



# 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

11600 Grand River Ave. • Brighton, MI 48116



*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 19th**



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

## 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 also will

send out a text message using our texting

system, so make sure you are signed up to

receive texts! We also 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 shelf stable

emergency packs that were sent to you!

We will resume delivering your meals as

soon as the weather permits!



## Meals on Wheels Cancellation Policy



It is extremely important to call the Meals on Wheels office and cancel delivery if you will not be home to accept the meal from the driver. Under NO circumstances can we leave the food when you are not home. Please provide at least 24-hour notice to cancel meals (call before noon). Any meals with a No Answer or Late Cancel will be included on your donation statement; we will no longer be providing credit.



## Meals on Wheels Texting Notifications!



Meals on Wheels now offers texting notifications to clients and volunteers who have texting capabilities on their phone. We will be using it to notify when there are closures due to weather and reminders of upcoming closures. If you would like to be included on future text notifications, please text "SUBSCRIBE" to 810-632-2155 and we will get you added to our list. Thank you!

## 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 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!

## Thank You Independence Village of White Lake & StoryPoint of Novi!

Meals on Wheels would like to say a very big thank you to Independence Village of White Lake & StoryPoint 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!

STORYPOINT™

**Independence  
Village** SENIOR LIVING

# Using the Nutrition Facts Label: For Older Adults

By: U.S. Food and Drug Administration

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.

## Understanding 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. Check your calorie needs at [www.myplate.gov/myplate-plan](http://www.myplate.gov/myplate-plan).

**% Daily Value (%DV)** shows how much a 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

New Label / What's Different?	
Servings: larger, bolder type	<b>Nutrition Facts</b> 8 servings per container <b>Serving size 2/3 cup (55g)</b>
	<b>Amount per serving</b>
	<b>Calories 230</b>
	<b>% Daily Value*</b>
	<b>Total Fat</b> 8g <b>10%</b>
	Saturated Fat 1g <b>5%</b>
	Trans Fat 0g
	<b>Cholesterol</b> 0mg <b>0%</b>
	<b>Sodium</b> 160mg <b>7%</b>
	<b>Total Carbohydrate</b> 37g <b>13%</b>
	Dietary Fiber 4g <b>14%</b>
	Total Sugars 12g
	Includes 10g Added Sugars <b>20%</b>
New: added sugars	<b>Protein</b> 3g
Change in some nutrients required	Vitamin D 2mcg <b>10%</b>
	Calcium 260mg <b>20%</b>
	Iron 8mg <b>45%</b>
	Potassium 240mg <b>6%</b>
	<small>*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.</small>
	Serving sizes updated
	Calories: larger type
	Daily Values Updated
	Actual amounts declared
	New footnote

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.

## 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.

Older adults have different nutritional needs than other age groups. The Nutrition Facts label

can help you monitor some of the nutrients in your diet.

This booklet gives some basic facts about the nutrients commonly seen on the Nutrition Facts label. Use this page to help you talk to your healthcare provider about which nutrients you should track closely for your overall health. Visit [www.myplate.gov/](http://www.myplate.gov/) for more information on making healthy food choices.

## 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.

**Dietary fiber** is a type of carbohydrate that cannot be easily digested. It can speed up the movement of food and waste through the body increasing the frequency of bowel movements. Diets higher in dietary fiber may reduce the risk of developing cardiovascular disease. The Daily Value for dietary fiber is 28 grams (g) per day.\*

**Calcium** is a mineral that is important for bone health. It also helps with muscle and nerve function, blood clotting, and hormone secretion. Diets higher in calcium can reduce the risk of developing osteoporosis (weak and brittle bones). The Daily Value for calcium is 1,300 milligrams (mg) per day.\*

**Vitamin D** helps your body absorb calcium and is important for bone health. It also plays a role in blood pressure management, hormone production, and immune and nervous system function. Diets higher in vitamin D can reduce the risk of developing osteoporosis (weak and brittle bones). The Daily Value for vitamin D is 20 micrograms (mcg) per day.\*

**Potassium** is a mineral that helps with fluid balance and heart, muscle, and nervous system function. The Daily Value for potassium is 4,700 mg per day.\*

\*Based on a 2,000-calorie daily diet.