

This food and health information is from Meals on Wheel MC dietitian: Holly, our dietitian, monitors our compliance with state guidelines for key nutrients such as vitamin C, sodium, calcium, fiber, and more.



Comfort Foods

As the holidays approach, we often look to comfort foods to enhance the spirit of the season. Why are comfort foods so comforting? They sometimes bring back memories of happy times spent with family and friends. When we feel blue or stressed, comfort foods can provide a quick pick me up. Comfort foods increase dopamine and noradrenaline, which increases motivation and stress relief. People who are on restricted diets can sometimes feel tired, hungry and unhappy and some comfort foods can help relieve these symptoms for a short time. It is important to balance comfort foods with healthy eating though. Enjoying an occasional bowl of ice cream or a few cookies is reasonable. Eating six bowls of ice cream or a dozen cookies may not be a good idea! Find ways to add comfort foods in reasonable proportions. Better yet, find alternative items that offer a similar effect. Try lower fat, lower calorie substitutes. The point is comfort foods are not all bad and can benefit your mood as well as your diet if you balance them well.



-Article provided by Holly Krouse, Registered Dietician



Could You Use Some Friendly Conversation?



Call us at **970-243-9844** and get signed up with the Village Connector Experience! An Ambassador volunteer will call you 1-3 times per week and chat with you about anything you want. The Village Connector Experience doesn't want you to feel isolated during this time of COVID-19. They will talk and listen to you, because you matter. They'll even remember your birthday, if you want them to.

"Keeping in touch with our community during COVID-19 is our ultimate goal."



Visit our website: mealsonwheelmesacounty.org

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



The Scoop

970-243-9844



Thanksgiving Meals

Once again, Meals on Wheels is partnering with the Salvation Army to bring meals to our customers on Thanksgiving Day. Meals on Wheels will be closed for both Thursday and Friday (November 26th & 27th) for the holiday. On Thanksgiving Day, you can receive a home delivered meal from the Salvation Army by signing up through our program.

The first week of November, our volunteers will be including a sign up sheet with your meal when they come to deliver your daily lunch. If you would like to receive a meal through the Salvation Army, please fill out the paperwork and place it in a bag on your door for your volunteer to pick up. More information will be included on the flyer that should answer all your questions. **The deadline to sign up will be Friday, November 20th.**

Thanksgiving meals will be delivered between 10:00 am and 12:30 pm on Thanksgiving Day.

The Salvation Army will have a phone line open on Thanksgiving Day for any issues: **970-242-7513**. Please only call this number on Thanksgiving Day and not before.

For customers that are still able to drive, the Salvation Army is offering meal service at their facility from 11:00 am to 1:00 pm on Thanksgiving Day.

We are extraordinarily grateful that the Salvation Army is willing to serve our customers in this way.



Thanksgiving Kits

Be on the look out for your "Thanksgiving Kit"! There are 5 "Thankful" postcards for you to share with your volunteers, or loved ones to let them know how thankful you are for them. On the giant leaf, use the sharpie that we've provided and please write what you are thankful for, then send the leaf back with your volunteer and we will be pinning them to a "Thanksgiving Tree" at our office. More precise instructions will be included in the kit.

