

This food and health information is from Meals on Wheels MC dietitian:

Holly, our dietitian, monitors our compliance with state guidelines for key nutrients such as vitamin C, sodium, calcium, fiber, and more. Please call 243-9844 ext. 6 for nutrition questions or for nutrition counseling services. Her assistance is free.



MEALS on WHEELS
MESA COUNTY



February 2019 "What's cooking with senior nutrition in Mesa County!"

The Scoop

FEBRUARY PRESENTATIONS AT MEALS ON WHEELS MC DINING SITES

Grand Junction Senior Theater Performing - 11:30 a.m. to Noon at:

Palisade Community Center - Tuesday, February 5. **Lunch reservations needed by 4:00 p.m., Friday, February 1 - call 243-9844.**

Fruita Community Center - Wednesday, February 6. **Lunch reservations needed by 4:00 p.m., Monday, February 4 - call 243-9844.**

Grand View Apartments - Thursday, February 7. **Lunch reservations needed by 4:00 p.m., Tuesday, February 5 - call 243-9844.**



Clifton Hall – Wednesday, February 6. – Meals on Wheels MC registered dietitian, Holly Krouse, will be giving a presentation on "Fighting the Common Cold with Nutrition". **Lunch reservations needed by 4:00 p.m., Monday, February 4- call 243-9844.**

Eating Alone



Everyone knows that what we eat is important for our health. But, did you know that who we eat with is just as important? As we age, we often spend more time eating alone. Studies show that eating alone often leads to snacking more and eating less nutritious meals. Snack items typically lack in protein and are low in fresh fruits and vegetables. This often leads to changes in weight, increased cholesterol, and high blood pressure. Additionally, eating alone can affect mood and memory.

Meals on Wheels MC offers community dining at nine locations from Fruita to Collbran. These sites are a great way to improve socialization during meals and are a nice alternative to eating alone. When you do have to eat alone, consider these ideas. Preplan meals to avoid unhealthy snacks. The home delivered meals we offer are well-balanced and can improve your nutrition each day. While eating, listen to music or turn on the television. Invite family and friends to join you on occasion. Speak with friends on the phone just before or just after you eat. While not every meal can be a social event, enjoying your meal is important, and is great for your health.

Weather Closures



Turn on your television. Meals on Wheels MC will announce an emergency closure of our dining sites and home-delivered meals. The decision is made based on the weather forecast, road conditions, and our desire to keep our volunteers safe at all times. Tune into a local TV station – KREX (channel 5), KJCT (channel 8), or KKCO (channel 11) – and watch for our announcement. If we are closed for the day, the morning news teams will communicate the message. **If schools are closed, we will be closed as well.**

This would be an appropriate time for Home Delivery customers to open your emergency food box.

Visit our website: mealsonwheelmesacounty.org



Follow us on Facebook for the latest Meals on Wheels MC news.

Register your City Market loyalty card to support Meals on Wheels MC



Customers and friends can now contribute to the Meals on Wheels MC program by using your City Market value card. It is a convenient and quick way to help us continue our mission.

Register your card at citymarketcommunityrewards.com.

You will need an email address to register. Call 243-9844 ext. 5, if you need assistance.

In 2018, we received over \$500.00 due to your generosity. Thank you!

Groundhog Day February 2



"The groundhog is like most other prophets; it delivers its prediction and then disappears."

