

Second Helping

A Few More Things You Might Find Helpful from United Way Meals on Wheels

January 2019

Make a Clean Start to the New Year

Frequent Hand-Washing Should Be Everyone's Resolution

Wash your hands! It's one of the easiest and most effective things you can do to help avoid getting sick or passing germs along to other people. But how often should you do it, and what's the right way to really get your hands clean?

- **Always Wash Your Hands Before...**

Wash your hands before preparing food or eating. Wash your hands before treating an open wound or caring for a sick person. And be sure to wash your hands before handling contact lenses or otherwise touching your eyes, nose or mouth.

- **Always Wash Your Hands After...**

Wash your hands whenever they are visibly dirty, as well as after preparing food, using the bathroom, changing a diaper, blowing your nose, coughing, sneezing, treating wounds, handling garbage, caring for a sick person, shaking hands or touching an animal.

- **Use Good Old Soap and Water**

Start by rinsing your hands with warm or cold water; lather with soap; rub your hands together for at least 20 seconds; scrub your palms, the backs of your hands, your wrists, between your fingers and under your fingernails. Rinse well and dry with a clean towel.

- **Most Any Soap Is Good Soap**

Whether you prefer soap in liquid, bar or powdered form, they will all do the job. In fact, the old "antibacterial" soaps are no more effective and are no longer recommended at all.

- **Hand Sanitizers Will Do in a Pinch**

If soap and water are not available, an alcohol-based hand sanitizer (containing at least 60% alcohol) is a good alternative. Just be sure to use enough to wet your hands completely, and rub your hands together until dry.

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: Mayo Clinic

Remove lower portion and return with your kind donation.

YES! I'll support Meals on Wheels so that even more people can look forward to a hot, nutritious meal and friendly visit day after day. My tax-deductible contribution is enclosed in the amount of:

___\$25 ___\$50 ___\$100 ___Other \$_____

Please make checks payable to Meals on Wheels and mail in the enclosed postage-paid envelope.

Name _____

Address _____

City _____ State _____ Zip _____




Email _____ Telephone _____

You may also donate online at www.mowjeffco.org/donate.

