

MILWAUKEE COUNTY

MEALS ON WHEELS



SEPTEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
  Goodwill MEALS ON WHEELS 414-358-6527							Suggested Contribution \$3.00 60+ 	Oven-Fried Chicken 1 Garlic Mashed Potatoes Gravy Green Beans Cornbread Muffin Fresh Fruit
CLOSED 4 LABOR DAY 	Tater Tot Casserole 5 Country Vegetables Italian Bread 🍇 Grape Juice Baker's Choice 🍏 Granny Smith Apple	Chef's Salad 6 <i>Ham, Turkey, Cheese</i> <i>Hard-Boiled Egg, Dressing</i> Whole Grain Dinner Roll Fruited Yogurt Fresh Fruit	Chicken Alfredo 7 Penne Pasta Primavera Arugula Salad w/Cucumber & Tomato Crusty Bread Apple Cereal Bar	Pulled Pork 8 Whole Grain Bun Hashbrown Casserole Succotash Carrot Sticks Pineapple				
Cheesy Rotini & Ham 11 Chef's Vegetables Biscuit 🍷 Fruit Punch Fruit Cocktail	Shredded Turkey 12 Whole Wheat Bun Wild Rice Corn Cranberry Sauce Lorna Doone Cookies	Chicken Caesar Salad 13 <i>Grilled Chicken, Romaine</i> <i>Tomatoes, Parmesan</i> <i>Croutons, Caesar Dressing</i> French Bread Cottage Cheese Peaches	Meatloaf 14 Gravy Mashed Potatoes Wisconsin Vegetables Multi-Grain Bread Bartlett Pear	Mediterranean 15 Baked Cod Quartered Red Potatoes Peas Rye Bread Lemon Bar 🍏 Applesauce				
Chicken Patty 18 Whole Grain Bun Chef's Potatoes Red Cabbage Slaw String Cheese Raisins	Glazed Ham 19 Scalloped Potatoes Brussels Sprouts Rye Dinner Roll Angel Food Cake w/Mixed Berries	Seafood Salad 20 Pasta Salad Broccoli Florets Poppy Seed Dinner Roll Banana Cream Pie 🍌 Banana	Bratwurst 21 Bun Sauerkraut German Potato Salad Baked Beans Clementine	Spaghetti & Meatballs 22 Italian Sauce Cauliflower Tossed Salad w/Cucumber & Carrots Garlic Bread Nectarine				
Scrambled Eggs 25 Sausage Patty Hashbrowns 🍷 Cranberry Juice Blueberry Muffin	Filet of Fish 26 Sesame Bun Potato Wedges Calico Beans Rainbow Slaw Cinnamon Applesauce	Taco Salad 27 <i>Taco Meat, Cheese</i> <i>Tomatoes, Peppers, Onions</i> <i>Lettuce, Dressing</i> Tortilla Chips Fresh Orange Granola Bar	Tuna Salad 28 Kaiser Roll Lettuce & Tomato Chips Baby Carrots 🍏 Apple Juice Plum	BBQ Chicken 29 Leg/Thigh Baby Baker Potatoes Creamed Spinach 7-Grain Bread Snickerdoodle Cookie 🍏 Fruit				

Health Benefits of Physical Activity for Adults



IMMEDIATE

A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



Sleep
Improves sleep quality



Less Anxiety
Reduces feelings of anxiety



Blood Pressure
Reduces blood pressure



Emerging research suggests physical activity may also help boost immune function.

Nieman, "The Compelling Link," 201-217.
Jones, "Exercise, Immunity, and Illness," 317-344.

Brain Health

Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression



Heart Health

Lowers risk of heart disease, stroke, and type 2 diabetes



Cancer Prevention

Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach



Healthy Weight

Reduces risk of weight gain



Bone Strength

Improves bone health



Balance and Coordination

Reduces risks of falls



Source: *Physical Activity Guidelines for Americans*, 2nd edition

To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html>

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Available in an alternate format upon request.

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