William Vaughn, American columnist and author (1915 -1977)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
<h1>FEBRUARY</h1>																																																																
4 PIZZA PASTA TOSSED SALAD STRAWBERRIES & CREAM APPLE ARTISIAN ROLL <table border="1"> <tr><td>Cal:</td><td>744</td><td>Carb:</td><td>83 g</td><td>Sod:</td><td>1103 mg</td></tr> <tr><td>Fat:</td><td>32 g</td><td>Fiber:</td><td>8 g</td><td>Pro:</td><td>34 g</td></tr> </table>	Cal:	744	Carb:	83 g	Sod:	1103 mg	Fat:	32 g	Fiber:	8 g	Pro:	34 g	5 TERIYAKI BEEF RICE ORIENTAL VEGETABLES ASIAN BROCCOLI SALAD WHEAT BREAD FORTUNE COOKIE <table border="1"> <tr><td>Cal:</td><td>887</td><td>Carb:</td><td>101 g</td><td>Sod:</td><td>902 mg</td></tr> <tr><td>Fat:</td><td>33 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>49 g</td></tr> </table>	Cal:	887	Carb:	101 g	Sod:	902 mg	Fat:	33 g	Fiber:	10 g	Pro:	49 g	6 SALISBURY STEAK MASHED POTATOES ASPARAGUS PEACHES WHEAT BREAD <table border="1"> <tr><td>Cal:</td><td>775</td><td>Carb:</td><td>81 g</td><td>Sod:</td><td>889 mg</td></tr> <tr><td>Fat:</td><td>32 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>45 g</td></tr> </table>	Cal:	775	Carb:	81 g	Sod:	889 mg	Fat:	32 g	Fiber:	11 g	Pro:	45 g	7 BROCCOLI & CHEESE SOUP HAM ON A BUN 5 WAY VEGETABLES MANDARIN ORANGES <table border="1"> <tr><td>Cal:</td><td>540</td><td>Carb:</td><td>73 g</td><td>Sod:</td><td>1169 mg</td></tr> <tr><td>Fat:</td><td>14 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>34 g</td></tr> </table>	Cal:	540	Carb:	73 g	Sod:	1169 mg	Fat:	14 g	Fiber:	10 g	Pro:	34 g	1 HONEY BBQ CHICKEN CALIFORNIA VEGETABLES BAKED POTATO CHOCOLATE PUDDING MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>808</td><td>Carb:</td><td>109 g</td><td>Sod:</td><td>732 mg</td></tr> <tr><td>Fat:</td><td>21 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>49 g</td></tr> </table>	Cal:	808	Carb:	109 g	Sod:	732 mg	Fat:	21 g	Fiber:	11 g	Pro:	49 g
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11 SLOPPY JOE ON A BUN CHATEAU VEGETABLES COLE SLAW VANILLA PUDDING VANILLA WAFERS <table border="1"> <tr><td>Cal:</td><td>767</td><td>Carb:</td><td>101 g</td><td>Sod:</td><td>1147 mg</td></tr> <tr><td>Fat:</td><td>26 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>37 g</td></tr> </table>	Cal:	767	Carb:	101 g	Sod:	1147 mg	Fat:	26 g	Fiber:	10 g	Pro:	37 g	12 SALMON PATTY with DILL LEMON SAUCE RICE PILAF SPINACH PINEAPPLE MANDARIN ORANGE COMPOTE OAT BRAN MUFFIN <table border="1"> <tr><td>Cal:</td><td>776</td><td>Carb:</td><td>97 g</td><td>Sod:</td><td>1112 mg</td></tr> <tr><td>Fat:</td><td>31 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>35 g</td></tr> </table>	Cal:	776	Carb:	97 g	Sod:	1112 mg	Fat:	31 g	Fiber:	10 g	Pro:	35 g	13 SHEPHERD'S PIE YELLOW SQUASH TOSSED SALAD ORANGE RYE BREAD <table border="1"> <tr><td>Cal:</td><td>745</td><td>Carb:</td><td>79 g</td><td>Sod:</td><td>1099 mg</td></tr> <tr><td>Fat:</td><td>36 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>32 g</td></tr> </table>	Cal:	745	Carb:	79 g	Sod:	1099 mg	Fat:	36 g	Fiber:	10 g	Pro:	32 g	14 CHICKEN MARSALA MASHED POTATOES CAPRESE SALAD CHERRY CHEESECAKE BREADSTICK <table border="1"> <tr><td>Cal:</td><td>1106</td><td>Carb:</td><td>107 g</td><td>Sod:</td><td>1718 mg</td></tr> <tr><td>Fat:</td><td>32 g</td><td>Fiber:</td><td>4 g</td><td>Pro:</td><td>58 g</td></tr> </table>	Cal:	1106	Carb:	107 g	Sod:	1718 mg	Fat:	32 g	Fiber:	4 g	Pro:	58 g	8 CHICKEN FAJITAS SPANISH RICE PINTO BEANS AMBROSIA DELUXE <table border="1"> <tr><td>Cal:</td><td>809</td><td>Carb:</td><td>103 g</td><td>Sod:</td><td>1131 mg</td></tr> <tr><td>Fat:</td><td>19 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>55 g</td></tr> </table>	Cal:	809	Carb:	103 g	Sod:	1131 mg	Fat:	19 g	Fiber:	11 g	Pro:	55 g
