

# Second Helping

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

October 2018

## Tricks for Healthier Treats

You May Be Able to Have Your Sweets and Enjoy Them, Too.

Many seniors love candy. But all that sugar can pose even more health problems for older folks than it does for others. Candy made with certain ingredients, however, can actually have some surprising health benefits -- when enjoyed in moderation.

- **Dark Chocolate**

If you like chocolate, darker is definitely better. Antioxidants found in cacao beans are associated with a lower risk for cardiovascular disease. Dark chocolate can also lower your blood pressure and may even help prevent diabetes. But watch the portion size.

- **Nuts and Nut Butter**

Candy made with peanuts, almonds or peanut butter can be healthier than other candies because of the protein they contain. Protein is an essential part of a healthy diet because, among other things, it aids the immune system and provides energy.

- **Coconut**

Coconut has been linked to improved cardiovascular health and can slow down an increase in blood sugar levels. It's also a good source of fiber, which aids in digestion and leaves you feeling full for a longer period of time.

- **Peppermint**

Peppermint has long been known as a remedy for an upset stomach, but now it's also linked to mental alertness -- making it a good way to beat that after-lunch drowsiness.

- **Ginger**

Ginger contains potassium, magnesium, Vitamin D and antioxidants. It's known for treating nausea and fatigue, and it's also an anti-inflammatory that may lower cholesterol and even ease the pain of arthritis. A sweet reward for eating a little candy!

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: 1+1 Senior Care

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 \_\_\_\_\_



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



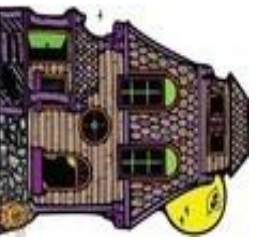
You may also donate online at [www.mowjeffco.org/donate](http://www.mowjeffco.org/donate).

