

May 2019

Reheat in oven to 165 degrees for 15 seconds or place in microwave safe container and reheat to 165 for 15 seconds.

**How to Join**

You must have 60 years of lifetime experience or be the spouse of someone attending. Completing a participant information packet makes you an official member.

**Criteria for Home Delivered Meals**

Medically homebound & unable to leave your home without the assistance of another person. An Assessment has to be done by an outreach worker in your home to determine eligibility. Please call the Tulsa Office 918-835-4160.

**This program is**

**funded by:** Older Americans Act Grant from the INCOG Area Agency on Aging, and Participant Donations

**Nutrition Myths & Misinformation**

i h o v r b i h t e t r g n t i i a e p a  
i e s r a p a a n t n m a d s z s u t m n  
r h d u a r f n i e s i r i e n a t i o z  
f p i i p m i t s a t g t p l o h h n s n  
i r e o s p d e h i e e i l n y r c n a n  
s o n r i h l l t t a x f o t s s a v l b  
n m s a t t c e y y i i i m w n k c a c e  
t s u r t m i v m f h t c a i e s c e n m  
l t n o e d v i y e a e i m o t i m u n o  
e u e b l t t s t m n n a i e g a h h m i  
a i i h l a a i r e t t l l o p f t b a c  
i i g g u e d o o e i u s l t l m u r g r  
e y g i b r f n r v e a w i m h y u i a t  
o y f e c n h n i t e l e o e e y c t z a  
l e u n i v e r s i t i e s r n e d n i l  
n n t s g t l n t e m a t b r o n e i n x  
n o i t a z i n a g r o e l b a t u p e r  
e m x e m a y r y n a w n l m h e c t s t  
r a t c o m p l i c a t e d a n z n o i a  
g y m e r s o p l r h a r m f u l m n d i  
i t l a t i a h e a l t h f o o d f a d g

oprah	television	magazines	internet	neighbor	doctor	dietitian
food fad	fraud	magic bullet	snake oil	trust	complicated	buyer beware
vitamins	supplements	money	universities	healthy diet	variety	easy fix
diploma mill	harmful	Logical	health food	myths	miracle	misinformation

**Reminders**

**Sites will be closed May 27, 2019**