



Meal and Nutrition Services for All

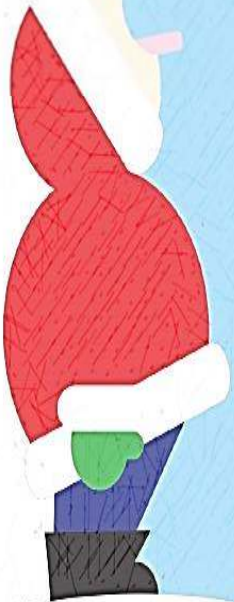
Healthy Bite

December 2013

A Message from the President

I am pleased to introduce our premiere issue of *Healthy Bites!* We have created this newsletter to provide timely nutrition and health information delivered to your door each month. We hope to exceed your expectations and want to be your leading source for nutrition information. I wish every one of you a very Happy Holiday!

In Health and Happiness,
Lorie Travaglino
President/CEO



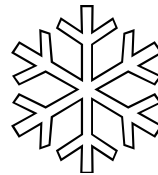
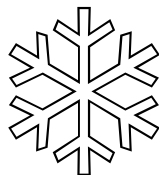
From the dietitian's desk ... Lori Harvey RD, LD

Plan for a Healthy Holiday Season

The upcoming holidays are a wonderful opportunity to spend time with your friends and family, continue family traditions (or start a new one!), and enjoy some wonderful foods. Here are some tips to follow for a healthy and happy holiday season:

1. Focus on family, friends and activities rather than food. Try ice skating, go caroling, or read a few holiday books.
2. Start your own traditions – make a holiday wreath or volunteer as a family and give back to your community.
3. Plan activities into your day – go for a walk after dinner or play with the kids outside instead of watching football.
4. Remember to practice your food safety –
 - **Clean** your hands and all surfaces you use to make and cook foods
 - **Separate** raw meats and cooked foods; and use a separate cutting board for meats and vegetables.
 - **Cook** all foods to the correct internal temperature to kill harmful bacteria
 - **Chill** all foods in the refrigerator within two hours of preparing it
 - **DO NOT** thaw your meat on the counter – the refrigerator is the safest place
 - Leftovers should be eaten, frozen, or discarded within 3-4 days
5. Eat healthy – do not skip meals and watch your portion sizes.
6. Get enough sleep – 7-8 hours to help combat stress and fatigue.
7. Enjoy the holidays!

Find out more information on food safety from www.foodsafety.org



Dear Mobile Meals Family,

We are happy to deliver healthy and delicious meals to your home and check on your welfare. Many of our clients, especially the elderly, are unable to pay for their meals. Perhaps you can be of assistance.

Your gift of \$3.00 pays for one meal while your gift of \$15.00 pays for meals for a week. However, any gift is welcome. You may mail your contribution to Mobile Meals at 1063 S. Broadway St. Akron, OH 44311 or you may donate on our website by going to www.mobilemealsinc.org.

Thank you!

Phil Marcin

Development Director

Questions? If you have any questions on this or any nutrition-related topic, or have an idea for a future *Healthy Bite* topic, please call our registered dietitian, Lori Harvey. You can reach her by telephone at 330-376-7717 extension 140 or by email lharvey@mobilemealsinc.org.

GRIEVANCE POLICY

In order to provide clients with the best services possible, we ask you to contact Mobile Meals with complaints, suggestions, or if you are not satisfied with your services. If, after your contact, you are still not satisfied with the response or have further questions, you may forward your concerns to the appropriate monitoring agency. The contact number for the Home Care Ombudsman is 1-800-421-7277.