



MEALS ON WHEELS
of Lamoille County

November 2024

Suggested Donation is \$4.00 Per Meal.

If you won't be home to receive your meal, please call 888-5011 Ext 0 to cancel by 9am.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Country Vegetable Soup, Tuna Salad on WG Bun, Lentil Salad, Fresh Orange Wedges
4 Meatball Sub on a WG Roll, Diced Carrots, Seasoned Spinach, Strawberry Fruit Gel Cup	5 Rigatoni with Spinach, Steamed Broccoli, Warm Apple Blueberry Crisp	6 <i>Frozen Meal of the Week</i> Chicken Potpie with Puff Pastry, Diced Beets, Seasoned Winter Squash, Pudding Parfait	7 Stuffed Peppers (rice, VT Beef , tomato sauce), Brussel Sprouts, Warm Pineapple Chunks, WG Dinner Roll	8 Creamy Tomato Bisque, Sliced Turkey on WG Croissant, Carrot Raisin Salad, Tropical Fruit Salad,
11 Orange Chicken over Vegetable Fried Rice, Steamed Cauliflower, Diced Carrots, 100% Juice	12 Beef Stew (tender beef, carrots, potatoes, gravy), Five Way Vegetable, Warm Pumpkin Bread	13 <i>Frozen Meal of the Week</i> WG Spaghetti with VT Beef Meat Sauce, Capri Blend Veggie, Seasoned Broccoli, Garlic Bread	14 Ham & Cheddar Quiche, Curry Garbanzo Beans, Sweet & White Home fries, Oatmeal Raisin Cinnamon Round	15 Broccoli Cheddar Soup, Chicken Salad w/ WG Pretzel, Fresh Grapes, Three Bean Salad
18 Stuffed Shells with Marinara, Steamed Brussel Sprouts, Diced Carrots, Mango Fruit Cup	19 Turkey and Biscuits (peas, carrots, gravy, WG biscuit), Seasoned Winter Squash, Warm Zucchini Bread	20 <i>Frozen Meal of the Week</i> Shepherd's Pie with VT Beef , Green Beans, Warm Peach Crisp, Dinner Roll	21 Harvest Macaroni & Cheese, Seasoned Spinach, Italian Diced Tomatoes, Happy Birthday Cake	22 Corn Chowder, Egg Salad on WG Bread, Fresh Diced Melon, Mediterranean Couscous Salad, Harvest Crisps
25 WG Potato Crusted Fish Fillet, Lemon Parsley Couscous, Manaco Medley, Seasoned Corn, Craisins	26 Sloppy Joe with VT Beef over Baked Sweet Potato, Capri Blend Veggie, Warm Corn Bread	27 DELIVERY TODAY! Roasted Turkey w/ Mashed Potatoes & Gravy, Peas & Carrots, Savory Stuffing, Cranberry Jell-O	28 CLOSED Thanksgiving Holiday Please call to let us know if you need a frozen meal for this day. 802-888-5011	29 CLOSED Thanksgiving Holiday Please call to let us know if you need a frozen meal for this day. 802-888-5011

When there is inclement weather, we may not be able to deliver your meal.

Please listen to WLVB 93.9 or check our Facebook page for closing updates.

Please use your blizzard meal for weather closings.

If you will not be home to receive your meal, please call MOW to make other arrangements. 802-888-5011 ext. 0 *Menu Subject to Change

Meals on Wheels of Lamoille County Supports the Americans with Disabilities Act.

If you feel you have been discriminated against in the nutrition program, please call the **Central Vermont Council on Aging 1-802-477-1364**

Avoid Slipping on Ice: Make sure to wear shoes with good traction and non-skid soles and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

Dress for Warmth: Don't let indoor temperatures get too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves, and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs. Your body temperature should never dip below 95 degrees.

Fight Wintertime Depression: In the wintertime seniors have less contact with others. This can breed feelings of loneliness and isolation. Be sure to have contact with loved ones, neighbors, and friends often throughout the week during winter months.

Prepare for Power Outages: Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.

Eat a Varied Diet: Because we spend more time indoors during the winter months, most will lack Vitamin D. Eat foods fortified with Vitamin D, such as milk, grains, tuna, and salmon.

Prevent Carbon Monoxide Poisoning: Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments-many communities have shuttle services specifically for seniors. Don't be afraid to reach out for help.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Start simple
with MyPlate



Make Half Your Grains Whole Grains

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what grains to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Have whole grains at breakfast

Enjoy a whole-grain hot cereal. Oatmeal is a favorite but consider trying a grain that's new to you, like buckwheat or millet. You might find a new breakfast favorite.



Enjoy a multigrain bowl

Create a one-dish meal by layering a mixture of grains like barley or wild rice with some colorful veggies and some low-fat cheese. Add your favorite protein and a dash of hot pepper sauce.



Swap your sandwich bread

Look for sandwich-type breads made with whole grains. Pita, tortillas, naan, sliced breads, and rolls are all available as whole grains.



Choose whole-grain takeout

Ask about whole-grain options when dining out or ordering take-out food. For example, make a switch to whole-wheat pasta or brown or wild rice.



Experiment with a new grain

Cook a new grain like quinoa, amaranth, or millet. You can find cooking tips and recipes online. Grains are pretty versatile and also have lots of important nutrients.



Switch up pizza night

Create individual, homemade pizzas on whole-wheat English muffins or tortillas. Or, make a traditional pizza using a premade whole-wheat flour. Don't forget the veggie toppings.



Go to [MyPlate.gov](https://www.MyPlate.gov) for more information.
USDA is an equal opportunity provider,
employer, and lender.

**The benefits of healthy eating
add up over time, bite by bite.**

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