

The Nutrition Connection

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Purchase a live Christmas Tree, fresh Wreath and help Catawba County Meals on Wheels!

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So no senior goes hungry.

CLOSED NOVEMBER 24TH

& 25TH FOR

THANKSGIVING



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

Volunteer Wins National Award.....



We are honored to announce that Winnie Hovey won the 2011 American Volunteer Award sponsored by Meals On Wheels Association of America. She was awarded with the 2011 Jody Tepedino Nicholo Award. Winnie has contributed over 30 years of volunteer service to Catawba County Meals on Wheels program. This program received a \$1,000 which will be used to continue this vital program. (Winnie Hovey pictured left)



What's In Season?

Sweet Potatoes



As the weather begins to cool, sweet potatoes become more readily available and abundant in the grocery stores. Sweet potatoes are actually not akin to the white, Irish, potato at all. They are a part of the morning glory family. The orange flesh of the sweet potato is full of beta carotene, Vitamin A and Vitamin C. They are also high in potassium and fiber. Sweet potatoes are a much healthier choice in comparison to white potatoes. They digest slower than white potatoes, help stabilize blood sugar, and provide more nutritional value due to vitamins and minerals. Try this great sweet potato recipe. The coconut milk adds to the flavor of the sweet potatoes and provides healthy fats.



MASHED SWEET POTATOES WITH COCONUT MILK

3 MEDIUM SWEET POTATOES

3/4 C. COCONUT MILK

1 T. GINGER

1 /2 T. SALT

Bake sweet potatoes 10-15 minutes in the microwave until tender. Cool and remove skin. Mash sweet potatoes with fork or potato masher. Add coconut milk, ginger, and salt. Mix well and serve warm. Makes 4 (1/2 cup) servings.

October is Fire Prevention Month

Be safe in your home with these Fire Safety Tips:

- * Maintain a working smoke alarm outside each bedroom. Make sure the batteries are changed each year.
- * Keep hall ways and pathways clear for an escape route.
- * Check appliances, especially electric blankets and portable heaters, for frayed cords.
- * Keep bedding, clothing, and curtains at least 3 feet away from portable heaters.
- * Avoid smoking in bed.



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October Fun



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 B P A E A A L A L R S S U F Y
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 I P T E O P A W O C T O B E R
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ACORNS
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 FALL
 HALLOWEEN
 LEAVES
 OCTOBER
 PUMPKIN
 SCARECROW
 TREES

CANDY
 CROWS
 GOBLINS
 HARVEST
 MAPLE
 ORANGE
 RAIN
 SQUASH
 WEATHER

COLD
 DAYLIGHTSAVINGS
 GOURD
 HAY
 OAK
 PIES
 RAKING
 SWEETPOTATO

