

# CATAWBA COUNTY

North Carolina

## The Meal Times

February 2016  
Vol. 6 Issue 2



Please call  
**695-5610** the day  
before by no later than  
**10:00am** 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!



We would like to recognize Ms. Mahallie D. She is currently our oldest participant at 101 years old and has been receiving Meals on Wheels for 11 years!

**Did you know...** Dark chocolate, red wine and strawberries can protect your sweetheart's heart. Dark chocolate, in particular, is rich in a group of antioxidants called flavanols which may help lower blood pressure, reduce blood clotting and lower LDL cholesterol. LDL cholesterol is the "bad" cholesterol that collects in the walls of blood vessels. The most beneficial dark chocolate has 70 percent or higher cocoa content.



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

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

If we should have inclement weather, please do the following:

Listen to the following Catawba County radio stations:

**WAIZ-630 AM (formerly WIRC)  
WHKY-1290 AM, and WNNC-1230 AM.**

Refer to Channel 3 WBTV (Cable Channel 2) and Channel 36 WCNC (Cable Channel 6) for Announcements regarding Catawba County Seniors Morning Out and Home Delivered Meals Program closings.

The announcement will also be posted on the internet at [wnc.com](http://wnc.com) and [wbvtv.com](http://wbvtv.com) under Closings & Delays.

### Winter Safety Tips

- **Focus on footwear:** Rubber or neoprene soles, especially those with plenty of tread provide better traction on snow and ice than either leather or plastic soles, making them the best choice for fall prevention
- **Careful with cars:** Many falls occur when exiting or entering vehicles. Always make sure your footing is clear when you get out of a car.



Remember, falls can happen quickly, but lead to long-lasting injuries.



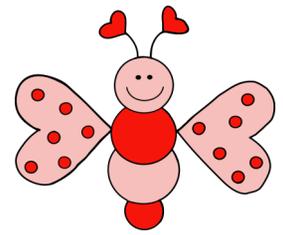
**LIVE UNITED**



Catawba County United Way  
Community Partner



February



<p>1        CHOPPED PORK        BBQ SAUCE        COLESLAW        HOT GINGER PEARS        BAKED BEANS        BUN        ICE CREAM        MILK</p>	<p>2        CHICKEN &amp; DUMPLINGS        MIXED GREENS        RICE        ROLL        HAWAIIAN SALAD        MILK</p>	<p>3        MEATLOAF        TOMATO SAUCE        MIXED VEGETABLES        AU GRATIN POTATOES        ROLL        STRAWBERRY CREAM        SALAD        MILK</p>	<p>4        FRENCH TOAST W/        POULTRY SAUSAGE        CINNAMON SLICED        APPLES        GOLDEN ROASTED        POTATOES        FRESH BANANA        MILK</p>	<p>5        SLICED TURKEY W/        DRESSING        GRAVY        PEAS        CORN        ROLL        FRESH TANGERINE        MILK</p>
<p>8        BAKED PORK CHOP        GREEN PEAS        MACARONI &amp; CHEESE        WHEAT ROLL        AMBROSIA SALAD        MILK</p>	<p>9        PIMENTO CHEESE        LETTUCE        TOMATO        VEGETABLE BOWTIE        SOUP        WHEAT BREAD        STRAWBERRY        SHORTCAKE        MILK</p>	<p>10        PEPPER STEAK        BROWN GRAVY        ORIENTAL VEGETABLES        PINEAPPLE W/ YOGURT        RICE        ROLL        VANILLA WAFERS        MILK</p>	<p>11        BREADED BAKED FISH        PEAS        CORN        RICE W/ CARROTS &amp;        BROCCOLI        ROLL        FRESH APPLE        MILK</p>	<p>12        PINTO BEANS W/        SMOKED HAM SLICE        COLLARD GREENS        KRINKLE CUT CARROTS        ROLL        FRESH ORANGE        MILK</p>
<p>15        LEMON PEPPER BAKED        CHICKEN BREAST        BROCCOLI CASSEROLE        MANDARIN ORANGES IN        JELLO        ROSEMARY POTATOES        ROLL        ANGEL CAKE        MILK</p>	<p>16        PORK RIBLET        BBQ SAUCE        COLESLAW        BAKED BEANS        BUN        PINEAPPLE GRATIN        MILK</p>	<p>17        CHICKEN THIGH        GRAVY        GREEN BEANS        WHIPPED POTATOES        ROLL        STRAWBERRY        SHORTCAKE        MILK</p>	<p>18        FRIED CHICKEN        GRAVY        GREEN BEANS        CORN        MASHED POTATOES        ROLL        FRESH TANGERINE        MILK</p>	<p>19        MEATBALLS        SPAGHETTI SAUCE        PEAS &amp; CARROTS        CORN        SPAGHETTI NOODLES        ROLL        FRESH BANANA        MILK</p>
<p>22        CHEESEBURGER        LETTUCE        TOMATO        COWBOY BEANS        BUN        MUSTARD/KETCHUP        APPLE CRISP        MILK</p>	<p>23        CHICKEN BREAST        BBQ SAUCE        MIXED GREENS        HOT APPLESAUCE        POTATO SALAD        ROLL        OATMEAL COOKIE        MILK</p>	<p>24        BEEF A RONI        LIMA BEANS        ITALIAN BREAD        TROPICAL FRUIT SALAD        MILK</p>	<p>25        HAM &amp; BEANS        BROCCOLI        MASHED SWEET        POTATOES        ROLL        FRESH APPLE        MILK</p>	<p>26        VEGETABLE LASAGNA        GREEN BEANS        CARROTS        ROLL        FRESH ORANGE        MILK</p>

29  
 CORNED BEEF  
 STEAMED CABBAGE  
 ROASTED RED  
 POTATOES  
 ROLL  
 PEACH CRISP  
 MILK

