



# Meals on Wheels of Erath County

## Newsletter & Menu

### Happy Father's Day



An Erath County United Way Partner Agency

June 2018

254.965.3510

#### Points of Interest:

During our 2018 Superhero 5K & Fun Run fundraising event, we offered donors the opportunity to be a meals sponsor. You might have noticed some of these stickers on your meals recently.

These local businesses and individuals have made contributions and we are proud to honor and recognize them as Meals Sponsors of the Day:

- Schreiber
- Buckhorn Pumps, Inc.
- ZONTA
- Citizens National Bank
- Lisa Pence
- Golden China
- Dublin National bank
- Alford Water Conditioning
- TechnipFMC
- Vicki & Kurt Johnson
- Stephanie Hutchinson State Farm
- City of Stephenville

## word Search

N B E D O X F L B S Q A U B V U F S S M G A Q V P E L L I O D V G G W I R  
 R X U O Y E L C S P A Q J P E V S I N A E Q F M I R T F P K V W F P O T D V D D N Z V L  
 H P U E L G R C X F Z Z J E O Q L F J C A M I R T F P K V W F P O T D V D D N Z V L  
 N Q U T A F F N O L B H B U Q L C K J C A M I R T F P K V W F P O T D V D D N Z V L  
 B X E B M W X V R T C C K Y F A L G I C S T C A W P P T P Y H D R A B S B Q Y W O L A  
 U S R H E T O U V V C C K Y F A L G I C S T C A W P P T P Y H D R A B S B Q Y W O L A  
 K H K W O T M F Z G S L H O N N I Q S T C A W P P T P Y H D R A B S B Q Y W O L A  
 Z N I B Y T I U V T E X O R H Y T W L B T E E T Y G F E K T W I T Q G M X H K Q N S P X  
 O J T Y T I U V T E X O R H Y T W L B T E E T Y G F E K T W I T Q G M X H K Q N S P X  
 D G O O V N E D V T O I T W L B T E E T Y G F E K T W I T Q G M X H K Q N S P X  
 N C Z Z N X R M F D N I L W N L B T E E T Y G F E K T W I T Q G M X H K Q N S P X  
 W U C N X R M F D N I L W N L B T E E T Y G F E K T W I T Q G M X H K Q N S P X  
 A Q C S W P U R S J J N T X O E N N S F C V S U V Q J C V G W P T A Q L P N S P X  
 T D Y N W N R B R V P X B G H W T F E R S V Q J C V G W P T A Q L P N S P X  
 E D N R E G J W Z K D M E X S T U B L K A I C Q D D H U B C J A J M N E C  
 R S V C X W Q N A U S V N O Y O I O B U K T M X A Y L F M R L E X L O Z L C  
 W G C J F P J G L D S B V O O I O B U K T M X A Y L F M R L E X L O Z L C  
 Y M B D H Y P M I R M M F U A E O J U K V N S G U X H C P C V B U J B  
 G D W F I M K I X U S V P O T I O I T M W H A Z A B Y N J U U T Y Y I X W L I P K  
 R O Z B N X M O D H J U J O S S B C E K R R A B Y N J U U T Y Y I X W L I P K  
 E E F F I B E R R Q H W R D K N E P B F V M M H C B I K P M I V L C Q  
 N R C M I H T T M K M I P H V I S L X P Y N L W J K T E Z X Y H U N N U G A S  
 E S K V B Q T T F W N T Y L P F J T U F K W J C T G O H P B Q R W U C I F  
 L P S E I T E V A F S E S O P D E P Y B A J X T M F Q R E V N C J U I F  
 B H V S K Q M N Y C R E R S N N K Y D I X K D G W K D Z Z Q L D M U L H W Y  
 K G F R A N S D M M E T A B O L I S M U M N D G O R K D Z Z Q L D M U L H W Y  
 H T X Q M W C F S T N E J H P B H I K K U L O A D N C O R K D Z Z Q L D M U L H W Y  
 Q S O D I U M D S E W Y R N G H Q B L E U L A D N C O R K D Z Z Q L D M U L H W Y  
 C A Z R M E O E M O U Y Y X T F T A J V D E E N C K D N E Y D P Q C L X  
 W F E P A Q L E J Z X A M E P Y C E L H V Z Z X H M Z Z O D F Y O A O I P I Q  
 D K D B M O L S I N C A M E P Y C E L H V Z Z X H M Z Z O D F Y O A O I P I Q  
 K A Y Y H P S P D G M J Z P F V M S C Q B C P Q Q Z E B R K F M Q S F T E  
 H E C C P I I K H H O U E W Z A H M K W L V J S M Z F F L U L B Y A R  
 J R O U D I U E V Z T W Q S G K G I U W W T I Y E V U S U S X G U R Q  
 A B S T E I D C O F I P Y B F T N E R D W E R Z Y Q Q V P T E J K D I

## Nutrition

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|--------------|--------------|--------------|
| Protein      | Diet         | Supplements  |
| Carbohydrate | Cholesterol  | Energy       |
| Fat          | Sodium       | Whole Grains |
| Vitamins     | Iron         | Food         |
| Calcium      | Electrolytes | Water        |
| Breakfast    | Potassium    | Vegetables   |
| Metabolism   | Fiber        |              |



## ***Drink up! How to Stay Hydrated***

With the summer heat rolling in, it is important to keep your body hydrated. Did you know that over half your body weight is water? Water plays a very important role in helping your body to work at its best but not drinking enough water is a very common problem for older adults. Water is the most important nutrient to help keep your body's cells, tissues, and organs running smoothly. Your body needs a continuous supply of water. If you always wait until your mouth is dry to drink water, then you may be waiting too long. That's why we should try to drink water throughout the day, even if we aren't thirsty. If you do feel thirsty, you should drink until your thirst is satisfied. Aim for drinking at least 8 glass of water a day.

### **Six Water Rich Foods to Keep You Hydrated:**

- ◆ **Crisp Lettuce—96% water**
- ◆ **Watermelon—91% water**
- ◆ **Grapefruit—90% water**
- ◆ **Broccoli—90% water**
- ◆ **Low Fat Milk—89% water**
- ◆ **Yogurt—85% water**

