



# 2ND HELPING

Just a Little More Help from **United Way Meals on Wheels** October 2025

## Squeeze Some Oranges into Your Diet and Relax They Have the Surprising Effect of Relieving Stress

You probably already knew that citrus fruits, and oranges in particular, are excellent sources of vitamin C and other nutrients that support your immune system. But did you know that when your immune system is stronger, that also improves your body's response to stress? It's a unique benefit that can help you feel better, both physically and emotionally. Here's a little more on how that works.

### ▪ The Wonders of Vitamin C

Oranges and vitamin C, specifically, enhance the production and function of white blood cells, which are immune cells that fight infection. Vitamin C is also an antioxidant that protects those cells from damage, helps wounds heal faster and promotes a more resilient overall immune system.

### ▪ The Way this Plays into Stress

The immune system and stress response are closely linked. When the immune system is well-supported, it can efficiently regulate the body's inflammatory response to stress. In other words, a stronger immune system can have a calming effect when you face tense situations.

### ▪ But It's Not Just about Vitamin C

Oranges also contain nutrients called flavonoids, which have antioxidants and anti-inflammatory properties that help regulate stress. They also contain B vitamins, such as folate, that are crucial to regulating your mood. That's in addition to magnesium, which helps calm the nervous system and supports relaxation.

### ▪ And the Benefits of Oranges Don't Stop There

Oranges are a good source of fiber for better gut health and digestion. They also contain potassium to help regulate blood pressure. And because they're 86% water, they're great for helping you stay hydrated.

### ▪ Eating the Whole Thing Is Best

While orange juice does provide vitamins, the fiber is lost in the juicing process -- and the natural sugar and calories become more concentrated. For better digestive health, blood sugar stability and an even greater calming effect, just peel and eat!

Questions for Meals on Wheels? Call us at 205.592.0413.

source: allhealthy.com

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 nutritious meals and friendly visits. My tax-deductible contribution is enclosed in the amount of:

\_\_\_\$10    \_\_\_\$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 \_\_\_\_\_



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

CSH-10/25

# Meals on Wheels Will Be Closed on the Following Days

October 13, 2025

November 11, 2025

November 27-28, 2025

December 22-26, 2025

December 29-31, 2025

January 1-2, 2026

January 19, 2026

February 16, 2026

April 3, 2026

April 27, 2026

May 25, 2026

June 1, 2026

June 19, 2026

July 3, 2026

September 7, 2026

## Holiday Meal Planning

As we prepare for this year's holiday closures, we will be providing frozen and shelf-stable meals in advance to ensure that you have access to food every day.

If you normally receive hot meals and do not have a microwave, or have any questions about frozen or shelf-stable meals, please call us for assistance at

**205.592.0413**