the bold!

New Year's resolutions: the annual dance between grand ambitions and fleeting motivation. Whether you're a seasoned goal-setter or a resolution newbie, remember this: it's about progress, not perfection.

Resolutions are your personal compass for the new year. Make them yours, own them, and let them guide you towards a happier, healthier, and more fulfilling you. So, chin up, raise a glass, and get ready to make 2024 shine with a sparkle of your own making!



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
	Serving size 1 1/2 cup (208g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat	4g 5%
Saturated Fat	1.5g 8%
Trans Fat	0g
Cholesterol	5mg 2%
Sodium	430mg 19%
Total Carbohydrate	46g 17%
Dietary Fiber	7g 25%
Total Sugars	4g
Includes 2g Added Sugars	4%
Protein	11g
Vitamin D	2mcg 10%
Calcium	260mg 20%
Iron	6mg 35%
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.

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.