We will post a picture of the "Thanksgiving Tree" in December's Newsletter!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																														
2 BEEF TOMATO CASSEROLE MONTE CARLO VEGETABLES TOSSED SALAD COTTAGE CHEESE/ PINEAPPLE CORNBREAD <table border="1"> <tr> <td>Cal: 792</td> <td>Carb: 120 g</td> <td>Sod: 1005 mg</td> </tr> <tr> <td>Fat: 18 g</td> <td>Fiber: 10 g</td> <td>Pro: 38 g</td> </tr> </table>	Cal: 792	Carb: 120 g	Sod: 1005 mg	Fat: 18 g	Fiber: 10 g	Pro: 38 g	3 HONEY BBQ CHICKEN CORN RELISH SALAD COLESLAW BANANA WHEAT DINNER ROLL <table border="1"> <tr> <td>Cal: 744</td> <td>Carb: 110 g</td> <td>Sod: 826 mg</td> </tr> <tr> <td>Fat: 18 g</td> <td>Fiber: 12 g</td> <td>Pro: 43 g</td> </tr> </table>	Cal: 744	Carb: 110 g	Sod: 826 mg	Fat: 18 g	Fiber: 12 g	Pro: 43 g	4 POT ROAST CARROTS/POTATOES BROCCOLI RAISIN SALAD ORANGE MULTIGRAIN ROLL <table border="1"> <tr> <td>Cal: 919</td> <td>Carb: 112 g</td> <td>Sod: 931 mg</td> </tr> <tr> <td>Fat: 24 g</td> <td>Fiber: 16 g</td> <td>Pro: 65 g</td> </tr> </table>	Cal: 919	Carb: 112 g	Sod: 931 mg	Fat: 24 g	Fiber: 16 g	Pro: 65 g	5 CHEESE MANICOTTI ITALIAN VEGETABLES MIXED BERRIES GARLIC TOAST <table border="1"> <tr> <td>Cal: 602</td> <td>Carb: 78 g</td> <td>Sod: 1171 mg</td> </tr> <tr> <td>Fat: 22 g</td> <td>Fiber: 9 g</td> <td>Pro: 23 g</td> </tr> </table>	Cal: 602	Carb: 78 g	Sod: 1171 mg	Fat: 22 g	Fiber: 9 g	Pro: 23 g	6 TURKEY FETTUCINI ALFREDO MIXED VEGETABLES PINEAPPLE CHUNKS MULTIGRAIN BREAD <table border="1"> <tr> <td>Cal: 801</td> <td>Carb: 107 g</td> <td>Sod: 875 mg</td> </tr> <tr> <td>Fat: 23 g</td> <td>Fiber: 11 g</td> <td>Pro: 44 g</td> </tr> </table>	Cal: 801	Carb: 107 g	Sod: 875 mg	Fat: 23 g	Fiber: 11 g	Pro: 44 g
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9 CHICKEN w/ MUSHROOM SAUCE BAKED POTATO/ SOUR CREAM CALIFORNIA VEGETABLES MANDARIN ORANGES BANANA PUDDING WHOLE WHEAT BREAD <table border="1"> <tr> <td>Cal: 836</td> <td>Carb: 127 g</td> <td>Sod: 922 mg</td> </tr> <tr> <td>Fat: 24 g</td> <td>Fiber: 15 g</td> <td>Pro: 41 g</td> </tr> </table>	Cal: 836	Carb: 127 g	Sod: 922 mg	Fat: 24 g	Fiber: 15 g	Pro: 41 g	10 CRUNCHY BAKED FISH MASHED SWEET POTATOES HERBED GREEN BEANS FRUIT COCKTAIL BROWNIE MULTIGRAIN BREAD <table border="1"> <tr> <td>Cal: 759</td> <td>Carb: 105 g</td> <td>Sod: 717 mg</td> </tr> <tr> <td>Fat: 23 g</td> <td>Fiber: 13 g</td> <td>Pro: 39 g</td> </tr> </table>	Cal: 759	Carb: 105 g	Sod: 717 mg	Fat: 23 g	Fiber: 13 g	Pro: 39 g	11 <i>Happy Veterans Day</i> HAMBURGER ON A BUN DILL PICKLE BAKED BEANS CHATEAU VEGETABLES APPLE CRISP <table border="1"> <tr> <td>Cal: 968</td> <td>Carb: 144 g</td> <td>Sod: 1104 mg</td> </tr> <tr> <td>Fat: 27 g</td> <td>Fiber: 20 g</td> <td>Pro: 44 g</td> </tr> </table>	Cal: 968	Carb: 144 g	Sod: 1104 mg	Fat: 27 g	Fiber: 20 g	Pro: 44 g	12 WHITE CHICKEN CHILI SPINACH MANDARIN SALAD PEACHES CORNBREAD/ HONEY <table border="1"> <tr> <td>Cal: 817</td> <td>Carb: 107 g</td> <td>Sod: 1107 mg</td> </tr> <tr> <td>Fat: 26 g</td> <td>Fiber: 12 g</td> <td>Pro: 44 g</td> </tr> </table>	Cal: 817	Carb: 107 g	Sod: 1107 mg	Fat: 26 g	Fiber: 12 g	Pro: 44 g	13 SWEDISH BEEF OVER RICE BRUSSELS SPROUTS APPLESAUCE WALDORF SALAD LEMON CHERRY CUSTARD CAKE WHOLE WHEAT BREAD <table border="1"> <tr> <td>Cal: 841</td> <td>Carb: 115 g</td> <td>Sod: 470 mg</td> </tr> <tr> <td>Fat: 26 g</td> <td>Fiber: 11 g</td> <td>Pro: 41 g</td> </tr> </table>	Cal: 841	Carb: 115 g	Sod: 470 mg	Fat: 26 g	Fiber: 11 g	Pro: 41 g
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16 BAKED POTATO w/CHILI & CHEESE BUTTERED CAULIFLOWER TOSSED SALAD & RANCH STRAWBERRIES <table border="1"> <tr> <td>Cal: 534</td> <td>Carb: 78 g</td> <td>Sod: 763 mg</td> </tr> <tr> <td>Fat: 16 g</td> <td>Fiber: 12 g</td> <td>Pro: 25 g</td> </tr> </table>	Cal: 534	Carb: 78 g	Sod: 763 mg	Fat: 16 g	Fiber: 12 g	Pro: 25 g	17 LEMON BASIL CHICKEN LINGUINE ESCALLOPED TOMATOES PEARS WHOLE WHEAT BREAD <table border="1"> <tr> <td>Cal: 903</td> <td>Carb: 106 g</td> <td>Sod: 721 mg</td> </tr> <tr> <td>Fat: 28 g</td> <td>Fiber: 11 g</td> <td>Pro: 57 g</td> </tr> </table>	Cal: 903	Carb: 106 g	Sod: 721 mg	Fat: 28 g	Fiber: 11 g	Pro: 57 g	18 BEEF SOFT TACO LETTUCE/TOMATO/GUACAMOLE SALSA & SOUR CREAM REFRIED BEANS SPANISH RICE TROPICAL <table border="1"> <tr> <td>Cal: 980</td> <td>Carb: 102 g</td> <td>Sod: 1030 mg</td> </tr> <tr> <td>Fat: 38 g</td> <td>Fiber: 17 g</td> <td>Pro: 57 g</td> </tr> </table>	Cal: 980	Carb: 102 g	Sod: 1030 mg	Fat: 38 g	Fiber: 17 g	Pro: 57 g	19 BLACK EYED PEA SOUP BRUSSELS SPROUTS ORANGE PINEAPPLE UPSIDE DOWN CAKE WHOLE WHEAT TORTILLA <table border="1"> <tr> <td>Cal: 927</td> <td>Carb: 133 g</td> <td>Sod: 1053 mg</td> </tr> <tr> <td>Fat: 27 g</td> <td>Fiber: 19 g</td> <td>Pro: 45 g</td> </tr> </table>	Cal: 927	Carb: 133 g	Sod: 1053 mg	Fat: 27 g	Fiber: 19 g	Pro: 45 g	20 MACARONI & CHEESE SEASONED BROCCOLI SPINACH SALAD W/ EGG UNDER THE SEA SALAD MULTIGRAIN BREAD <table border="1"> <tr> <td>Cal: 717</td> <td>Carb: 96 g</td> <td>Sod: 955 mg</td> </tr> <tr> <td>Fat: 24 g</td> <td>Fiber: 13 g</td> <td>Pro: 34 g</td> </tr> </table>	Cal: 717	Carb: 96 g	Sod: 955 mg	Fat: 24 g	Fiber: 13 g	Pro: 34 g
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30 TUNA NOODLE CASSEROLE PEAS VEGETABLE PATCH SALAD ORANGE MULTIGRAIN BREAD <table border="1"> <tr> <td>Cal: 843</td> <td>Carb: 110 g</td> <td>Sod: 735 mg</td> </tr> <tr> <td>Fat: 25 g</td> <td>Fiber: 17 g</td> <td>Pro: 49 g</td> </tr> </table>	Cal: 843	Carb: 110 g	Sod: 735 mg	Fat: 25 g	Fiber: 17 g	Pro: 49 g																												
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Home Delivery Customers

