



## Fun Facts about FEBRUARY:

February 2<sup>nd</sup> is Groundhog Day! We'll find out whether winter will last six weeks or calls it quits earlier.

February 10<sup>th</sup> is the Lunar New Year.

February 12<sup>th</sup> is Abraham Lincoln's Birthday—the 16<sup>th</sup> president of the United States.

February 14<sup>th</sup> is Ash Wednesday.

February 14<sup>th</sup> is Valentine's Day!

The 29<sup>th</sup> is a Leap Year! Happening once every four years.

The zodiac signs for February are Aquarius and Pisces.

## MESSAGE FROM THE DIRECTORS:

February begins to unfold its new pages with the holiday season behind us. February is a time for connections, reflection, and celebrating love. February is known as the hallmark of Valentine's Day. A day to celebrate love, but it is also a reminder to cherish the bonds we share. The friendships we've forged in our lives and the love emanating from our wealth of experiences. The love we have for our families. Let it continue to blossom and shine.

HUG  
ME

## FEBRUARY UPDATES:

- **February Closures:**

- **Monday, February 19<sup>th</sup>** – In observance of President's Day

**\*\* You will be receiving a single meal Citymeals Box; please utilize it on, Monday, February 19<sup>th</sup>, 2024. \*\***

- **February Celebrates American Heart Month. Black History Month. Chinese New Year!**
- Just a reminder: If you need to cancel a delivery or have questions about your meal type, don't hesitate to contact your case manager at the New York Foundation at 212-962-7817.

If you are unable to reach them, please don't hesitate to call us at 212-473-1474.

BE  
MINE



# Valentine's Day

Find and circle all of the words that are hidden in the grid. The remaining letters spell a popular Valentine's Day item.

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

- |            |          |            |              |
|------------|----------|------------|--------------|
| ADMIRER    | COUPLE   | FLOWERS    | LOVERS       |
| ADORE      | CRUSH    | FONDNESS   | PARTNER      |
| AFFECTION  | CUPID    | FOREVER    | PROPOSAL     |
| ATTRACTION | DARLING  | FRIENDSHIP | RELATIONSHIP |
| BEAU       | DATE     | GIFT       | RESTAURANT   |
| BELOVED    | DEAR     | GIRLFRIEND | ROMANCE      |
| BOYFRIEND  | DEVOTION | HEARTS     | ROSES        |
| CANDLES    | FANCY    | JEWELRY    | SENTIMENT    |
| CANDY      | FEBRUARY | LIKE       | SUITOR       |
| CHOCOLATES | FLAME    | LOVEBIRDS  | SWEETHEART   |



## Alice in Wonderland

Find and circle all of the Alice's Adventures in Wonderland words that are hidden in the grid.  
The remaining letters spell a quote by the Mock Turtle, from the book.

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

ALICE  
BABY  
BILL  
BOTTLE  
CATERPILLAR  
CAUCUS RACE  
CHESHIRE CAT  
COOK  
CROQUET  
DINAH  
DODO  
DORMOUSE  
DRINK ME

DUCHESS  
EAGLET  
EAT ME  
FAN  
FISH FOOTMAN  
FLAMINGOS  
FROGFOOTMAN  
GLASS BOX  
GOLDEN KEY  
GRIN  
GRYPHON  
GUINEA PIGS  
HEDGEHOGS

KING OF HEARTS  
KNAVE  
LEWIS CARROLL  
LITTLE DOOR  
LIZARD  
LORY  
MAD HATTER  
MARCH HARE  
MOCK TURTLE  
MUSHROOM  
PEPPER  
PIG  
PIGEON

POOL  
PUPPY  
QUEEN OF HEARTS  
RABBIT HOLE  
SMALL CAKE  
TARTS  
TEA PARTY  
TEARS  
THIMBLE  
WATCH  
WHITE RABBIT  
WONDERLAND





# HENRY STREET SETTLEMENT'S MEALS ON WHEELS

Do you know someone who needs  
home-delivered meals?

Serving homebound seniors 60 years  
or older living below 59th Street.

- Seven nutritious meals a week
- Hot or frozen meals
- Culturally appropriate meals available:  
Latin, Asian, and Kosher

CALL **212.473.1474** TO SEE IF YOU QUALIFY.

*HSS Meals on Wheels is funded by the New York City Department for the  
Aging and Citymeals-on-Wheels.*



**HENRY STREET  
SETTLEMENT**

265 Henry Street • New York NY 10002  
HENRYSTREET.ORG



## 營養送餐福利



為居住於 59 街以下的 60 歲  
以上居家行動不便的長者  
提供送餐服務。

- 每週供應 7 次營養餐
- 熱菜或冷凍食品
- 根據用餐長者的文化習俗  
來配餐

請致電 **212.473.1474** 查詢參加此福利計劃的資格。

健康長者營養送餐福利計劃由紐約市政府老年服務部以及城市福利送餐計劃聯合資助。

## COMIDAS SANAS Y SELECTAS A DOMICILIO

Sirviendo a personas de 60 años o  
mayores confinadas en su casa y que  
residen no más allá de la calle 59.

