



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

11600 Grand River Ave. • Brighton, MI 48116

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



Upcoming Meals on Wheels Closure



Monday, September 7th – Labor Day

No Meals on Wheels Delivery



National Nonprofit Day!

August 17th is observed as National Nonprofit Day – this day is set aside to recognize the efforts and impact of nonprofits in the community. With this day coming up, we would like to recognize the impact our organization, Meals on Wheels, has on the community.

In Livingston and Western Oakland County

We are serving over **1,600** seniors a day

We deliver over **30,000** meals a month

We have over **700** volunteers

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!



If you decide that you no longer want to receive texting notifications, please text “STOP” to 810-632-2155.

Fun Holidays in August!

August 4th



National Chocolate Chip Cookie Day

August 10th



National S'mores Day

August 16th



National Bratwurst Day

August 24th



National Waffle Day

Healthy Meal Planning: Tips for Older Adults

By: National Institute on Aging

Eating healthfully and having an active lifestyle can support healthy aging. Use the resources below to learn about different patterns of healthy eating and ways to create a nutritious meal plan.

Older adults' unique nutrition needs

Simple adjustments can go a long way toward building a healthier eating pattern. Follow these tips to get the most out of foods and beverages while meeting your nutrient needs and reducing the risk of disease:

- Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease. Choose foods with little to no added sugar, saturated fats, and sodium.
- To get enough protein throughout the day and maintain muscle, try adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to your meals. Learn more about protein and other important nutrients.
- Add sliced or chopped fruits and vegetables to meals and snacks. Look for pre-cut varieties if slicing and chopping are a challenge for you.
- Try foods fortified with vitamin B12, such as some cereals, or talk to your doctor about taking a B12 supplement. Learn more about key vitamins and minerals.

- Reduce sodium intake by seasoning foods with herbs and citrus such as lemon juice.
- Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients. Avoid sugary drinks.

Meal Planning

- Answering the question “what should I eat?” doesn’t need to leave you feeling baffled and frustrated. In fact, when you have the right information and motivation, you can feel good about making healthy choices. Use these tips to plan healthy and delicious meals:
- Plan in advance. Meal planning takes the guesswork out of eating and can help ensure you eat a variety of nutritious foods throughout the day.
- Find budget-friendly foods. Create a shopping list in advance to help stick to a budget and follow these SNAP-friendly recipes.
- Consider preparation time. Some meals can be made in as little as five minutes. If you love cooking, or if you’re preparing a meal with or for friends or family, you may want to try something a little more challenging.
- Keep calories in mind. The number of calories people need each day varies by individual. Always discuss your weight and fitness goals with your health care provider before making big changes.

Sample Menus

Here are some meal options for breakfast, lunch, dinner, and snacks, including links to recipes as well as simpler choices that can be put together without a recipe.

Breakfast

- Smoothie with spinach, fruit, and yogurt
- Vegetable omelet with whole-grain toast
- Avocado breakfast bruschetta
- Banana split oatmeal
- Eggs over kale and sweet potato grits

Lunch

- Chicken, tomato, avocado sandwich on whole-grain bread
- Quinoa with stir-fried vegetables
- Apple coleslaw
- Black bean and sweet potato quesadillas
- Sanchico tuna salad

Dinner

- Chicken breast, roasted vegetables, hummus
- Roasted salmon, zucchini, and sweet potato
- Whole-wheat pasta, ground turkey, and tomato sauce
- Argentinean grilled steak with salsa criolla
- Eve’s tasty turkey tetrazzini
- Fish with spinach

Snack

- Baby carrots and hummus
- Celery with natural peanut butter
- Fruit and yogurt
- Banana cocoa yogurt pops
- Chili popcorn
- Yummy bean dip