CSH-10/18

# OCTOBER

## ADSS NUTRITION PROGRAM

FALL 2018

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|--|
| <p>Menu 1<br/>Blended Juice<br/>Chicken Tetraxini<br/>Tuscan Blend Vegetables<br/>Fresh Orange<br/>Whole Grain Bread<br/>Margarine<br/>Chocolate Pudding<br/>1% Milk</p> | <p>Menu 2<br/>Sliced Meatloaf / Apple Brown Gravy<br/>Mashed Potatoes<br/>Turnip Greens<br/>Strawberry Applesauce<br/>Cornbread<br/>Margarine<br/>Oatmeal Cookie<br/>1% Milk/ Buttermilk</p>   | <p>Menu 3<br/>Ham &amp; Swiss/Pretzel Bun<br/>Three Bean Salad<br/>Potato Salad<br/>Peaches<br/>Mustard &amp; Mayonnaise<br/>Yellow Cake<br/>1% Milk/Chocolate Milk</p>                         | <p>Menu 4<br/>Baked Lemon Pepper Chicken Thigh<br/>Rice Pilaf<br/>Carrot Coins<br/>Mixed Fruit<br/>Whole Grain Roll<br/>Margarine<br/>Fruited Peach Gelatin<br/>1% Milk</p>   | <p>Menu 5<br/>Grape Juice<br/>BBQ Pork Riblet<br/>Mashed Potatoes<br/>Green Peas/ Red Pepper<br/>Whole Grain Bread<br/>Margarine<br/>Hot Peach Crisp Dessert<br/>1% Milk</p>       |
| <p>Menu 1<br/>Blended Juice<br/>Chicken Tetraxini<br/>Tuscan Blend Vegetables<br/>Fresh Orange<br/>Whole Grain Bread<br/>Margarine<br/>Chocolate Pudding<br/>1% Milk</p> | <p>Menu 7<br/>Beef Tacos:<br/>Ground Beef<br/>Shredded Lettuce<br/>Cheese &amp; Tomatoes<br/>Cheesy Pinto Beans<br/>Mandarin Oranges<br/>Corn Tortilla Chips<br/>Mild Taco Sauce &amp; Sour Cream<br/>Fruited Strawberry Gelatin<br/>1% Milk</p> | <p>Menu 8<br/>Orange Pineapple Juice<br/>Mojo Chicken Drums (2)<br/>Yellow Rice/ Tomato &amp; Pepper<br/>Mixed Vegetables<br/>Cornbread<br/>Margarine<br/>White Cake<br/>1% Milk/Buttermilk</p> | <p>Menu 9<br/>Turkey Salad Sandwich<br/>Three Bean Salad<br/>Broccoli Salad<br/>Citrus Fruit Salad<br/>Whole Grain Bread - 2 slices ea.<br/>Apple Spice Cookie<br/>1% Milk</p>  | <p>Menu 10<br/>Beef Hot Dog/Bun<br/>Coleslaw<br/>Baked Beans<br/>Pineapple Tidbits<br/>Ketchup/Mustard/Diced Onions<br/>Banana Pudding<br/>1% Milk</p>                             |
| <p><b>Columbus Day</b><br/><br/><b>No Vendor Meal</b></p>                              | <p>Menu 11<br/>Baked Chicken Thigh<br/>Collard Greens<br/>Mashed Sweet Potatoes<br/>Applesauce<br/>Cornbread<br/>Margarine<br/>Sugar Cookie<br/>1% Milk/Buttermilk</p>   | <p>Menu 12<br/>Egg Salad<br/>Carrot Raisin Salad<br/>Mixed Green Salad/Italian Dressing<br/>Mixed Fruit<br/>Whole Grain Bread<br/>Margarine<br/>Fruited Raspberry Gelatin<br/>1% Milk</p>       | <p>Menu 13<br/>Pork Chop Patty/ Sweet &amp; Sour Sauce<br/>Brown Rice<br/>Sesame Green Beans<br/>Pineapple Tidbits<br/>Dinner Roll<br/>Margarine<br/>Vanilla Pudding<br/>1% Milk/Chocolate Milk</p>                   | <p>Menu 14<br/>Chicken Garden Casserole<br/>Summer Blend Vegetables<br/>Carrots<br/>Fresh Banana<br/>Whole Grain Bread<br/>Margarine<br/>Hot Apple Crisp Dessert<br/>1% Milk</p>   |
| <p>Menu 16<br/>Smoked Sausage/Bun<br/>Hot German Potato Salad<br/>Cabbage and Carrots<br/>Fresh Apple<br/>Mustard<br/>Banana Mini Moon Pie<br/>1% Milk</p>               | <p>Menu 17<br/>Chicken Breast/ Cacciatore Sauce<br/>Garlic Mashed Potatoes<br/>Broccoli Cuts<br/>Mandarin Oranges<br/>Whole Grain Bread<br/>Margarine<br/>Chocolate Pudding<br/>1% Milk</p>  | <p>Menu 18<br/>Turkey Sausage Links (4)<br/>Country Pepper Gravy<br/>Cheese Grits<br/>Stewed Tomatoes<br/>Peaches<br/>Whole Grain Bread<br/>Margarine<br/>Yellow Cake<br/>1% Milk</p>           | <p>Menu 19<br/>Flame Broiled Beef Patty/Bun<br/>Mixed Vegetables<br/>Lettuce, Tomato, &amp; Onion<br/>Baked Beans<br/>Pears<br/>Ketchup, Mustard, Mayonnaise<br/>Vanilla Mini Moon Pie<br/>1% Milk/Chocolate Milk</p> | <p>Menu 20<br/>Spanish Beef Vegetable Casserole<br/>Parried Rice<br/>Mixed Greens<br/>Applesauce<br/>Cornbread<br/>Margarine<br/>Fruited Orange Gelatin<br/>1% Milk/Buttermilk</p> |
| <p>Menu 1<br/>Blended Juice<br/>Chicken Tetraxini<br/>Tuscan Blend Vegetables<br/>Fresh Orange<br/>Whole Grain Bread<br/>Margarine<br/>Chocolate Pudding<br/>1% Milk</p> | <p>Menu 2<br/>Sliced Meatloaf/ Apple Brown Gravy<br/>Mashed Potatoes<br/>Turnip Greens<br/>Strawberry Applesauce<br/>Cornbread<br/>Margarine<br/>Oatmeal Cookie<br/>1% Milk/ Buttermilk</p>  | <p>Menu 3<br/>Ham &amp; Swiss/Pretzel Bun<br/>Three Bean Salad<br/>Potato Salad<br/>Peaches<br/>Mustard &amp; Mayonnaise<br/>Yellow Cake<br/>1% Milk/Chocolate Milk</p>                         | <p>Menu 31<br/></p>  | <p>Menu 31<br/></p>   |

Comments or Suggestions