



Western Oakland Meals on Wheels



Important Numbers
Office
(810) 632-2155
Fire, Police, Emergency
911
Office Hours
Mon – Fri 7:30 am – 3:00 pm

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



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



March 10, 2024 – Daylight Saving Time Starts

When local standard time is about to reach

Sunday, March 10, 2024, 2:00:00 am clocks are turned forward 1 hour to

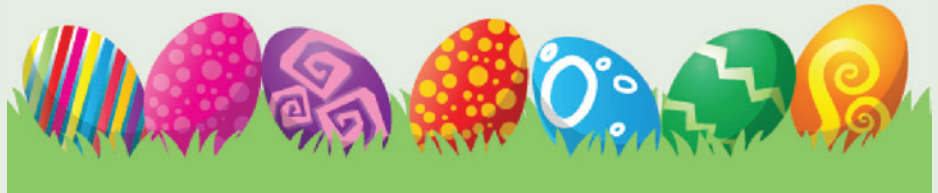
Sunday, March 10, 2024, 3:00:00 am local daylight time.



St. Patrick's Day
Sunday, March 17th
Don't forget to wear green!



First Day of Spring!
Tuesday, March 19th



Easter Sunday Meal Reservation!

Attention Meals on Wheels Clients! Please call the office at 810-632-2155 if you would like a meal delivered on Easter Sunday, March 31, 2024. Delivery is between 10:00 AM and 12:00 PM. Please reserve by Friday, March 22nd.



No Meals on Wheels Deliveries – Friday, March 29th

*See the menu for details

Did You Know?

The National color of Ireland was blue! It isn't until more recent history that Ireland is associated with Green. Blue was associated with Ireland and St. Patrick's Day until the 19th century. It wasn't until Irish Independence that the color green became the symbol of Ireland.

Valentine's Day Cards

Meals on Wheels would like to say a very big thank you to everyone that donated Valentine's Day Cards to our program! We had a couple of groups donate handmade Valentine's Day Cards that were absolutely precious, and we know that our seniors enjoyed receiving them on Valentine's Day. Thank you!



March is National Nutrition Month®

By: Academy of Nutrition and Dietetics

National Nutrition Month® is an annual campaign established 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 "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets — and even home food safety and storage practices. It also describes the various ways we eat — not only around a dinner table, but also on the go, in schools and restaurants, at games and events. This theme also includes sustainability, for instance, decreasing food waste from school and work to home and beyond.



2024 NATIONAL NUTRITION MONTH®
A CAMPAIGN BY
THE ACADEMY OF NUTRITION AND DIETETICS



WORD SEARCH

Beyond the Table: At the Farmers Market

Words may be horizontal, vertical, diagonal, or backwards

| | | | | | | | | | | | | | | |
|-------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Apples | S | L | Y | O | H | C | K | O | B | L | I | N | A | I |
| Bok Choy | E | C | Y | R | P | A | E | S | Q | C | M | V | Y | S |
| Blueberries | I | U | I | H | E | G | G | P | L | A | N | T | B | A |
| Carrots | R | A | D | S | N | G | C | I | L | R | G | R | D | E |
| Cauliflower | R | I | B | L | U | E | B | E | R | R | I | E | S | W |
| Eggplant | E | W | S | H | N | M | T | G | C | O | N | G | E | N |
| Green beans | B | O | O | K | E | S | L | S | A | T | S | W | O | A |
| Kale | P | R | R | I | A | T | E | R | U | S | N | I | T | T |
| Mushrooms | S | E | S | W | N | L | A | N | L | D | A | N | A | N |
| Nectarine | A | B | P | A | P | O | E | I | I | A | E | L | T | E |
| Okra | R | K | C | P | S | U | K | M | F | C | B | M | O | C |
| Onion | L | W | A | T | E | R | M | E | L | O | N | E | P | T |
| Potatoes | O | B | L | I | V | R | U | L | O | V | E | D | N | A |
| Peppers | R | E | N | D | M | U | S | O | W | Y | E | R | A | R |
| Raspberries | S | I | E | Y | L | O | H | A | E | E | R | I | M | I |
| Swiss Chard | C | T | H | C | N | G | R | I | R | G | G | N | E | N |
| Tomatoes | A | K | O | O | L | E | O | T | B | L | L | O | C | E |
| Watermelon | R | P | I | R | S | E | O | T | A | M | O | T | E | C |
| | K | N | P | A | U | C | M | Y | U | I | P | G | B | O |
| | O | M | U | S | W | I | S | S | C | H | A | R | D | R |

Week 1: Stay nourished on any budget.

- Learn cooking, food preparation and meal planning skills.
- Use a grocery list and shop sales when purchasing food.
- Learn about community resources such as SNAP, WIC and local food banks.
- Practice home food safety.

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.
- Receive personalized nutrition information to meet your health goals.
- Learn about the many ways RDNs can help people live healthier lives.

Week 3: 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.
- Experiment with recipes using different ingredients.
- Try new foods or global cuisines.

Week 4: Eat with the environment in mind.

- Get creative with leftovers and ways to reduce food waste.
- Enjoy more plant-based meals and snacks.
- Buy foods in season and from local farmers when possible.
- Grow food at home or in a community garden.