

Second Helping

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

October 2019

Pump Yourself Up with Pumpkin!

It's a Powerhouse of Nutrition and Tastes Great, Too

Did you know that pumpkins are a fruit? While all fruits have certain health benefits, it turns out that pumpkins are actually in the "superfood" category. They've been found to help prevent a wide variety of diseases and may even help slow down aging. Just look at some of the nutrients in the meat and seeds.

- **Potassium**

A single cup of pumpkin meat contains 394 mg of potassium, which is best known for its positive effects on blood pressure and cardiovascular health.

- **Vitamin C**

Pumpkin is a good source of Vitamin C -- crucial for strengthening your immune system and beneficial to iron absorption and tissue repair.

- **Fiber**

We all know that fiber aids in digestion and helps keep your system healthy. Both fresh and *especially* canned pumpkin are excellent sources of fiber.

- **Beta Carotene**

Pumpkins are rich in this antioxidant, which is connected to a lower risk of cancer and heart disease, as well as healthier skin, vision, lungs and cognitive skills.

- **Magnesium**

A quarter cup of pumpkin seeds provides you with almost half the recommended daily amount of this heart-healthy, stress-busting mineral.

- **Zinc**

As little as one ounce of pumpkin seeds provides you with a whopping 2mg of zinc, which is essential for immune function, skin health, sleep, mood and much more.

- **Omega 3**

Pumpkin seeds contain healthy oils that can boost brain power and help reduce depression heart disease and the risk of Alzheimer's.

- **Tryptophan**

This is the amino acid that your body converts into serotonin and melatonin, which make can help you feel happier and fall asleep easier.

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: Forbes magazine

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.

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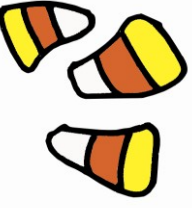


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CSH-10/19



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Menu 1 Egg Salad Tomato Soup Mixed Green Salad Fresh Orange Whole Wheat Bread (2 sl.) Vanilla Pudding Milk Italian/Ranch Dressing</p>	<p>Menu 2 Blended Juice Sausage and Rice Casserole Purple Hull Peas Turnip Greens Cornbread Crispy Rice Bar Milk/Buttermilk Margarine</p>	<p>Menu 3 Seasoned Chicken Thigh Parslied Diced Potatoes Green Peas Dinner Roll Peaches Yellow Cake Milk Margarine</p>	<p>Menu 4 Orange Pineapple Juice Beef Hot Dog/Bun Baked Beans Coleslaw Hot Apple Cobbler Milk/Chocolate Milk Ketchup/Mustard/Mayo Diced Onions</p>
<p>Menu 5 Sliced Meatloaf / Brown Gravy Mixed Vegetables Mashed Potatoes Wheat Bread Blushing Applesauce Fudge Round Milk Margarine</p>	<p>Menu 6 Grape Juice Breaded Chicken Patty/Gravy Mixed Greens Navy Beans Cornbread Sugar Cookie Milk/Buttermilk Margarine</p>	<p>Menu 7 Orange Pineapple Juice Swedish Meatballs (5 ea.) Swedish Sauce Rotini Noodles Carrots Texas Bread Strawberry Fruited Gelatin Milk/Chocolate Milk Margarine</p>	<p>Menu 8 Beef Tacos Seasoned Ground Beef Shredded Lettuce/Cheese/Tomatoes Pinto Beans Corn Tortilla Scoops Mandarin Oranges Milk Taco Sauce/Sour Cream</p>	<p>Menu 9 Blended Juice Cheesy Chicken Broccoli Casserole Field Peas Green Beans / Red Peppers Wheat Bread White Cake Milk Margarine</p>
<p>Menu 10 Sliced Meatloaf / Brown Gravy Mixed Vegetables Mashed Potatoes Wheat Bread Blushing Applesauce Fudge Round Milk Margarine</p>	<p>Menu 11 Grape Juice Mac and Cheese Italian Flat Beans Glazed Carrots Wheat Bread Apple Spice Cookie Milk Margarine</p>	<p>Menu 12 BBQ Chicken Drum Collard Greens Creamed Corn Cornbread Pears Gingerbread Cookie Milk/Buttermilk Margarine</p>	<p>Menu 13 Beef Patty/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Hot Peach Cobbler Milk/Chocolate Milk Ketchup/Mustard/Mayonnaise</p>	<p>Menu 14 Blended Juice Chicken Taco Soup Spanish Rice Mixed Fruit Corn Chips Chocolate Cake Milk</p>
 <p>1492 Columbus Day</p>	<p>Menu 15 Smoked Sausage/Bun Mashed Sweet Potatoes Lima Beans Applesauce Chocolate Chip Cookie Milk Mustard/Ketchup/Mayo</p>	<p>Menu 16 Apple Juice Brunswick Stew Coleslaw Salatine Crackers (4 crackers) Fresh Fruit Lemon Cake Milk Margarine</p>	<p>Menu 17 Blended Juice Sagehetti/Meat Sauce Green Beans Mixed Green Salad Italian Bread Chocolate Pudding Milk Margarine Italian/Ranch Dressing</p>	<p>Menu 18 Sweet & Sour Chicken Breast Patty Oriental Rice Cabbage Pineapple Tidbits Nutty Buddy Milk/Chocolate Milk Whole Grain Dinner Roll Margarine</p>
<p>Menu 19 Orange Juice Ham and Potato Casserole Okra and Tomatoes Mixed Greens Cornbread Orange Fruited Gelatin Milk/Buttermilk Margarine</p>	<p>Menu 20 Apple Juice Stippy Joe/Bun California Vegetable Blend Garlic Mashed Potatoes Brownie Milk</p>	<p>Menu 21 Egg Salad Tomato Soup Mixed Green Salad Fresh Orange Whole Wheat Bread (2 sl.) Vanilla Pudding Milk Italian/Ranch Dressing</p>	<p>Menu 22 Blended Juice Sausage and Rice Casserole Purple Hull Peas Turnip Greens Cornbread Crispy Rice Bar Milk/Buttermilk Margarine</p>	<p>Menu 23 Seasoned Chicken Thigh Parslied Diced Potatoes Green Peas Dinner Roll Peaches Yellow Cake Milk Margarine</p>
<p>Menu 24 Apple Juice Stippy Joe/Bun California Vegetable Blend Garlic Mashed Potatoes Brownie Milk</p>	<p>Menu 25 Egg Salad Tomato Soup Mixed Green Salad Fresh Orange Whole Wheat Bread (2 sl.) Vanilla Pudding Milk Italian/Ranch Dressing</p>	<p>Menu 26 Blended Juice Sausage and Rice Casserole Purple Hull Peas Turnip Greens Cornbread Crispy Rice Bar Milk/Buttermilk Margarine</p>	<p>Menu 27 Seasoned Chicken Thigh Parslied Diced Potatoes Green Peas Dinner Roll Peaches Yellow Cake Milk Margarine</p>	

Comments or Suggestions