



308-234-3000

How to find out about meal cancellations:

If we have to cancel meals due to weather or other emergencies, we will add our cancellation to the school closings list on the local news.

We will also send an automated phone or text message. If you would like to receive phone or text updates about Meals on Wheels, please call the office at 308-234-3000.

We post cancellations and other information on our Facebook page, Meals-on-Wheels—Kearney Area. Check out our page and follow us!



The Meals on Wheels America logo and "Together We Can Deliver" are trademarks of Meals on Wheels America and are used under license.



- **Need to report a change to your meal delivery?** Please call us by 10 a.m. the previous day.
- **Please be home to take delivery of your meal.** For safety reasons, we cannot leave meals at the door, and for financial reasons, we must bill you if you aren't home to receive your scheduled meal.
- **Meal delivery starts at 10:45.** Some days may take longer than others to deliver your meal, depending on the number of deliveries.
- **If Kearney Public School closes due to weather, Meals on Wheels will not be delivered.** You can find out about weather closings on our Facebook page or by watching the closings on the local news.
- **Most importantly, we're here for you!** Call 308-234-3000 and they will be glad to answer your questions or assist you in any way they can.

Commodity Supplemental Food Program (CSFP)

The Commodity Supplemental Food Program (CSFP) provides nutritious supplemental food to seniors 60 years of age and older. CSFP does not provide all the food a person needs. It provides supplemental food with good sources of nutrients which may be lacking in the diets of participants.

Participants Receive

- UHT milk and non-fat dry milk
- Fruits & vegetables—canned fruits and vegetables, canned juices
- Cereals
- Rice, spaghetti, macaroni
- Canned meat
- Peanut butter/dry beans
- Cheese-reduced fat

Elderly Income Guidelines

1 person household	\$1,696 monthly	\$20,345 annually
2 person household	\$2,292 monthly	\$27,495 annually
3 person household	\$2,888 monthly	\$34,645 annually

(These guidelines are based on 130% of the federal poverty guidelines and are effective until notification of change of income guidelines.)

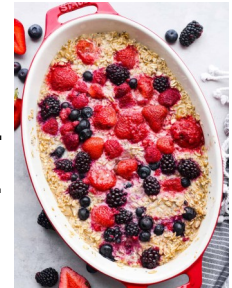
All commodity foods are supplied by the USDA. They do not need to be refrigerated until they have been opened, except for the cheese, which must be refrigerated.

To qualify, participants must set up an appointment and bring proof of address and either an ID or Driver's License. Please call Community Action Partnership of Mid-Nebraska Commodity Foods at **308-865-5683 Extension 1 or 2** to request an appointment.

Breakfast ideas for seniors

A good source of protein is important at every meal, but especially with breakfast, as seniors are just beginning their day. While a frequent component of a balanced breakfast, nuts and seeds can be difficult for some seniors to digest, so a good suggestion is looking to avocados as a substitute. Here are some healthy breakfast ideas for seniors.

1. Warm oatmeal and berries Place frozen or fresh berries in a crockpot at a low heat setting. Add a pat of butter and one serving of old-fashioned oats and water. Cover and cook on low for several hours (or overnight). This will give it the consistency of bread pudding. (The easier option is adding berries to warm oatmeal.)



2. A hard-boiled egg Accompany with a side of fresh fruit and a slice of whole wheat toast.

3. Whole grain pancakes or waffles If you can find one, choose a brand that contains chia seed, which is said to be more stable than flaxseed and contains essential fatty acids and proteins. Then top with fresh berries. For protein, also eat a handful of walnuts or almonds.



4. Yogurt parfait Mix together yogurt, nuts and fruit. It's a good combo of healthy fat, Vitamin C and carbohydrates.

5. Power toast For healthy fat and some protein, spread peanut butter or almond butter on whole wheat toast. Enjoy fresh fruit on the side.

6. Poached egg Place egg on top of whole wheat toast and steamed asparagus. Top with a small amount of butter.

Lunch ideas for seniors

Lunch is the ideal meal for loading up on colorful vegetables. Feel free to add leafy greens to any of these meals for additional midday nutrients. It is advised that lunch should be the most substantial meal of your day and suggests steaming or sautéing all vegetables for easy chewing. Here are some great lunch ideas for seniors.

1. Quinoa salad Sauté pre-chopped stir-fry vegetables (onion, red pepper, mushrooms). Combine with pine nuts or pecans and cooked quinoa. Toss with Italian salad dressing. Eat fresh, warm or cold. Keeps well refrigerated. Steam or sauté vegetables in olive oil instead of boiling, which drains the nutrients.



