



meals on wheels

OF CATAWBA COUNTY

Senior Nutrition Services
PO Box 207, Newton, NC 28658
(828) 695-5610

www.mealsonwheelsofcatawbacounty.org

The Meal Times

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Please call our office at 828-695-5610 no later than 10:00am the day before if you will not be home and need to cancel your meal. Meals cannot be left outside when you are not home.



Our office will be closed on Thursday, July 4th. Have a safe and Happy Independence Day!

Canceled Meals Reminder
If you know you have canceled a delivery, but a volunteer arrives with a meal, please let them know you have canceled. Taking a meal even though you canceled means there will not be enough for the other recipients on the route. If there are any issues, feel free to call our office at 828-695-5610.

If you have a dog, it **MUST** be put up during delivery times. Thank you!



Avocado Health Benefits

An avocado is a fruit that is also known as alligator pear or butter fruit. Avocados provide many nutrients with a good amount of vitamins and minerals. They also contain high levels of good healthy fats which will help keep you fuller between meals and your blood sugar stable. Some benefits to eating the fruit can include heart health, improving your digestion, and osteoarthritis relief.



Food Safety Tip

4 STEPS TO FOOD SAFETY



catawba county
social services

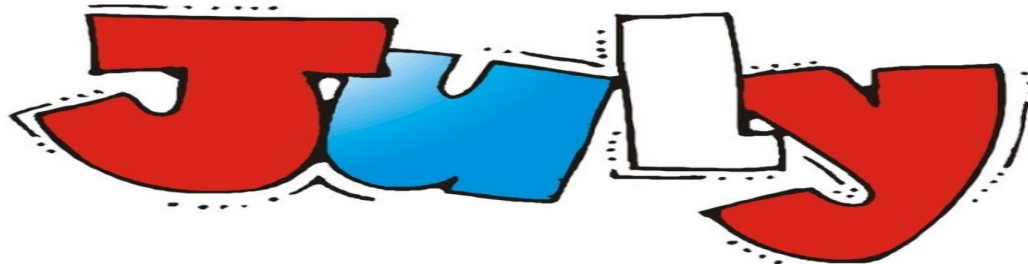
To strengthen, with dignity and respect, the quality of life for all citizens through supportive services and advocacy



Supported by
Catawba County United Way

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HDM MENU



<p>1 Chicken Pie Rice Okra & Tomatoes Cranberry Juice Wheat Roll Milk</p>	<p>2 Beef Tacos Black Beans Lettuce & Tomato Fruit Cocktail Milk Soft Tortilla Shell</p>	<p>3 Waffles w/syrup Scrambled Eggs Sausage Links Home Fries Milk Apple Juice</p>	<p>4 </p>	<p>5 Salisbury Steak w/ Gravy Navy Beans Broccoli Baked Apple Slices Dinner Roll Milk</p>
<p>8 Sloppy Joe Home Fries Coleslaw Fruit Cocktail Bun Milk</p>	<p>9 Baked Chicken w/gravy Mashed Potatoes Crowder Peas Dinner Roll Fresh Orange Milk</p>	<p>10 Pinto Beans w/Ham Macaroni & Cheese Cabbage Cornbread Orange Juice Milk</p>	<p>11 Hot Dog w/Chili Corn Baked Beans Bun Peaches Milk</p>	<p>12 Chicken Alfredo w/ Fettucine Noodles Green Beans Pickled Beets Dinner Roll Pears Milk</p>
<p>15 Barbecue Chicken Rice Stewed Tomatoes Dinner Roll Fruit Cocktail Milk</p>	<p>16 Swiss Steak Mashed Potatoes Green Beans Dinner Roll Pudding Milk</p>	<p>17 Barbecue Pork Rib Corn Coleslaw Cranberry Juice Bun Assorted Cookie Milk</p>	<p>18 Sweet & Sour Chicken Rice Broccoli Dinner Roll Pineapple Milk</p>	<p>19 Baked Ham Pinto Beans Turnip Greens Cornbread Baked Apples Milk</p>
<p>22 Chopped Steak w/ Gravy Green Peas Buttered Carrots Wheat Roll Cranberry Juice Milk</p>	<p>23 Fried Fish Filet Okra & Tomatoes Coleslaw Bun Peaches Milk</p>	<p>24 Roast Turkey w/Gravy Cornbread Stuffing Broccoli w/Cheese Dinner Roll Fresh Apple Slices Milk</p>	<p>25 Meatloaf Macaroni & Cheese Lima Beans Dinner Roll Pineapple- Orange Juice Milk</p>	<p>26 Chicken Parmesan Green Beans Fruit Cocktail Dinner Roll Assorted Cookie Milk</p>
<p>29 Cheeseburger Home Fries Lettuce & Tomato Bun Pudding Milk</p>	<p>30 Spaghetti & Meat Sauce Corn Pineapple Garlic Bread Pudding Milk</p>	<p>31 Chicken & Dumplings Carrots Coleslaw Dinner Roll Peaches Milk</p>	<p>Menu substitutes may occasionally have to be made of equal nutritional value.</p> <p>Diabetic friendly options will be made in substitution of desserts.</p>	