

February 2021 Menu

Mon	Tue	Wed	Thu	Fri
1 Baked Spaghetti Carrots Apple Crisp Roll Corn & Pea Salad Cookie	2 BBQ Chicken over Rice Buttered Squash Lima Beans Broccoli & Cauliflower Salad Fruit Gelatin Fruit	3 Stuffed Baked Potato Chili Broccoli Shredded Cheese / Sour Cream Applesauce Fruit	4 Pork Loin w/ Mustard Glaze Cabbage Black Beans Roll Cranberry Gelatin Salad Fruit	5 Breakfast Omelet w/ Ham & Cheese Oven Browned Potatoes Cinnamon Apples Cornbread Muffin Peaches Fruit
8 Beef Stroganoff over Egg Noodles Green Beans Glazed Carrots Beet Salad Mandarin Oranges Cookie	9 Chicken Breast w/ Herb Sauce Roasted Potatoes Ratatouille Cucumber Salad Fruit Tropical Fruit Salad	10 Baked Macaroni & Cheese Navy Beans Collard Greens Cornbread Muffin Applesauce Fruit	11 Meatloaf Mashed Potatoes w/ Gravy Steamed Squash Roll Fruit Gelatin Fruit	12 Turkey Tetrazzini Corn Green Beans Roll Marinated Tomato Salad Fruit
15 Shepherd's Pie Stewed Tomatoes Steamed Broccoli Copper Pennies Fruit Brownie	16 Chicken & Dumplings Black-Eyed Peas Turnip Greens Roll Sweet & Sour Slaw Fruit	17 Sweet & Sour Chicken w/ Rice Carrots Green Beans Roll Fruit Cookie	18 Country Style Steak w/ Gravy Scalloped Potatoes Spinach Roll Tomato & Cucumber Salad Pears	19 Sliced Ham w/ Glaze Broccoli Casserole Sweet Potatoes Cornbread Muffin Watergate Salad Applesauce
22 Beef Tips over Rice Green Beans Corn Roll Three Bean Salad Fruit	23 Grilled Chicken Breast Lima Beans Cauliflower Roll Marinated Tomato Salad Fruit	24 Pinto Beans Collard Greens Succotash Cornbread Muffin Potato Salad Fruit	25 Hamburger Patty Oven Roasted Sweet Potatoes Baked Beans Hamburger Bun Coleslaw Fruit	26 Chicken & Noodles Roasted Sweet Potatoes Harvard Beets Sliced Pears Fruit Gelatin Vanilla Wafers



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Serving Rowan County
since 1976!



VOLUNTEER GROCERY SHOPPERS NEEDED!

- If you have 1-2 spare hours weekly, or any-time, we need you!
- **We need volunteers who love to shop.** We provide you with a card to purchase and deliver groceries to seniors in Rowan County who should not leave their homes during this COVID surge.
- **To learn more:** Contact Holly Teeter at 704-633-0352



Healthy Eating in 2021

We know that healthy eating can be challenging for some yet easier for others. Mixed messages about what to eat or not eat can leave many people confused. Meals on Wheels makes healthy eating a little less challenging for our participants by carefully planning meals with health and nutrition as a top priority.

Nutrients in the foods we eat perform important roles in the body, so eating various nutrient-dense foods is an important foundation for healthy eating. This is one reason why Meals on Wheels follows a standard meal template specific to portion sizes and types of foods offered to our participants.

Each of our meals consist of:

- 3-4 ounces entrée (protein)
- 2 vegetables, 3-4 ounces each
- 2 fruits, 3-4 ounces each
- 1 grain, 1 – 1 ½ ounces each
- 1 milk



A variety of foods within each food group are chosen for the monthly menu cycle so they contribute to a wider intake of nutrients. For example, rice, pasta, and bread are all grains but are not identical in the nutrients they provide. And variety prevents boredom with eating the same foods each day!

