

Second Helping

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

February 2019

Show Your Heart Some Love

Not Just in February But Every Other Month of the Year, Too

Taking care of your heart means living a healthy lifestyle. Making these important adjustments to your habits can help keep your blood pressure, cholesterol and blood sugar normal, which in turn can lower your risk of heart disease and heart attack.

- **Eat a Healthy Diet**

Enjoy *more* fresh fruit and vegetables and *fewer* processed foods. Look for foods that are *low* in saturated fat and cholesterol but *high* in fiber. Limiting the salt (sodium) in your diet can help lower your blood pressure. Limiting sugar can help prevent or control diabetes.

- **Maintain a Healthy Weight**

Being overweight definitely increases your risk of heart disease. See your doctor to determine your body mass index (BMI) and what your healthy weight should be. Then ask him or her to help you make a diet and exercise plan to help achieve it.

- **Get Physical Activity Any Way You Can**

We all have limitations as we grow older, but any physical activity is better than none -- and helps control your weight, blood pressure, cholesterol and sugar levels. The Surgeon General recommends 2-1/2 hours of moderate exercise (like walking) per week for adults.

- **No Smoking, Please!**

If you don't smoke, don't start. If you do smoke, quitting will lower your risk of heart disease. Your doctor can suggest ways to help you quit.

- **Limit Alcohol Consumption**

Drinking too much alcohol can raise your blood pressure, make you gain weight, and disrupt sleep -- all of which can put your heart at risk. Men should have no more than *two* drinks per day, and women only *one*. For more information, visit www.cdc.gov/alcohol.

Questions for Meals on Wheels? Call us at 205.592.0413. Source: Centers for Disease Control & Prevention

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

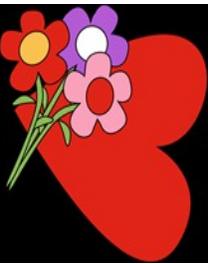
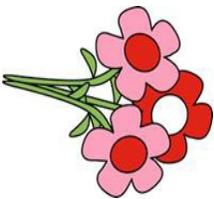
You may also donate online at www.mowjeffco.org/donate.

CSH-02/19

FEBRUARY

ADSS NUTRITION PROGRAM

WINTER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Menu 5 Grape Juice Creamed Chicken Casserole Corn California Vegetable Blend Italian Bread Margarine Butterscotch Pudding 1% Low Fat 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 7 Blended Juice Macaroni and Cheese Black Eyed Peas Mixed Greens Cornbread Margarine Nutty Buddy 1% Milk/Buttermilk</p>	<p>Menu 8 Teriyaki Meatballs (5) Brown Rice Gingered Green Peas Pineapple Tidbits Whole Grain Bread Margarine Chocolate 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 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 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 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 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 Parsiled 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 Parsiled Rice Carrots Fresh Fruit Wheat Crackers Margarine Vanilla Mini Moon Pie 1% Milk</p>	

Holiday

Comments or Suggestions