Thank You Very Much!
To All Participants Who Contribute Their Portion

Meals on Wheels
Santa Clara County
333 W. Julian St.
San Jose, CA 95110-9901

Please make your check payable to:
“Meals on Wheels”
The requested contribution is $1.80 per day or $54.00 per month. This amount only covers a portion of the total cost of your weekly food delivery. While no one will be denied a meal for not contributing, we ask everyone to contribute what they can, as any contribution will assist the program to continue home delivery of nutritious meals.

Let’s Get Moving!
Physical activities are important to help maintain a well balanced lifestyle. One activity, the calf stretch, helps to increase flexibility and decrease chances of injury.

1. Stand facing the wall.
2. Put your hands against the wall and step forward bending the right knee.
3. Keep both feet flat on the floor. Bend left knee slightly to feel a stretch.
4. Alternate and repeat with the other leg.
5. Repeat 3-5 times with each leg.

Keep Cool This Summer
Hot weather can be dangerous if you are unable to keep yourself cool. Over time the body can’t respond to temperature changes resulting in hyperthermia.

Sign of hyperthermia: vomiting, nausea, high body temperature, dizziness, or fainting. When in doubt, seek medical care.

Tips for Staying Cool and Hydrated

Do
• Drink at least six to eight 8 oz. glasses of water each day
• Stay indoors with air conditioner
• Cool off by taking a bath or shower
• Wear loose, lightweight, and light colored clothing
• Ask family or friends to check on you
• Stay informed and seek medical care if needed

Don’t
• Open windows at daytime. Keep them open at night for cool air
• Do not rely on a fan on extremely hot days
• Avoid using stove or oven to cook
• Avoid strenuous activities
• Stay away from highly caffeinated beverages

https://go4life.nia.nih.gov/exercise/calf/
https://www.cdc.gov/disasters/extremeheat/older-adults-heat.html
https://www.cdc.gov/disasters/extremeheat/warning.html
https://www.sccgov.org/sites/opa/ma/Pages/List-of-Cooling-Centers-Around-Santa-Clara-County.aspx
Watch for three S’s: Sugars, Saturated fats, and Sodium

Excess consumption of sugars, saturated fats, and sodium are major contributing factors to heart disease, diabetes, and obesity. Processed foods are often loaded with sugars, saturated fats, and sodium.

Sugar
- Consume less than 10% of your calories per day from added sugars.
- Limit daily sugar to 6 tsps. (25g) for women and 9 tsps. (38g) for men.

Saturated Fats
- Consume less than 10% of your calories per day from saturated fats.
- For a 2,000 calorie diet, consume no more than 22 grams of saturated fat.

Sodium (salt)
- Consume less than 2300mg per day.
- Add flavor to food with herbs and spices.

How to calculate the total calories, fat, salt, and sugar?
Refer to the nutrition facts label to the left. Let’s say you decide to eat half the entire package. Calculate your total calories, fat, salt, and sugar consumed for half the package.

A) Calories: 230 calories x 4 servings = _________.
B) Fat: 8g of fat x 4 servings = _________.
C) Sodium (salt): 160 mg x 4 servings = _________.
D) Sugar: 12 g x 4 servings = ___________.

Compare your intake to recommended daily values above. Did you exceed recommended amounts?

Answers: A. 920, B. 32, C. 640, D. 48