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18 SWEET & SOUR CHICKEN RICE STIR FRY VEGETABLES MANDARIN ORANGE GELATIN MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>742</td><td>Carb:</td><td>93 g</td><td>Sod:</td><td>718 mg</td></tr> <tr><td>Fat:</td><td>23 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>42 g</td></tr> </table>	Cal:	742	Carb:	93 g	Sod:	718 mg	Fat:	23 g	Fiber:	10 g	Pro:	42 g	19 CLAM CHOWDER 4 WAY VEGETABLES PEACH ROYALE WHOLE WHEAT CRACKERS CHOCOLATE PUDDING <table border="1"> <tr><td>Cal:</td><td>724</td><td>Carb:</td><td>129 g</td><td>Sod:</td><td>851 mg</td></tr> <tr><td>Fat:</td><td>15 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>24 g</td></tr> </table>	Cal:	724	Carb:	129 g	Sod:	851 mg	Fat:	15 g	Fiber:	12 g	Pro:	24 g	20 SWEDISH MEATBALLS over RICE BRUSSEL SPROUTS APPLESauce WALDORF SALAD LEMON CHERRY CUSTARD CAKE WHEAT BREAD <table border="1"> <tr><td>Cal:</td><td>836</td><td>Carb:</td><td>109 g</td><td>Sod:</td><td>477 mg</td></tr> <tr><td>Fat:</td><td>28 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>42 g</td></tr> </table>	Cal:	836	Carb:	109 g	Sod:	477 mg	Fat:	28 g	Fiber:	11 g	Pro:	42 g	21 CHICKEN CACCIATORE BROCCOLI RAISIN SALAD WAXED BEANS ORANGE WHEAT BREAD <table border="1"> <tr><td>Cal:</td><td>579</td><td>Carb:</td><td>68 g</td><td>Sod:</td><td>800 mg</td></tr> <tr><td>Fat:</td><td>15 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>45 g</td></tr> </table>	Cal:	579	Carb:	68 g	Sod:	800 mg	Fat:	15 g	Fiber:	11 g	Pro:	45 g	15 TURKEY ROAST with GRAVY YAM APPLE BAKE HERBED GREEN BEANS SPINACH & EGG SALAD DINNER ROLL <table border="1"> <tr><td>Cal:</td><td>784</td><td>Carb:</td><td>94 g</td><td>Sod:</td><td>640 mg</td></tr> <tr><td>Fat:</td><td>23 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>52 g</td></tr> </table>	Cal:	784	Carb:	94 g	Sod:	640 mg	Fat:	23 g	Fiber:	10 g	Pro:	52 g
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25 PINEAPPLE-GLAZED HAM WHIPPED SWEET POTATOES LIMA BEANS PINEAPPLE DINNER ROLL <table border="1"> <tr><td>Cal:</td><td>703</td><td>Carb:</td><td>106 g</td><td>Sod:</td><td>999 mg</td></tr> <tr><td>Fat:</td><td>17 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>34 g</td></tr> </table>	Cal:	703	Carb:	106 g	Sod:	999 mg	Fat:	17 g	Fiber:	10 g	Pro:	34 g	26 ROAST BEEF MASHED POTATOES & GRAVY ITALIAN BEAN BLEND CUCUMBER SALAD APPLE GARLIC BREAD <table border="1"> <tr><td>Cal:</td><td>668</td><td>Carb:</td><td>80 g</td><td>Sod:</td><td>643 mg</td></tr> <tr><td>Fat:</td><td>22 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>42 g</td></tr> </table>	Cal:	668	Carb:	80 g	Sod:	643 mg	Fat:	22 g	Fiber:	10 g	Pro:	42 g	27 MONTEREY CHICKEN with SAUCE SNAP PEAS CRANBERRY APPLE SLAW BLUSHING PEARS & BANANAS MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>712</td><td>Carb:</td><td>92 g</td><td>Sod:</td><td>973 mg</td></tr> <tr><td>Fat:</td><td>20 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>45 g</td></tr> </table>	Cal:	712	Carb:	92 g	Sod:	973 mg	Fat:	20 g	Fiber:	10 g	Pro:	45 g	28 TURKEY POSOLE CORN SALAD SPRING SALAD MIX TROPICAL FRUIT WHOLE WHEAT TORTILLA <table border="1"> <tr><td>Cal:</td><td>756</td><td>Carb:</td><td>103 g</td><td>Sod:</td><td>723 mg</td></tr> <tr><td>Fat:</td><td>24 g</td><td>Fiber:</td><td>14 g</td><td>Pro:</td><td>35 g</td></tr> </table>	Cal:	756	Carb:	103 g	Sod:	723 mg	Fat:	24 g	Fiber:	14 g	Pro:	35 g	22 ROAST PORK & GRAVY CORNBREAD STUFFING CHATEAU VEGETABLES PEACHES <table border="1"> <tr><td>Cal:</td><td>651</td><td>Carb:</td><td>100 g</td><td>Sod:</td><td>1121 mg</td></tr> <tr><td>Fat:</td><td>10 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>38 g</td></tr> </table>	Cal:	651	Carb:	100 g	Sod:	1121 mg	Fat:	10 g	Fiber:	12 g	Pro:	38 g
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Home Delivery Customers