Meals delivered between 10:30 a.m. and 12:30 p.m. Call **243-9844 ext. 9** 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

All reservations must be in by 4:00pm the previous day 970-243-9844

OPEN TO ANYONE 60+:

MEALS ON WHEELS DRIVE-THRU:

M-F 12:30-1:00

551 Chipeta Ave, GJ, 81501

Clifton Community Hall:

M W T H F 12:00-12:30

126 2nd St, Clifton

Mesa Community Center: T

12:00-12:30

48973 KE Rd, Mesa

13 Brix Bistro

T & TH 1:00-2:00

130 W. 3rd St, Palisade

OPEN TO RESIDENTS ONLY:

Monterey Park Apartments:

Ratekin Towers Apartments:

Grand View Apartments:

TEMPORARILY CLOSED SITES:

Fruita Community Center: CLOSED

Palisade Community Center: CLOSED

Collbran Congregational Church: CLOSED

Senior Rec. Center: CLOSED



Birthday Cards!



Starting in 2021, we will be working with a Volunteer to have birthday cards sent to our home delivery customers. If you have a bunch of blank birthday cards that you'd like to get rid of, send them our way! Also, if you like to make your own cards, we'd love to send out some of your wonderfully creative masterpieces!

Home Delivered Clients: Continuing Covid-19 Guidelines

In order to continue our daily service, we ask that you partner with us in following guidelines:

- Do not open door to your volunteer - we know that's hard but the less contact the better!
- Please acknowledge your volunteer by waving through a closed door or window.

This is for your safety and that of our volunteers. Your compliance means the world to us!

