



# Tasty Tidbits January 2019



*Happy  
New Year*



## Welcome 2019!

While some people declare resolutions for the new year, many people look forward to the New Year for a new start on old habits. Here are some great old and new habits to keep you healthy through the winter months:

1. Avoid slipping on ice by wearing shoes with good traction and non-skid soles and stay inside until the roads are clear. Replace a worn cane tip to make walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.
2. Dress for Warmth! Don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.
3. Fight Wintertime Depression by keeping in touch with family and friends. Have a friendly talk with your Meals on Wheels delivery driver!
4. Eat a Varied Diet! Because people spend more time indoors and may eat a smaller variety of foods, nutritional deficits, especially Vitamin D deficiency, can be a problem. Nicole Morrissey, a registered dietitian in southwest Michigan, recommends consuming foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.

**Stay well and don't be afraid to  
reach out for help!**

**Meals on Wheels of Boulder**  
909 Arapahoe Ave, Suite 121  
Boulder, CO 80302  
[mowboulder.org](http://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)*

January 8th

*Western Stock Show Begins*



Beef Brisket

or

Roasted Chicken

*From Chef CrazyBear*

January 15th

Baked Cod

or

Hawaiian Pork Loin

*From Chef Kirk*



January 22nd

Southwest Chicken Pasta

or

Trout

*From Chef CrazyBear*



January 29th

Stuffed Tilapia

or

Chicken Cordon Blue

*(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**

