

August 2026, Kenosha County Meals on Wheels

KAC MOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Salsa Chicken Black Beans Corn Fruit	Chicken Marsala Mushroom Risotto Prince Charles Veg. Fruit, Roll	Spaghetti & Meatballs Broccoli Cauliflower Fruit, Bread	Glazed Ham Scalloped Potatoes Tomatoes Fruit, Roll	Kielbasa Fried Potatoes Carrots Fruit, Roll
10	11	12	13	14
Hamburger Steak in Gravy Mashed Potatoes Peas & Fruit Roll	Chicken Tetrazzini Green Beans Beets, Fruit Bread	Tortilla Crusted Chicken Corn Black Beans Fruit, Roll	Pepper Steak Peas Carrots, Fruit Bread	Spaghetti & Meatballs Broccoli Cauliflower Fruit, Bread
17	18	19	20	21
Chicken Parmesan Garlic Pasta Cali. Veg, Fruit Bread	Hot Dog Wedges, Carrots Fruit	Beef Taco Pasta Black Beans Corn, Fruit Roll	Cranberry Stuffed Chicken Broccoli, Tomato Fruit	Chicken Steak Mashed Potatoes w Gravy Corn, Fruit Roll
24	25	26	27	28
Chicken Allison Spinach Risotto Cali. Veg Blend Fruit, Roll	Ranch Breaded Chicken White Rice, Bread Black Beans Carrots, Fruit	Baked Chicken Stuffing w Gravy Corn, Fruit Roll	Hamburger Stroganoff Broccoli, Beets Fruit, Bread	Bratwurst Prince Charles Veg Peas, Fruit
31				
BBQ Pork Sandwich Mac & Cheese Baked Beans Fruit		MENU SUBJECT TO CHANGE WITHOUT NOTICE		



VITAMIN CHRONICLES: VITAMIN B12



Vitamins are compounds that are essential to grow, develop and allow the body to function normally. There are thirteen vitamins that are essential to functioning and they fall into two categories- fat soluble and water soluble. **Fat soluble vitamins** include Vitamins A, E, D, K. They are stored in the fatty tissues and liver and are not needed to be consumed daily. **Water soluble vitamins** include Vitamin C as well as the eight B vitamins. Water soluble vitamins dissolve in water and are absorbed. Because these types of vitamins are not stored in your body, you need to replenish them more frequently than fat soluble vitamins.

We will dive deeper in to the various vitamins beginning with Vitamin B12 which is a nutrient of concern in older adults. This is a concern because older adults do not absorb the vitamin as well as when they were younger. Individuals that previously have had stomach surgery, have celiac disease or Crohn's disease are all at risk of low B12 levels due to absorption issues.

Why do you need Vitamin B12? Your body uses vitamin B12 to make healthy nerve cells as well as making red blood cells and DNA.

What happens if you have low levels of Vitamin B12? Those with lower vitamin B12 levels could experience muscle weakness, stomach issues, vision problems, fatigue and mood changes. Due to the use of vitamin B12 to make red blood cells, you may also have low iron (anemia) or a low blood count. Vitamin B12 may help to lower levels of a compound, called homocysteine, in the body of those with cardiovascular disease. Although studies have not shown lower levels of homocysteine to decrease the risk of cardiovascular disease.

- Spices such as cumin, paprika or turmeric can add some bold flavors.
- Fresh, roasted or sauteed garlic and onions add a rich and savory flavor.
- If you prefer a tangy flavor use balsamic, red wine or apple cider vinegar in salads, roasted vegetables and marinades.
- If you want an easier salt-free option stores have many options. A quick scan of the grocery store and I was able to find many options from McCormick, Mrs. Dash and even the store brand.
 - If you'd rather use what you have at home try a homemade salt-free seasoning blend.

When you're cooking you have the ability to alter a recipe by reducing or omitting the salt that a recipe calls for and your food should turn out perfectly. You may want to wait until the food is complete prior to adding salt or other spices to flavor it. You can always add to it but you can't remove the salt once it's been added!

It is important to note that if a baking recipe calls for salt that omitting it or reducing the quantity may lead to some unwanted changes as baking is very scientific.

Looking for more Nutrition Education?

Scan the QR Code with your phone's camera or go to the link below for this month's edition of Ask Emily! You can also find the previous months' videos too.



[https://tinyurl.com/](https://tinyurl.com/Green-County-Ask-Emily)

Green-County-Ask-Emily

EASY CLAM CHOWDER

Courtesy of WICWorks.fns.usda.gov

Ingredients

- 2 tablespoons vegetable oil
- 1/2 onion (chopped)
- 1 cup potato (chopped)
- 1 cup celery (chopped)
- 1 cup carrots (chopped)
- 2 cloves garlic (chopped or 2 tsp powder)
- 1 teaspoon smoked paprika (or chili powder)
- 2 cans clam juice (6.5 oz cans in juice)
- 2 cups water (or broth)
- 1 bay leaf
- 2 teaspoons dried thyme
- 1/2 cup low-fat or non-fat milk powder



Instructions

1. In a large pot, heat the vegetable oil over medium heat. Add the onions, potato, celery, and carrots. Cook on medium heat for 5-7 minutes or until softened.
2. Add the garlic and paprika or chili powder and cook for 1-2 more minutes.
3. Add the clams in their juice as well as the broth, bay leaf and thyme. Cover the pot and simmer for 20 minutes or until the potatoes and carrots are soft.
4. When ready to serve, turn off the heat and add the milk and discard the bay leaf. Serve with a salad, or a slice of whole wheat toast.