Meals delivered between 10:30 a.m. and 12:30 p.m. Call 243-9844 ext. 5 if you need to make a change in your service. If you have not received your meal by 12:45 p.m., call the number above.



Dining Sites

Meals are served at 12 Noon on the days listed below:

- Senior Recreation Center-550 Ouray Ave. G.Jct. (M,Tu,W,F)
- Monterey Park Apts.-999 Bookcliff Ave., G.Jct. (M-F)
- Ratekin Tower Apts.-875 Main St., G.Jct. (M-F)
- Grand View Apts.-1501 N 1st St., G. Jct. (M,Tu,W,Th)
- Fruita Community Center-324 N. Coulson, Fruita (M,Tu,W,F)
- Clifton Community Hall-126 2nd St., Clifton (M,W,Th,F)
- Mesa Community Center-48973 KE Rd., Mesa (Tue)
- Palisade Community Center-120 W. 8th St., Palisade (Tue)
- Collbran Congregational Church-2003 High St., Collbran (Wed)

Reservations & cancellations are required at least one day in advance – no later than 4:00 the business day before.
Call on Friday for Monday reservation. 243-9844

"A kiss makes the heart young again and wipes out the years."



Rupert Brooke
 English Poet, author of
 "The Soldier"
 (1887-1915)

HOME DELIVERY CUSTOMERS: Some customers do receive frozen meals for the weekends. Last summer we changed to a new distributor for these meals. We received feedback from customers stating that the taste and quality of the new meals was much better.

You will note that these meals come in packs of 5 rather than 2. This means clients receive a delivery every 2 to 3 weeks. We are keeping track here as to when it is time for you to receive your next box of frozen. Just be sure to eat only one meal on Saturday and one on Sunday, and you should have enough each weekend.

There are times when the delivery truck has not arrived in time, and we won't have meals to send. However we continue to keep track of who needs meals. Please call with any questions 243-9844 ext. 5.

MEALS INCLUDE 1% MILK

\$3.50 is the suggested donation for age 60+.

Cost for under age of 60 is \$11.00.

What is in the mixed vegetables?

California - broccoli, cauliflower, carrots

Oriental - broccoli, green beans, onions, mushrooms, red peppers

5-Way - carrots, peas, corn, green beans, lima beans

Chateau - broccoli, cauliflower, carrots, yellow squash, zucchini

Stir Fry – snap peas, broccoli, bean sprouts, water chestnuts

4-Way - green beans, corn, carrots, peas

Italian Bean Blend - broccoli, cauliflower, carrots, green beans, lima beans, red peppers

