

Second Helping

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

April 2019

Canned Responses to Nutritional Needs

Keep These Five Canned Foods on Hand for Better Health and Convenience

Fruits, vegetables, beans and lean proteins are essential to a healthy diet. And while fresh is always good, canned alternatives offer their own advantages, such as longer shelf life and no cleaning, peeling, chopping, etc. Keep these on hand all the time.

- **Beans**

Red, white or black. Beans are low in fat and cholesterol free. Most importantly, they're an excellent source of essential protein and fiber, which every diet needs. Enjoy them as a side dish or in chili, soups and meat dishes for even more variety and balance.

- **Diced Tomatoes**

Tomatoes are a great source of vitamins A and C, as well as antioxidants that help prevent chronic diseases. Canned tomatoes actually have more antioxidant power than the fresh variety, so keep them on hand as a welcome addition to soups, stews and casseroles.

- **Peaches**

Did you know that canned peaches have four times more vitamin C than fresh peaches? Stock up and enjoy them as a naturally sweet and healthy snack or side dish or in salads or blended into smoothies.

- **Tuna**

Canned tuna is one of the most convenient forms of healthy protein and vitamin A. It makes a great quick and easy sandwich, as well as a cold salad or hot casserole.

- **Green Beans**

An old favorite that adds fiber and vitamins A and C to your diet, along with potassium and other important nutrients. Green beans are a traditional side dish with beef, chicken or fish, but also work well into healthy salads and, of course, green bean casserole!

Questions for Meals on Wheels? Call us at 205.592.0413. Source: Alabama Department of Senior Services

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 _____

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Birmingham, AL 35232-0189
205.592.0413

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

CSH-04/19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu 1 Blended Juice Chopped BBQ Chicken/Bun Corn Diced Potatoes Sugar Cookie 1% Milk</p>	<p>Menu 2 Seasoned Chicken Thigh & Drum Yellow Rice/ Red peppers Green Peas Peaches Wheat Bread Yellow Cake 1% Milk Margarine</p>	<p>Menu 3 Orange Pineapple Juice Beef Hot Dog/ Bun Baked Beans Coleslaw Ketchup/ Mustard Diced Onions Hot Apple Cobbler 1% Milk/ Chocolate Milk</p>	<p>Menu 4 Herbed Garlic Meatballs (5) Parlised Rice Green Beans Mandarin Oranges Dinner Roll Mini Moon Pie 1% Milk Margarine</p>	<p>Menu 5 Pork Riblet/ Mushroom Gravy Mashed Sweet Potatoes Collard Greens Applesauce Cornbread Oatmeal Crème Pie 1% Milk/ Buttermilk Margarine</p>
<p>Menu 6 Grape Juice Meatloaf/ Tomato Gravy Garlic Mashed Potatoes Brussel Sprouts Wheat Bread Oatmeal Raisin Cookie 1% Milk Margarine</p>	<p>Menu 7 Ham and Potato Casserole Green Lima Beans Carrots Fresh Fruit Italian Bread White Cake 1% Milk Margarine</p>	<p>Menu 8 Blended Juice Macaroni and Cheese Black Eyed Peas Mixed Greens Cornbread Chocolate Pudding 1% Milk/ Buttermilk Margarine</p>	<p>Menu 9 Orange Juice Lemon Pepper Chicken Breast Rice Pilaf Italian Flat Beans/Red Peppers Wheat Bread Fudge Round 1% Milk Margarine</p>	<p>Menu 10 Broiled Beef Patty/ Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Hot Peach Cobbler 1% Milk / Chocolate Milk Ketchup/ Mustard/ Mayonnaise</p>
<p>Menu 11 Grape Juice Salsbury Steak/ Apple Brown Gravy Rosemary Potatoes California Blend Vegetables Whole Grain Bread Chocolate Chip Cookie 1% Milk Margarine</p>	<p>Menu 12 Blended Juice Turkey Salad Pasta Salad Fresh Fruit Wheat Bread (2) Lemon Pudding 1% Milk Margarine</p>	<p>Menu 13 Orange Pineapple Juice Taco Salad: Seasoned Ground Beef Lettuce/Cheese/Tomatoes Pinto Beans Corn Tortilla Chips Mini Moon Pie 1% Milk Taoo Sauce/ Sour Cream</p>	<p>Theme Menu Orange Juice Baked Ham/ Pineapple Sauce Scalloped Potatoes Green Peas and Carrots Dinner Roll German Chocolate Cake 1% Milk Margarine</p>	<p>Menu 19 Grape Juice Beef Stroganoff Cabbage Mixed Vegetables Dinner Roll Vanilla Pudding 1% Milk Margarine</p>
<p>Menu 14 Blended Juice Chopped BBQ Chicken/ Bun Corn Diced Potatoes Sugar Cookie 1% Milk</p>	<p>Menu 15 Spaghetti/ Meat Sauce Casserole Green Beans Mixed Green Salad/ Italian Dressing Pineapple Tidbits Italian Bread Chocolate Cake 1% Milk/ Chocolate Milk Margarine</p>	<p>Menu 16 Blended Juice Pork Chop Patty/ Onion Gravy Seasoned Potatoes Mixed Greens Cornbread Oatmeal Crème Pie 1% Milk/ Buttermilk Margarine</p>	<p>Menu 17 Grape Juice Beef Stroganoff Cabbage Mixed Vegetables Dinner Roll Vanilla Pudding 1% Milk Margarine</p>	<p>Menu 18 Seasoned Chicken Thigh and Drum Mashed Potatoes Okra and Tomatoes Mixed Fruit Whole Grain Bread Nutty Buddy 1% Milk Margarine</p>
<p>Menu 19 Blended Juice Chopped BBQ Chicken/ Bun Corn Diced Potatoes Sugar Cookie 1% Milk</p>	<p>Menu 20 Seasoned Chicken Thigh & Drum Yellow Rice/ Red peppers Green Peas Peaches Wheat Bread Yellow Cake 1% Milk Margarine</p>	<p>Menu 21 Seasoned Chicken Thigh & Drum Yellow Rice/ Red peppers Green Peas Peaches Wheat Bread Yellow Cake 1% Milk Margarine</p>	<p>Menu 22 Seasoned Chicken Thigh & Drum Yellow Rice/ Red peppers Green Peas Peaches Wheat Bread Yellow Cake 1% Milk Margarine</p>	<p>Menu 23 Seasoned Chicken Thigh & Drum Yellow Rice/ Red peppers Green Peas Peaches Wheat Bread Yellow Cake 1% Milk Margarine</p>
<p>Menu 24 Blended Juice Pork Chop Patty/ Onion Gravy Seasoned Potatoes Mixed Greens Cornbread Oatmeal Crème Pie 1% Milk/ Buttermilk Margarine</p>	<p>Menu 25 Seasoned Chicken Thigh & Drum Yellow Rice/ Red peppers Green Peas Peaches Wheat Bread Yellow Cake 1% Milk Margarine</p>	<p>Menu 26 Seasoned Chicken Thigh & Drum Yellow Rice/ Red peppers Green Peas Peaches Wheat Bread Yellow Cake 1% Milk Margarine</p>	<p>Menu 27 Seasoned Chicken Thigh & Drum Yellow Rice/ Red peppers Green Peas Peaches Wheat Bread Yellow Cake 1% Milk Margarine</p>	<p>Menu 28 Seasoned Chicken Thigh & Drum Yellow Rice/ Red peppers Green Peas Peaches Wheat Bread Yellow Cake 1% Milk Margarine</p>
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HOLIDAY



Good Friday

Comments or Suggestions