



**MEALS ON WHEELS**  
DURHAM

919-667-9424

**MEALS ON WHEELS OF DURHAM**

HOME DELIVERED MEALS - June 2019

**Important Policies:**

**Be home between**

**10:00 am and 12:30 pm**

**Monday - Friday to receive your meal.**

Call us to cancel by **noon** the day before delivery.

Do you have a doctor's appointment this month?

Call us **today** to let us know when you won't be home!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Salisbury Steak Brown Rice Pilaf Carrots Pineapple Wheat Roll	4 Roasted Turkey w/Gravy Mac-N-Cheese Green Beans Tropical Fruit Corn Bread	5 Chicken-N-Waffles Turnip Greens Spiced Apples Veggie Juice	6 BBQ Pulled Pork Sweet Potato Souffle Stewed Cabbage Orange Hushpuppy	7 Mango Chicken Rice Pilaf Peas & Carrots Pears Wheat Roll
10 Chicken N Dumplings Sautéed Spinach Fruit Compote Veggie Juice	11 Sloppy Joe Boiled Potatoes Cabbage Fruit Explosion	12 Turkey Hot Dog w/ Whole Grain Bun Carrots Spiced Pineapple 8	13 BBQ Chicken Thighs Squash Casserole Dill Carrots Orange Roll	14 Meatloaf Mashed Potatoes Green Beans Pears Sourdough Bread
17 Baked Spaghetti Mixed Veggies Warm Peaches Veggie Juice Medley	18 Crab Cake w/ Lemon Sauce Corn Ratatouille Banana	19 BBQ Pork Rib Sandwich Pickles & Cheddar Burger Bun California Veggies	20 Stuffed Peppers Carrots Spiced Pineapple Sliced Bread	21 Southern Chicken n Gravy Black Eyed Peas Garlic Spinach Orange
24 Honey Glazed Pork Chop Harvard Beets Cauliflower w/ Cheese Peaches Wheat Roll	25 Cheese Ravioli w/ Meat Sauce Broccoli Spiced Pears Whole Wheat Roll	26 Cheese Burger w/ Whole Wheat Bun Garden Peas Fruit Compote	27 Chicken Parmesan Butter Noodle 5 Way Veggies Apple Juice	28 Country Fried Steak Mashed Potatoes Seasoned Greens Fruit Explosion

If you are not home and have not cancelled your meal in advance, your service could be stopped.

**For health and safety: Refrigerate any uneaten food immediately!**


Menu items are subject to change at any time

# FOR YOUR HEALTH

June 2019

Topic: Heart Health

## Facts:

1. When you are older, you still need to care for your heart. As you age, your heart muscle becomes less efficient and has to work harder to pump blood through your body.
2. Your blood vessels lose elasticity, and you can develop fatty deposits, known as atherosclerosis.
3. Having stiffer arteries can cause high blood pressure and other cardiovascular problems.
4. There are several ways that you can promote your heart health.
  - a. **Stop Smoking** 
    - Smoking increases your risk of cardiovascular disease as well as many other adverse health conditions.
  - b. **Exercise**
    - Exercise is related to your cardiovascular health, and as an older person it's important for you to be active.
  - c. **Eat Well**
    - No matter what age you are, you can eat according to the American Heart Association guidelines to aid your heart.
  - d. **Manage Blood Sugar**
    - Diabetes, or increased blood sugar that is not controlled, can lead to cardiovascular problems like atherosclerosis
  - e. **Take Prescribed Medications**
    - The risk for heart attacks, strokes and heart failure becomes higher if you stop taking medications for your heart.

*Triangle J Council of Governments  
Durham County Department of Social Services  
Meals on Wheels of Durham*