

Second Helping

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

May 2018

Read to Your Heart's Content

Nutrition Labels Can Help You Make Healthier Food Choices

Virtually every food and beverage package includes a Nutrition Facts label with important information about the product inside. Understanding what that information means can help you make better choices for a healthier lifestyle.

- **Serving Size**

The label tells you how many total servings are in the package AND how much of that should go into a single serving. All nutrition information on the label is based on one serving at the recommended size.

- **Number of Calories**

The calories listed are for one serving only. Calories represent energy in food; so if you eat or drink more calories than you burn in a day, you will gain weight.

- **% Daily Value**

Use this section to choose foods that are high in the nutrients you should get more of, and low in the nutrients you should get less of. Your nutritional needs will depend on how physically active you are, so ask your doctor what calorie level is right for you.

- **Get More of These**

Americans often don't get enough dietary fiber, vitamin A, vitamin C, calcium and potassium in their diets. These are essential to keeping you strong and healthy, and may help reduce the risk of some diseases.

- **Get Less of These**

Eating too much total fat (especially saturated fat and trans fat), cholesterol or sodium may increase your risk of heart disease, cancer or high blood pressure. Try to limit these as much as possible.

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: U.S. Food & Drug Administration, 2018

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 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-5/18




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

MAY

ADSS NUTRITION PROGRAM

SPRING 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Menu 6 Orange Juice Teriyaki Pork Patty Fried Rice Spring Vegetables Whole Wheat Bread Margarine Fig Bar Milk</p>	<p>Menu 2 Chopped Steak/Gravy Delmonico Potatoes Lima Beans Mixed Fruit Wheat Roll Margarine Pecan Spin Milk</p>	<p>Menu 3 Smoked Sausage Red Beans and Rice Coleslaw Fresh Fruit Texas Bread Margarine Raspberry Gelatin Milk</p>	<p>Menu 4 Apple Juice Sliced Turkey/Gravy Whipped Sweet Potatoes Mustard Greens Cornbread Margarine Butterscotch Pudding Milk/Buttermilk</p>	<p>Cinco de Mayo Theme Meal Blended Juice Mexican Beef Casserole Mexican Rice Mexican Corn Wheat Bread Margarine Chocolate Marshmallow Pie Milk</p>
<p>Menu 11 Grape Juice Chicken/Broccoli/Rice Casserole Field Peas with Snaps Tropical Fruit Whole Wheat Bread Margarine Jelly Crème Pie Milk</p>	<p>Menu 7 Cranberry Juice Chicken Tetrizzini Spinach Whole Kernel Corn Wheat Roll Margarine Marble Cake Milk</p>	<p>Menu 8 Taco Salad: Taco Meat Pinto Beans Taco Salad Mix Corn Chips Sour Cream Taco Sauce Orange Gelatin Milk/Chocolate Milk</p>	<p>Menu 9 Apple Juice Vegetable Plate: Macaroni & Cheese Black Eyed Peas Collard Greens Cornbread Margarine Raisin Crème Pie Milk/Buttermilk</p>	<p>Menu 10 Salsbury Steak/Mushroom Gravy Whipped Potatoes Green Peas Fresh Fruit Wheat Bread Margarine Chocolate Pudding Milk</p>
<p>Menu 16 Orange Juice Sausage Patty (3) Cheese Grits Hot Spiced Apples Biscuit Margarine/Jelly Whole Grain Bran Flakes Milk</p>	<p>Menu 17 Cranberry Juice Smothered Chicken Yellow Rice Green Peas Whole Wheat Bread Margarine Chocolate Cake/Whipped Topping Milk</p>	<p>Menu 18 BBQ Meatballs (3) Mixed Greens Baked Potato Salad Fresh Fruit Cornbread Margarine Assorted Snack Cakes Milk/Buttermilk</p>	<p>Menu 19 Blended Juice Chicken Parmesan Whole Grain Penne/Tomatoes Green Beans Wheat Bread Margarine Lime Gelatin/Pears Milk</p>	<p>Menu 20 Hamburger/Bun Baked Beans Italian Corn Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk</p>
<p>Menu 2 Chopped Steak/Gravy Delmonico Potatoes Lima Beans Mixed Fruit Wheat Roll Margarine Pecan Spin Milk</p>	<p>Menu 12 Apple Cherry Juice Hot Dog/Bun Baked Beans Coleslaw Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk</p>	<p>Menu 13 Meatloaf/Tomato Gravy Country Potatoes Green Beans/Red Peppers Sliced Peaches Whole Wheat Bread Margarine Yellow Cake Milk</p>	<p>Menu 14 Baked Chicken Thigh Macaroni and Cheese Turnip Greens Fresh Fruit Cornbread Margarine Strawberry Gelatin Milk/Buttermilk</p>	<p>Menu 15 Orange Juice Ham and White Beans Garden Vegetables Cabbage Wheat Bread Margarine Chocolate Chip Crème Pie Milk</p>
<p>Menu 2 Chopped Steak/Gravy Delmonico Potatoes Lima Beans Mixed Fruit Wheat Roll Margarine Pecan Spin Milk</p>	<p>Menu 12 Apple Cherry Juice Hot Dog/Bun Baked Beans Coleslaw Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk</p>	<p>Menu 13 Meatloaf/Tomato Gravy Country Potatoes Green Beans/Red Peppers Sliced Peaches Whole Wheat Bread Margarine Yellow Cake Milk</p>	<p>Menu 14 Baked Chicken Thigh Macaroni and Cheese Turnip Greens Fresh Fruit Cornbread Margarine Strawberry Gelatin Milk/Buttermilk</p>	<p>Menu 15 Orange Juice Ham and White Beans Garden Vegetables Cabbage Wheat Bread Margarine Chocolate Chip Crème Pie Milk</p>



Centers Closed



Comments or Suggestions