

CATAWBA COUNTY

North Carolina

The Meal Times

December 2015
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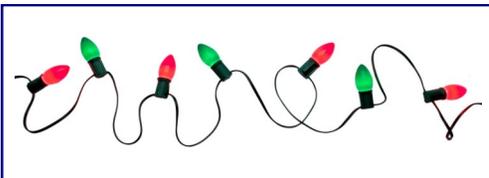
Please call **695-5610** the day before by no later than **10:00** if you will not be home and need to cancel your meal. Thank you!

We now have voicemail! You can now call after 5:00pm and on weekends and leave a message for us to come back to!

Meals on Wheels will not be operating December 22nd—28th to celebrate the Christmas Holiday. The office will also be closed on January 1st for New Year's Day.



Winter begins
Monday,
December 21st!
First Day of Winter



⚠ The Risks

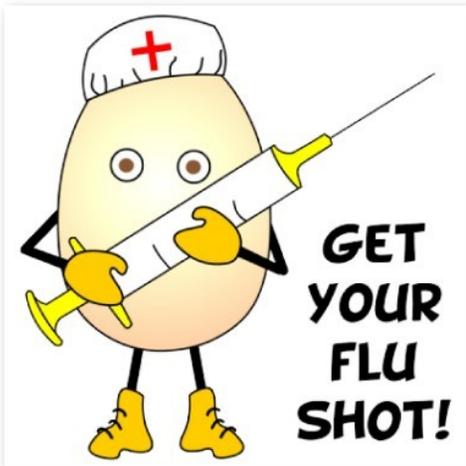
32% of seniors experience one or more falls per year and 57% of seniors who have fallen will fall again within the 12 months.

✅ How to Stay Safe

1. Exercise regularly. Focus on leg strength and balance.
2. Ensure that steps and railings in your home are firmly fixed.
3. Wear a medical alert button to get help quickly if you fall.



SLIPS & FALLS



Red Velvet Pumpkin Muffins

Ingredients:

- 1 (15oz) can pumpkin
- 1 box Red Velvet cake mix

Preparation:

- Preheat your oven to 400 degrees
- Empty your can of pumpkin into a large bowl
- Add cake mix and combine with hand mixer. Batter will be VERY thick.
- Spray a muffin pan with cookie spray and add batter to the muffin pan, splitting it evenly between the compartments
- Bake your muffins at 400 degrees for 20 minutes



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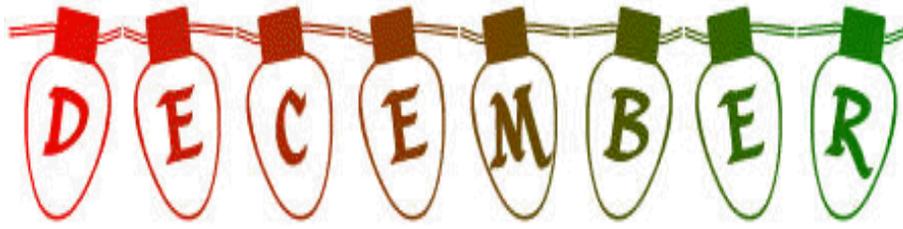


To strengthen, with dignity and respect, the quality of life for all citizens through supportive services and advocacy

Senior Nutrition Services PO Box 207, Newton, NC 28658
(828) 695-5610 www.catawbacountync.gov/dss/



Catawba County United Way
Community Partner



	1 CHICKEN BREAST BBQ SAUCE MIXED GREENS HOT APPLESAUCE POTATO SALAD ROLL OATMEAL COOKIE MILK	2 BEEF A RONI LIMA BEANS ITALIAN BREAD TROPICAL FRUIT SALAD MILK	3 HAM & BEANS BROCCOLI MASHED SWEET POTATOES ROLL FRESH APPLE MILK	4 VEGETABLE LASAGNA GREEN BEANS CARROTS ROLL FRESH ORANGE MILK
7 CORNERED BEEF STEAMED CABBAGE ROASTED RED POTATOES ROLL PEACH CRISP MILK	8 SMOTHERED CHICKEN MUSHROOM GRAVY BROCCOLI CASSEROLE RICE ROLL FRUIT CUP MILK	9 HOT DOG ONION COLESLAW BANANA BAKED BEANS BUN MILK	10 ROASTED CHICKEN GREEN BEANS CARROTS ROASTED RED POTATOES ROLL FRESH BANANA MILK	11 STEAK BISCUIT FRUIT COCKTAIL GOLDEN ROASTED POTATOES W/ ONIONS & PEPPERS FRESH TANGERINE MILK
14 CHICKEN CASSEROLE GLAZED CARROTS BLACKEYED PEAS WHEAT ROLL AMBROSIA SALAD MILK	15 GREAT NORTHERN BEANS W/ HAM MIXED GREENS ROLL BLUEBERRY CRISP MILK	16 SLICED ROAST TURKEY GRAVY GREEN PEAS WHIPPED POTATOES ROLL CRANBERRY SAUCE PISTACHIO CREAM SALAD MILK	17 SALISBURY STEAK BROWN GRAVY PEAS & CARROTS CAULIFLOWER MASHED POTATOES ROLL FRESH APPLE MILK	18 PEPPERONI PIZZA PEAS CARROTS FRESH ORANGE MILK
21 CHOPPED PORK BBQ SAUCE COLESLAW HOT GINGER PEARS BAKED BEANS BUN ICE CREAM MILK	22 CLOSED FOR THE CHRISTMAS HOLIDAY!	23 CLOSED FOR THE CHRISTMAS HOLIDAY!	24 CLOSED FOR THE CHRISTMAS HOLIDAY!	25 CLOSED FOR THE CHRISTMAS HOLIDAY!
28 CLOSED FOR THE CHRISTMAS HOLIDAY!	29 PIMENTO CHEESE LETTUCE TOMATO VEGETABLE BOWTIE SOUP WHEAT BREAD STRAWBERRY SHORTCAKE MILK	30 PEPPER STEAK BROWN GRAVY ORIENTAL VEGETABLES PINEAPPLE W/ YOGURT RICE ROLL VANILLA WAFERS MILK	31 BREADED BAKED FISH PEAS CORN RICE W/ CARROTS & BROCCOLI ROLL FRESH APPLE MILK	