NOVEMBER 2026 – NUTRITION CORNER
Home Delivered Meals
New Menus, New Choices & Simple Nutrition Tips

We hope you are enjoying the **new menu items and your Freezer Favorite meals!**

Choice Meals Begin November 2
For those who have decided to choose their own meals, **Choice ordering begins November 2.** You can order your meals by:

- **Completing the order form** enclosed with your Meals on Wheels delivery. Ask your driver if you need an order form.
- **Calling the Meals on Wheels office:** 231-755-0434, **Option 1**
- **Ordering online:** Visit **AgeWellServices.org/MealsonWheels** for online ordering information.

Please Plan Ahead!
Please remember that it takes **10 business days** for your selected meals to begin appearing on your deliveries. Planning ahead will help ensure you receive the meals you want.

Special Meal Options
We also offer special meal options for clients who have specific dietary needs, including:

- **Mechanical Soft**
- **Renal**
- **Purée**
- **Gluten-Sensitive**

Please note: Our gluten-sensitive meals are prepared in a kitchen where gluten is also processed. Therefore, they are not considered certified gluten-free meals.

NUTRITION ESSENTIALS

KEEP HYDRATED

As we get older, we may not always feel thirsty even when our body needs fluids. Drinking throughout the day helps support overall health.

Keep water nearby and take small drinks throughout the day. Milk, broth, and other nutritious beverages can also contribute to your fluid intake.

Try this: Have a glass of water with your meals.

If your doctor has asked you to limit fluids, follow your doctor's instructions.

FIBER FOR A HAPPY DIGESTIVE SYSTEM

Fiber helps support healthy digestion and can be found in many foods you may already enjoy.

Try adding:
Fruits • Vegetables • Whole Grains • Beans & Lentils • Nuts & Seeds

Try this: Add **one extra fruit, vegetable, or whole-grain food** to your day.

YOUR NOVEMBER NUTRITION CHALLENGE

Choose ONE goal to try this month!

☐ Drink a glass of water with each meal
☐ Add a fruit or vegetable to my day
☐ Include protein at breakfast
☐ Try a new fruit or vegetable
☐ Choose a whole-grain food
☐ Keep water within easy reach
☐ Use herbs and spices instead of extra salt

You don't have to do everything! Pick ONE and make it your November goal.

REMEMBER...

Taking care of your nutrition is one way to take care of yourself. **Every meal is an opportunity to give your body the nutrients it needs to stay strong.**

Important Dates:

AgeWell is Closed **November 26 & 27** for Thanksgiving

Planned closure meals for November 27 will arrive **November 20th**

Wishing you a healthy November!

— Your AgeWell Nutrition Team

Sources
National Institute on Aging (NIA), *Healthy Eating As You Age: Know Your Food Groups*
National Institute on Aging (NIA), *Healthy Meal Planning: Tips for Older Adults*
U.S. Department of Agriculture (USDA) MyPlate, *Older Adults*
U.S. Food & Drug Administration (FDA), *Using the Nutrition Facts Label: For Older Adults*