CSH-01/19



P.O. Box 320189
Birmingham, AL 35232-0189
205.592.0413

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Menu 5 Grape Juice Creamed Chicken Casserole Corn California Vegetable Blend Italian Bread Margarine Butterscotch Pudding 1% Milk</p>	 <p>Menu 6 Taco Salad: Seasoned Ground Beef Lettuce/Cheese/Tomatoes Cheesy Pinto Beans Mandarin Oranges Corn Tortilla Chips Mild Taco Sauce/ Sour Cream White Cake 1% Milk</p>	<p>Menu 2 Flame Broiled Beef Patty/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/ Mustard/Mayonnaise Hot Peach Cobbler 1% Milk/Chocolate Milk</p>	<p>Menu 3 Three Bean Beef Chili Parslled Rice Carrots Fresh Fruit Wheat Crackers Margarine Vanilla Mini Moon Pie 1% Milk</p>	<p>Menu 4 Roast Pork/Apple Brown Gravy Cheesy Mashed Potatoes Stewed Tomatoes Applesauce Cornbread Margarine Oatmeal Crème Pie 1% Milk/Buttermilk</p>
<p>Menu 10 Meatloaf/Onion Gravy Mashed Sweet Potatoes Italian Flat Beans Applesauce Whole Grain Bread Margarine Sugar Cookie 1% Milk</p>	<p>Menu 11 Orange Juice Chopped BBQ Chicken/Bun Broccoli and Cheese Scalloped Potatoes Vanilla Pudding 1% Milk/Chocolate Milk</p>	<p>Menu 7 Blended Juice Macaroni and Cheese Black Eyed Peas Mixed Greens Cornbread Margarine Nutty Buddy 1% Milk/Buttermilk</p>	<p>Menu 8 Tenyaki Meatballs (5) Brown Rice Gingered Green Peas Pineapple Tidbits Whole Grain Bread Margarine Chocolate Mini Moon Pie 1% Milk</p>	<p>Menu 9 Grape Juice Beef Hot Dog/Bun Baked Beans Coleslaw Ketchup/ Mustard Fresh Diced Onions Hot Apple Cobbler 1% Milk / Chocolate Milk</p>
<p>Menu 14 Orange Juice Chicken Drums/Ranch Gravy (2) Yellow Rice/Tomato & Pepper Three Bean Medley Whole Grain Bread Margarine Chocolate Pudding 1% Milk</p>	<p>Menu 12 Sliced Baked Ham/Gravy Collard Greens Succotash Mixed Fruit Cornbread Margarine Banana Mini Moon Pie 1% Milk/Buttermilk</p>	<p>Menu 13 Meatballs (5) Spaghetti Noodles/Tomato Sauce Carrots Mixed Green Salad/Italian Dressing Whole Grain Dinner Roll Margarine Chocolate Cake 1% Milk</p>	<p>Menu 10 Grape Juice Beef Hot Dog/Bun Baked Beans Coleslaw Ketchup/ Mustard Fresh Diced Onions Hot Apple Cobbler 1% Milk / Chocolate Milk</p>	<p>Menu 11 Orange Juice Chicken Drums/Ranch Gravy (2) Yellow Rice/Tomato & Pepper Three Bean Medley Whole Grain Bread Margarine Chocolate Pudding 1% Milk</p>
<p>Menu 16 Orange Juice Sausage Breakfast Casserole Cheese Grits Hot Cinnamon Apples Biscuit Margarine Jelly Animal Crackers 1% Milk</p>	<p>Menu 15 Orange Juice Chopped BBQ Chicken/Bun Broccoli and Cheese Scalloped Potatoes Vanilla Pudding 1% Milk/Chocolate Milk</p>	<p>Menu 17 Chicken Thigh/Mushroom Gravy Macaroni and Cheese Cabbage Whole Grain Bread Pears Margarine Fudge Round 1% Milk / Chocolate Milk</p>	<p>Menu 18 Sausage and Bean Casserole Brown Rice Green Peas Peaches Whole Grain Bread Margarine Yellow Cake 1% Milk</p>	<p>Menu 14 Orange Pineapple Juice Chicken Drums/Ranch Gravy (2) Yellow Rice/Tomato & Pepper Three Bean Medley Whole Grain Bread Margarine Chocolate Pudding 1% Milk</p>
<p>Menu 20 Chicken Florentine Mashed Potatoes Italian Flat Beans Mandarin Oranges Whole Grain Bread Margarine Chocolate Mini Moon Pie 1% Milk</p>	<p>Menu 16 Orange Juice Sausage Breakfast Casserole Cheese Grits Hot Cinnamon Apples Biscuit Margarine Jelly Animal Crackers 1% Milk</p>	<p>Menu 17 Chicken Thigh/Mushroom Gravy Macaroni and Cheese Cabbage Whole Grain Bread Pears Margarine Fudge Round 1% Milk / Chocolate Milk</p>	<p>Menu 18 Sausage and Bean Casserole Brown Rice Green Peas Peaches Whole Grain Bread Margarine Yellow Cake 1% Milk</p>	<p>Menu 19 Blended Juice Beef Rotini Pasta Casserole Turnip Greens Mixed Vegetables Cornbread Margarine Applesauce 1% Milk/Buttermilk</p>
<p>Menu 20 Chicken Florentine Mashed Potatoes Italian Flat Beans Mandarin Oranges Whole Grain Bread Margarine Chocolate Mini Moon Pie 1% Milk</p>	<p>Menu 1 Orange Juice Lemon Pepper Chicken Thigh Parslled Potatoes Rutabagas Whole Grain Bread Margarine Chocolate Cake 1% Milk</p>	<p>Menu 2 Flame Broiled Beef Patty/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/ Mustard/Mayonnaise Hot Peach Cobbler 1% Milk/Chocolate Milk</p>	<p>Menu 3 Three Bean Beef Chili Parslled Rice Carrots Fresh Fruit Wheat Crackers Margarine Vanilla Mini Moon Pie 1% Milk</p>	

Holiday

Comments or Suggestions