



Tasty Tidbits

August 2018



*August 1st
Happy 142nd
Birthday
Colorado!*



HAPPY!

Choosing to be happy is good for your health! So many of us go through life assuming happiness has a fixed level. The truth is that we have a lot more control over our happiness than we believe. If we choose to embrace gratitude, focus on achievement, take care of our bodies, and find friends who share our passions, we give ourselves a leg up to greater happiness! When we focus on improving our happiness, we feel like engaging with the world – and the more we engage with the world, the healthier we become.

Happiness and health are deeply connected. We are not just walking machines. Healthy human interaction can have the effect of making our physical ailments feel better. We feel better physically when we are supplying our bodies with good fuel. Nutrient rich, healthy diets can reduce the risk of heart disease, type 2 diabetes, stroke, and even some types of cancer. Not only that, but proper nutrition also helps reduce high blood pressure, can lower cholesterol, and can build up your body's ability to manage some of the chronic conditions or illnesses you may already have.

Eating a healthy diet also provides increased mental capacity and higher energy levels, helping you feel better overall and live longer and stronger. As we age, we may experience changes in our appetites or taste buds. Our metabolism begins to slow as does our activity levels, which means the body needs fewer calories. As our appetite diminishes we may begin to skip meals, which can lead to a variety of problems that jeopardize our health. Focus on small, but nutrient rich portions.

Meals on Wheels of Boulder
909 Arapahoe Ave, Suite 121
Boulder, CO 80302
mowboulder.org

*Tuesday night dinners at
Café Classico
(Dinner buffet served 5:00 pm – 6:00 pm
~ only \$7/person or 10 meal punch card for \$63)*



August 7th
Chicken Marsala

or
Spaghetti & Meatballs
From Chef Kirk

August 14th
Apricot Pork Loin
or
Hawaiian Cod w/Papaya
Relish
From Chef CrazyBear



August 21st
Meatloaf
or
Roast Chicken
From Chef Todd

August 28th
Vietnamese Chicken
Lettuce Wraps
or
Galbi
(Vietnamese Marinated
Beef)
From Chef CrazyBear



*(please make reservations at
303.441.3148)*

If you have questions, please don't
hesitate to call
Lehshel, Janean, or Nancy at:
Meals on Wheels of Boulder.
303-441-3908