

***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.***

FOODBORNE ILLNESS

Did you know that foodborne illness affects 48 million people each year in the United States? What is foodborne illness? Most foodborne illness is caused by eating food contaminated with bacteria, which are naturally found in many foods. Here at Gray Gourmet, the staff follow very strict food handling practices. Each employee and volunteer must attend and pass a food-handler's course that teaches us how to keep food safe. Whether you eat a home-delivered meal or eat at a community meal site, the food you are offered is received, stored and prepared in such a way to prevent food borne illness. But, how can you keep food safe at home? There are some basic rules that you can follow. First, be sure to wash your hands when touching food and wash all fresh produce. Second, make sure to put away groceries that need to be refrigerated quickly. Check to see if your refrigerator is at 41 degrees or lower. Next, watch expiration dates. The closer food gets to the expiration date, the more bacteria it has. If you plan on using frozen foods, thaw items in the refrigerator for a few days instead of leaving it on the counter or using a microwave. Finally, make sure you are heating foods to the appropriate temperature. Store left-overs in small containers and refrigerate quickly after your meal. Most bacteria are killed by storing food at the right temperature and preparing it in the right way. We all have the ability to keep ourselves safe if we follow these general rules.

-Article provided by Holly Krouse, Registered Dietitian



Visit our website: mealsonwheelmesacounty.org

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



The Scoop

970-298-9844

Attention Meals on Wheels Customers!

We are FINALLY moving!

This has been a huge operation, and even though we've been planning this for a year, things are bound to go awry; so the gift of your grace would be greatly appreciated.

We will more than likely not have access to our phones or computers during this move, so if you try to call about your services, no one will be able to take your call.

Attention Clifton Diners!

Clifton Community Hall will be closed on Wednesday, November 23, 2022. It has been rented out. You can still get a meal for that day if you make a reservation to pick up at The Senior Rec. Center, The Grand View Apartments, or at The Fruita Community Center.




Letters From Santa!

It's that time of year again, where we start thinking about Christmas, Santa, his little helpers, and all of those wonderful holiday things!

We will be adding the Letters From Santa insert to this Newsletter.