- Siete comidas nutritivas a la semana
- Comidas calientes o congeladas
- Comidas culturalmente apropiadas

LLAME AL **212.473.1474** PARA SABER SI  
REÚNE LAS CONDICIONES EXIGIDAS.

*El programa Meals on Wheels de HSS está financiado por el  
Departamento de la Ciudad de Nueva York para la Ancianidad y por  
Citymeals-on-Wheels.*



# Easy Ways to... Keep Food Safe

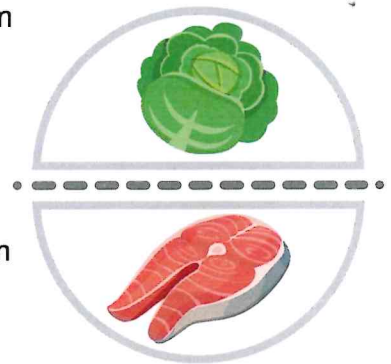
## **CLEAN** your hands and surfaces often.

- Wash your hands with soap and warm water for 20 seconds.
- Wash utensils and cutting boards regularly.
- Rinse produce under running water.



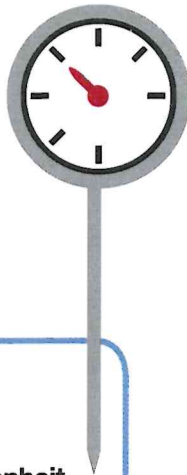
## **SEPARATE** raw meats, poultry and seafood.

- Store them away from ready-to-eat foods in your refrigerator.
- Use separate cutting and preparation surfaces.
- Keep them away from other foods in your shopping cart.



## **COOK** foods to a safe temperature.

- Heat foods to kill germs that can make you sick.
- Use a food thermometer to check internal food temperatures when cooking.

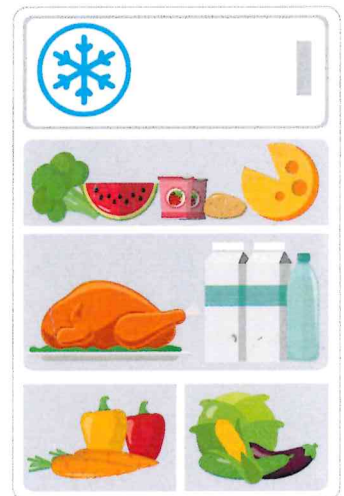


### **Safe Cooking Temperatures:**

- Poultry: **165 degrees Fahrenheit**
- Ground meats: **160 degrees Fahrenheit**
- Whole cuts of beef, pork, veal or lamb: **145 degrees Fahrenheit**

## **CHILL** foods.

- Keep your refrigerator at or below 40 degrees Fahrenheit.
- Refrigerate food within two hours of cooking or removing it from the refrigerator.
- Always thaw food in the refrigerator.



For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).

For more information about Stellar Farmers Markets, visit [nyc.gov](https://www.nyc.gov) and search for **farmers markets**.

For healthy recipes, visit [jsyfruitveggies.org](https://www.jsyfruitveggies.org).

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to [myBenefits.ny.gov](https://myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).



265 Henry Street  
New York, N.Y, 10002

Ph: 212-473-1474

NY Foundation: 212-962-7817

Agency: Henry Street Settlement

Name: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Date: \_\_\_\_\_

HSS MOW values your input and feedback towards the program. Do you have a few minutes to complete a quick brief survey? Please answer with Agree, neither agree or disagree, or you disagree.	<b>Agree</b>	<b>Neither agree / or disagree</b>	<b>Disagree</b>
<i>Meals on Wheels has helped you to live independently at home?</i>			
<i>If you did not receive meals on wheels, you would not have a hot meal to eat?</i>			
<i>Are you satisfied with the variety of meals provided?</i>			
<i>Do the meals arrive at the proper temperature? (Hot food hot, cold food cold)</i>			
<i>Is your meal deliverer friendly?</i>			
<i>Are the meals on wheels office staff friendly and courteous?</i>			
<i>Nutrition information that may be given to you is helpful.</i>			

Are there any items you would like to see on an upcoming menu cycle?

Comments: \_\_\_\_\_

Any other feedback or comments you would like us to know?

Thank you!

Hi Participant!

Thank you again for taking the time to complete this survey, we appreciate it!

This allows you to be heard & your feedback is valuable to us. 😊

After completing the survey, please place it in the envelope provided – you can give it to your deliverer or mail it back if you wish. If you have any questions, please don't hesitate to contact us at 212-473-1474.

Thank you again!

Be well,

HSS NOW