MEALS INCLUDE 1% MILK

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

Cost for under age of 60 is \$10.25.

What Does Low Housing Inventory Mean?

There seems to be a lot of talk about our “low housing inventory”. You may wonder what this means and why it is so talked about.

Real Estate inventory is determined by looking at the number of available homes for sale, compared to the number of sales. A low housing inventory means there are few homes available. In Mesa county, we have more demand to purchase than we have housing available to purchase, especially in homes priced under \$500,000.

Our low housing inventory can be good news for both sellers and buyers and I will go into a little more detail on both.

This is a good time to sell a home because we have more buyers looking for homes than we have available homes. This can impact price and the time it takes to sell a home. The low inventory has encouraged housing prices to continue to tick up. Currently we are seeing about an 8% increase over last year’s prices. Additionally, while buyers often prefer homes that are “move in ready”, they now may need to be a little more flexible about what that means. This is good news if you have a home to sell and are not able to make it “move in ready” before selling it. As a side note, homes that are in good repair tend to sell quicker and for higher amounts. Ask me about our program that lends money to home owners, to do home improvements, prior to putting their home up for sale.

With inventory low and prices up you may wonder if this is a good time to purchase a home? I’ll start with the old adage that the best time to have purchased a home was yesterday. What I mean, is that real estate is an investment, and our local market is seeing much demand. Because of that, our home prices have been ticking up each year. Notably, although the prices have gone up year after year, the dropping interest rates have given buyers more buying power, making now a good time to buy.

Thinking about selling a home? Wondering where you will move to if you sold your home? I can help you with what to expect and I have ways to help you make a smooth transition. My goal is to help your move be as easy as possible! Call me and let’s talk more about your specific needs.



Thankful



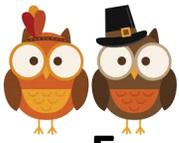
Niki Zentner-Przytyk
BROKER

Vaughn-Clark-Kleager Group
(970) 250-3147
nikisoldmyhome@gmail.com
www.niki.cbdistinctive.com

131 N 6th Street #200, Grand Junction, CO 81501



This is a sponsored article



Employee High-5 of the Month

goes to.....

Tish!

Tish is our Kitchen Supervisor, and has been with us for 12 years!

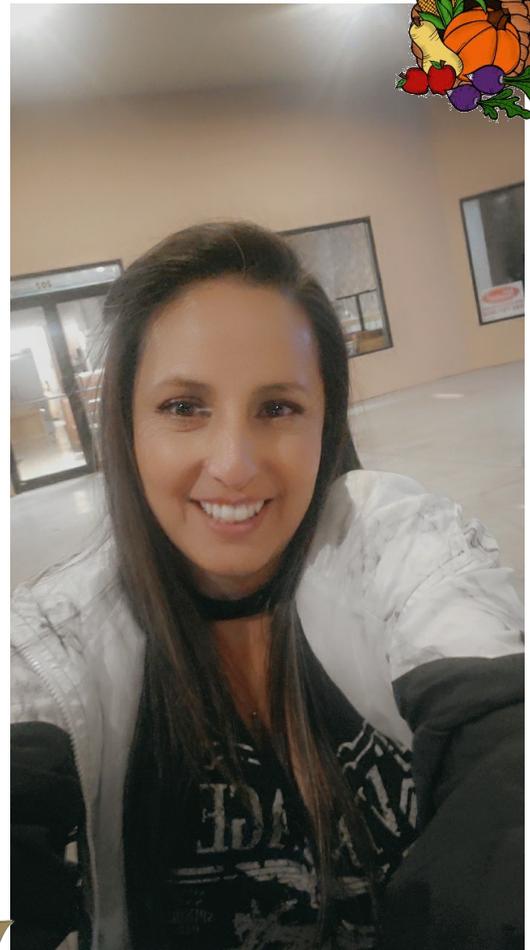
Here's what Tish's coworkers said about her:

"Tish is doing an amazing job of keeping everything organized and on time with the kitchen."

"It can't be easy to keep up with the number of meals we're serving now, but she does a great job and always has a positive attitude about it."

"Tish is doing a great job!"

Congratulations Tish!



Volunteer High-5 of the Month

goes to.....

Pete!

This month, we have chosen Pete as our volunteer of the month. Both staff and customers appreciate Pete's upbeat personality and attitude. He comes in with a smile and a "can do" attitude. Our program has benefited massively from his amazing ability to find and recruit additional volunteers. He is one of our substitute drivers that has driven a multitude of different routes, finds difficult addresses, and takes others along on buddy routes. When a local reporter wanted to do a story on our program, Pete took him along.

Thanks to Pete for everything he has done!