Every year, Santa's helpers, over here at Meals on Wheels, will write to a loved one, or many, of your choosing. It's only \$5.00 per letter. More sheets are available if you would like us to write to more than one loved one.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																				
<h1>NOVEMBER</h1>																																								
<h2>Meals on Wheels is Closed for the</h2>																																								
<h2>move to the New building the 1st-18th</h2>																																								
21 BEEF TOMATO CASSEROLE MONTE CARLO VEGETABLES TOSSED SALAD/RANCH COTTAGE CHEESE & PINEAPPLE CORNBREAD <table border="1"> <tr> <td>Cal:</td><td>856</td> <td>Carb:</td><td>119 g</td> <td>Sod:</td><td>956 mg</td> </tr> <tr> <td>Fat:</td><td>25 g</td> <td>Fiber:</td><td>12 g</td> <td>Pro:</td><td>39 g</td> </tr> </table>	Cal:	856	Carb:	119 g	Sod:	956 mg	Fat:	25 g	Fiber:	12 g	Pro:	39 g	22 SEAFOOD PASTA SALAD BUTTERED BROCCOLI FRUIT SALAD PITA BREAD LEMON CHERRY CUSTARD CAKE <table border="1"> <tr> <td>Cal:</td><td>597</td> <td>Carb:</td><td>109 g</td> <td>Sod:</td><td>802 mg</td> </tr> <tr> <td>Fat:</td><td>8 g</td> <td>Fiber:</td><td>13 g</td> <td>Pro:</td><td>28 g</td> </tr> </table>	Cal:	597	Carb:	109 g	Sod:	802 mg	Fat:	8 g	Fiber:	13 g	Pro:	28 g	23 SLICED TURKEY & GRAVY STUFFING HERBED GREEN BEANS ORANGE PUMPKIN BAR DINNER ROLL <table border="1"> <tr> <td>Cal:</td><td>919</td> <td>Carb:</td><td>112 g</td> <td>Sod:</td><td>845 mg</td> </tr> <tr> <td>Fat:</td><td>30 g</td> <td>Fiber:</td><td>13 g</td> <td>Pro:</td><td>53 g</td> </tr> </table>	Cal:	919	Carb:	112 g	Sod:	845 mg	Fat:	30 g	Fiber:	13 g	Pro:	53 g	24 CLOSED FOR 	25 CLOSED FOR BEING 
Cal:	856	Carb:	119 g	Sod:	956 mg																																			
Fat:	25 g	Fiber:	12 g	Pro:	39 g																																			
Cal:	597	Carb:	109 g	Sod:	802 mg																																			
Fat:	8 g	Fiber:	13 g	Pro:	28 g																																			
Cal:	919	Carb:	112 g	Sod:	845 mg																																			
Fat:	30 g	Fiber:	13 g	Pro:	53 g																																			
28 TUNA NOODLE CASSEROLE PEAS VEGETABLE PATCH SALAD ORANGE MULTIGRAIN BREAD <table border="1"> <tr> <td>Cal:</td><td>772</td> <td>Carb:</td><td>95 g</td> <td>Sod:</td><td>667 mg</td> </tr> <tr> <td>Fat:</td><td>24 g</td> <td>Fiber:</td><td>14 g</td> <td>Pro:</td><td>48 g</td> </tr> </table>	Cal:	772	Carb:	95 g	Sod:	667 mg	Fat:	24 g	Fiber:	14 g	Pro:	48 g	29 BAKED POTATO w/CHILI & CHEESE BUTTERED CAULIFLOWER TOSSED SALAD & RANCH STRAWBERRIES SUGAR COOKIE <table border="1"> <tr> <td>Cal:</td><td>579</td> <td>Carb:</td><td>87 g</td> <td>Sod:</td><td>780 mg</td> </tr> <tr> <td>Fat:</td><td>16 g</td> <td>Fiber:</td><td>12 g</td> <td>Pro:</td><td>26 g</td> </tr> </table>	Cal:	579	Carb:	87 g	Sod:	780 mg	Fat:	16 g	Fiber:	12 g	Pro:	26 g	30 BISCUITS & GRAVY ASPARAGUS SPINACH MANDARIN SALAD BANANA <table border="1"> <tr> <td>Cal:</td><td>795</td> <td>Carb:</td><td>91 g</td> <td>Sod:</td><td>1164 mg</td> </tr> <tr> <td>Fat:</td><td>31 g</td> <td>Fiber:</td><td>10 g</td> <td>Pro:</td><td>43 g</td> </tr> </table>	Cal:	795	Carb:	91 g	Sod:	1164 mg	Fat:	31 g	Fiber:	10 g	Pro:	43 g		
Cal:	772	Carb:	95 g	Sod:	667 mg																																			
Fat:	24 g	Fiber:	14 g	Pro:	48 g																																			
Cal:	579	Carb:	87 g	Sod:	780 mg																																			
Fat:	16 g	Fiber:	12 g	Pro:	26 g																																			
Cal:	795	Carb:	91 g	Sod:	1164 mg																																			
Fat:	31 g	Fiber:	10 g	Pro:	43 g																																			

Home Delivery Customers

Meals delivered between 10:30 a.m. and 12:30 p.m. Call **298-9844 ext. 3** if you have not received your meal by 12:45 p.m. Call before 4:00pm if you need to make a change in your service for the next day.

Dining Sites

All reservations must be in before 4:00pm the day before.
970-298-9844

Senior Rec. Center:

M T W F 12:00-12:30
 550 Ouray Ave, GJ

Clifton Community Hall:

M W T H F 12:00-12:30
 126 2nd St, Clifton

Palisade Community Center

Tues. & Thurs. 12:00-12:30
 120 W 8th St., Palisade

Fruita Community Center

M T W F 12:00-12:30
 324 N. Coulson St., Fruita

Grand View Apts.

M-Th 12:00-12:30
 1501 N. 1st St., GJ

OPEN TO RESIDENTS ONLY:

[Ratekin Towers Apartments](#)

Where Do I Find Extra Assistance?

ADRC-Aging and Disability Resources for Colorado: 970-248-2746 - provides access to long term care services and support for adults age 60+, or age 18+ living with a disability.

2-1-1-Helpline Center- just dial 211 - gives information about and referrals to social services for everyday needs and in times of crisis.

Community Connections - 970-298-9092 - for adults 60+ who no longer drive and need help with grocery shopping, getting to doctor appointments, simple companionship, and more. (Does not provide cooking or cleaning services.)

MEALS INCLUDE 1% MILK

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

Cost for under age of 60 is \$10.25.