Supplementing meals with nutritious snacks, when needed, is a great way to establish and maintain healthy eating habits. **Fruits and vegetables make great snacks and provide lots of health-promoting qualities like dietary fiber and antioxidants.** Eating different colors of fruits and vegetables (think "rainbow") will ensure a variety of nutrients too.

Be sure to discuss any dietary changes with your healthcare provider to appropriately manage any medical conditions you may have, such as diabetes, high blood pressure, or heart disease. **It's never too late to make healthy eating a priority!**

We shared highlights from the 2020 participant survey results in the December newsletter, including that **"89% of the respondents stated that meals provided by Meals on Wheels help them stay healthy and eat better."** This is great feedback that underscores our commitment to positively contribute to participants' overall health and well-being!

Guest Columnist—Tara Smith, Registered Dietitian and Meals on Wheels Board Member

MEAL RECIPIENT



BIRTHDAYS!

- 1st Janice Hinson
- 2nd Robert Boyd
- 4th Cheryl Hartley
- 8th Tim Loflin
- 10th Diane Eagle
- 11th Patricia Clark
- 12th Cynthia Seamon
- 14th Marilyn Smith
- 15th Valeria Jennings
- 16th Nellie Johnson
- 19th Rebecca Lowery
- 20th Billy Waller
- 21st Eustace Sloop
- 22nd Marjorie Ganter
- 26th James Walker
Emma McCall
W. J. Roberts



SAVE THE DATE!!

13th Annual BBQ Fundraiser

Thursday, March 11th 2021

St. John's Lutheran Church

200 W. Innes St.—Salisbury
11AM—6PM

DRIVE THRU & DELIVERY (5+ Meals)

Meal provided by Port-A-Pit

MEAL INCLUDES

1/2 BBQ Chicken, Baked Beans, Slaw, Roll & Dessert



PRE-PAID ORDER DRIVE-THRU
available 4PM—6PM at 4 Rowan County locations

We begin taking orders
Online & by Phone Friday, Feb. 19th!

Welcome New Part-Time Staff Members!



Donna Redfern
Part-Time Fund Development Assistant

Donna worked with us from time to time last year and will now be a part-time fund development assistant working with our donor database management system.



Alexandra will be managing public relations and marketing as well as writing grants and assisting with fund development.

Alexandra Fisher
Part-Time Fund Development/Marketing Manager

Holly will be managing our Grocery Program, serving as a Care Coordinator and assisting with volunteer recruitment.



Holly Teeter
Part-Time Program/Volunteer Manager

Are the Meals FREE?

Meals are free for 30% of our participants who do not have any financial resources to contribute to the cost of their meals. For all other participants, the cost of the meals is based on a sliding scale from \$2-\$9. Our Care Coordinators use a formula that accounts for income and necessary expenses. Most of our paying participants pay \$2-\$4 per meal.



Occasionally, participants, volunteers or donors ask me “how much does the meal cost?” In response, I tell them that we usually talk about the “Meal Program Cost.” This cost includes all the expenses involved in delivering over 66,000 meals per year. We are grateful to have over 1,000 dedicated volunteers involved in the delivery operation each year.

The Meal Program Cost includes:

- the costs for staff to take the participant referrals
- the care coordinator's time to do the participant assessment
- the cost in adding the participant to our data management system
- the cost of the meal coordinator
- the direct meal cost from K&W
- our courier's time getting the meal to the volunteers at two sites
- the cost of site coordinators in Granite Quarry and China Grove
- the cost of boxes in which the meals are packed
- the cost of the heavy-duty bags that volunteers use to deliver meals
- the cost of coordinating the meal program

Our Meal Program Cost does not include administrative or fundraising costs.

The 2021 Meal Program Cost is \$9.00 per meal. We normally deliver 250 meals per day. **The annual cost to feed one participant is \$2280.** If you have any questions, please contact Cindy Fink at cfink@mowrowan.org or call me at 704-633-0352.

- Cindy Fink, Executive Director - Meals on Wheels Rowan

Keep Meals on Wheels Rowan in mind when planning your annual and legacy giving.