



The

Dish

With the
GWAAR
Nutrition Team



Week of August 01, 2022

Cooking Class Being Offered Aug 30

GWAAR, in collaboration with Chef Justin Johnson from Sustainable Kitchens, is happy to announce our 2nd In-Person Cooks Training will occur Tuesday August 30th. See the registration flyer for more details and registration information: <https://gwaar.org/api/cms/viewfile/id/2007524>



This training will be held in Menomonie WI in the western part of the State. Special thanks to UW Stout Nutrition Department for allowing us to use their beautiful facilities. There is a limit of approximately 20 people so please email Pam VanKampen at pam.vankampen@gwaar.org if you have questions.

Topics that will be covered:

- Flavoring Foods with herbs, vinegars, and other salt-free methods
- How to cook/prepare vegetables for best HDM quality
- How to sneak fruits and vegetables into foods
- Tips for tender meat

Meals on Wheels America Member Benefits

If you are not a member of MOWA yet, here is a great benefit. Learn more and how to become a member at <https://www.mealsonwheelsamerica.org/about-membership>

Traditions Frozen Meals ALL AT A NATIONALLY DISCOUNTED PRICE!

The latest addition to the Meals on Wheels America Member Discount Program allows Members to expand meal capacity, choice offering and geographic reach through cost-effective meal purchasing and client-direct drop shipments. Supplementing your current meal production and delivery operations with wholesale meals can enable you to support more seniors in your area. It's also the perfect solution for senior congregate dining centers, care transitions and any scenario requiring quality, ready-to-heat meals.

To deliver competitively-priced meals packaged by a caring team in a USDA-inspected facility, Meals on Wheels America has partnered with Valley Services, Inc.'s well-established Traditions Meals Solutions brand – a pioneer in providing nutritious, frozen meals to the marketplace.

The **Direct to Facility** prices are for purchases of packed meals, palletized and shipped directly to your facility. These prices are not inclusive of freight costs and you'll be provided an estimate upon request. Actual freight costs to ship the meals will be added to the invoice.

Meal Type	Cost Per Meal
Regular	\$2.63
Diabetic	\$2.06
Gluten Free	\$2.08
Renal	\$2.63
Vegetarian	\$2.62
Puree	\$3.46

Meal Cost Tool Due Sept 15

Just a reminder that the Meal Cost Tool is due on September 15. If you have any questions or would like help completing the tool, please contact Jean Lynch at jean.lynch@gwaar.org