2. Eggs and red potatoes Melt a pat of butter in a skillet. Chop up potatoes and add to skillet over medium heat. Cover skillet for approximately 2 minutes. Then, pour scrambled eggs over potatoes, add pepper and toss until eggs are hot. Rather than seasoning with salt, which can lead to water retention and high blood pressure, use fresh herbs and spices.

3. Cottage fries Slice parboiled red potatoes. Heat extra virgin olive oil in a skillet and cook the potatoes at a medium heat. Top with leftover vegetables and grated sharp cheddar cheese. Cover, let steam and serve.

4. Southwest omelet Beat two eggs. Put 1 tablespoon olive oil in a skillet. Pour in the egg mixture, and add pepper jack cheese chunks and natural salsa or chili sauce. When eggs are firm, fold and serve with sliced avocado. Tip: Chili and spices help boost diminished taste buds.

5. Salmon wrap Place canned Alaskan boneless skinless salmon on a whole grain wrap. Add chopped avocado, tomatoes, greens and plain yogurt. Wrap tightly, cut in half and serve.



Dinner ideas for seniors

Research is supporting lower calorie plans with intermittent fasting and high fat for seniors, as this approach helps support brain function and reduce inflammation. Here are some simple dinner ideas for seniors. Most dinner menus will call for sautéing vegetables or a protein in a healthy fat such as olive oil, it is advised to stay away from canola oil, which has been linked to decreased cognitive function in animal studies. In addition to extra virgin olive oil, it is suggested to integrate avocado oil into your cooking.

1. Baked or grilled Alaskan salmon Top each steak with tomatoes, sweet onion, dried or fresh basil, chopped garlic and one tablespoon extra virgin olive oil. Wrap each piece of fish tightly in aluminum foil and place in the oven on a low heat (300 degrees). If the fish is thawed, cook for about 15 minutes. Dinner is ready when the fish is flaky but still moist.



2. Lamb and potatoes (If you can keep some parboiled red potatoes on hand, you can prepare fast and easy meals.) Form ground lamb into small meatballs. Tear fresh basil into slivers, or use a pinch of dried basil. Slice pre-cooked red potatoes into small pieces. Slice a clove of garlic. Warm extra virgin olive oil in a skillet. Sauté garlic and basil on a medium heat for 5 minutes. Add lamb and brown. Add potatoes cover for 10 minutes. Toss ingredients add a dash of ground pepper. Cook for an additional 5 minutes.



3. Shrimp and pasta Heat a pat of butter and one tablespoon olive oil in a saucepan. Add chopped fresh herbs, garlic and a handful of shrimp. Toss and cook until shrimp is done. Place on a bed of pasta and top with chopped fresh tomatoes.

4. Liver and fennel Place liver slices in a skillet with extra virgin olive oil. Top with chopped fennel, red onion and cabbage. Cover and steam until liver is tender.

5. Beans and rice Heat up a can of black, pinto or white beans. Serve with brown rice, oats or barley. You can warm the meal in a crockpot and serve later.

6. Shrimp and fresh greens Sauté fresh vegetables in a saucepan (again you can buy pre-cut vegies) with olive oil. Add cocktail shrimp, which can be bought peeled, cooked and chilled. Serve with a berry vinaigrette salad dressing and lime slices.



7. Southwest chicken salad Cook boneless, skinless chicken breast on a medium heat in a skillet with extra virgin olive oil. Add salsa. Shred chicken and reserve in refrigerator to use for wraps, salad or soup.



Neighbors Helping Neighbors

FOOD PANTRY HOURS:

~MONTHLY BOXES~

MONDAY	~	1p to 5p
TUESDAY	~	9a to 1p
WEDNESDAY	~	1p to 5p
THURSDAY	~	CLOSED
FRIDAY	~	1p to 5p
SATURDAY	~	CLOSED

~RESCUE TABLE~

Mon – Fri 9a to 5p

THRIFT STORE HOURS:

MAIN STORE:

MON – FRI: 9a to 5p & SAT: 10a to 4p

\$5 Tuesday Bag Sale

13 Gal Bag – Clothing, Shoes Purses & Belts

ANNEX:

THU & FRI: 10a to 5p & SAT: 10a to 4p



INSERT MENU HERE

MEALS ON WHEELS—KEARNEY AREA

PO BOX 1236

2715 AVENUE I

KEARNEY NE 68847

www.kearneyhousingagency.com

So Much Thanks To Our Volunteers From:

**St. Luke's Episcopal Church, Living Faith Fellowship,
First Presbyterian Church, New Life Church, St. James Catholic
Church, First Lutheran Church**

