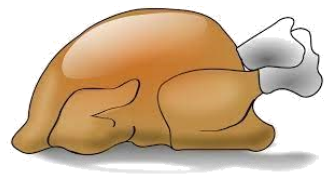


This food and health information is from Meals on Wheel MC dietitian: Holly, our dietitian, monitors our compliance with state guidelines for key nutrients such as vitamin C, sodium, calcium, fiber, and more.

Holiday Foods

Holiday meals are often full of wonderful foods and flavors. It is hard to turn down foods we grew up on during family gatherings and holiday meals. Often times, holiday meals have lots of items to choose from and we have to make choices on what we should eat and what we should pass by. Frequently, ham and turkey are the front runners of meats offered at Christmas dinner. So, which should you pick? A serving of light turkey meat provides around 25g of protein, compared to about 23g in dark turkey meat and 14g in ham. Both turkey and ham are relatively low in calories. One 3-ounce serving of light turkey contains about 125 calories and the same serving size of ham contains about 139 calories. Turkey has less than 100mg of sodium per 3oz serving, compared to ham, which can have over 1,000mg! Looking at micronutrients, such as vitamins and minerals, ham contains higher amounts of thiamine, while turkey contains higher amounts of iron, zinc, phosphorus, selenium, niacin, and vitamins B-6 and B12. In general turkey is more healthy...but ham has its place as a comfort food...so maybe a little of both?

-Article provided by Holly Krouse, Registered Dietitian



Extra Services!

- We have partnered up with the Community Food Bank to deliver a **box of food once a month**. If you're interested call **970-298-9844**, and ask for **Campbell**, to get signed up.
- Also, we still have money to pay for part/or all of your **Pet Vet Bills**, so if you have an outstanding bill from 2022 to present, or you need to take your pet to the vet, please call **970-298-9844**, and ask for **Amanda**. (For Current Clients Only)



Visit our website: mealsonwheelmesacounty.org

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

December



970-298-9844

The Scoop

Attention Home Delivery Clients!

- As you will notice, in this month's newsletter, Meals on Wheels will be shut down on Monday, December 25th and Tuesday, December 26th in observance of the Christmas Holiday.
- Once again, we will be partnering with Hilltop in order to have Christmas meals delivered to you for the 2 days we are closed. **Hilltop will be delivering meals on Christmas Eve, December 24th, between 12pm & 4pm.** They will be serving ham, mashed potatoes and gravy, vegetables, rolls, and pie.
- At the end of November, you will have received a flyer that will allow you to sign up for the Christmas meals. We will allow 2 meals per client, this is so you can eat one and save one. These flyers will be dropped off with your meal. This has been a great partnership for many years, and we're grateful for Hilltop's assistance. We'd be happy to pass along any thank you notes that you'd like us to send.



If you do not receive your Christmas Meal flyer by December 1st, please give us a call at **970-298-9844**.

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!



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. We need all Santa Letter requests turned in by **December 15th** to allow for timely delivery.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4 CHICKEN FAJITAS SALSA/SOUR CREAM PINTO BEANS CHUCKWAGON CORN PEACHES	5 BEEF STROGANOFF MASHED POTATOES SCANDINAVIAN VEGETABLES COLESLAW ORANGE YOGURT GELATIN MULTIGRAIN BREAD	6 CHICKEN CACCIATORE BROWN RICE ACORN SQUASH STRAWBERRIES MULTIGRAIN BREAD	7 POTATO SOUP EGG SALAD SANDWICH PICKLED BEETS APPLESAUCE	8 ROAST BEEF & GRAVY MASHED POTATOES BROCCOLI CUCUMBER/TOMATO SALAD MIXED BERRIES WHOLE WHEAT BREAD
Cal: 720 Carb: 90 g Sod: 950 mg Fat: 17 g Fiber: 12 g Pro: 53 g	Cal: 774 Carb: 97 g Sod: 714 mg Fat: 28 g Fiber: 10 g Pro: 38 g	Cal: 773 Carb: 119 g Sod: 569 mg Fat: 16 g Fiber: 13 g Pro: 45 g	Cal: 624 Carb: 104 g Sod: 1054 mg Fat: 15 g Fiber: 11 g Pro: 24 g	Cal: 691 Carb: 69 g Sod: 682 mg Fat: 27 g Fiber: 10 g Pro: 42 g
11 ORIENTAL CHICKEN RICE SALAD CHINESE VEGETABLES APRICOTS MULTIGRAIN BREAD FORTUNE COOKIE	12 BBQ PORK RIBLET BAKED SWEET POTATO SPINACH ORANGE CORNBREAD & HONEY	13 TURKEY WALDORF SALAD TOMATO SOUP ASPARAGUS BANANA WHOLE WHEAT CRACKERS FIG NEWTON	14 CHICKEN PATTY SANDWICH BAKED BEANS GARDEN VEGETABLES TROPICAL FRUIT	15 CHILI DOG ON A BUN MIXED VEGETABLES SPINACH SALAD MANDARIN ORANGES
Cal: 740 Carb: 103 g Sod: 486 mg Fat: 17 g Fiber: 12 g Pro: 46 g	Cal: 795 Carb: 98 g Sod: 886 mg Fat: 25 g Fiber: 12 g Pro: 45 g	Cal: 879 Carb: 107 g Sod: 823 mg Fat: 32 g Fiber: 15 g Pro: 49 g	Cal: 717 Carb: 114 g Sod: 1013 mg Fat: 17 g Fiber: 15 g Pro: 34 g	Cal: 742 Carb: 79 g Sod: 1051 mg Fat: 32 g Fiber: 14 g Pro: 38 g
18 SALISBURY STEAK MASHED POTATOES ITALIAN BEAN BLEND APRICOT PEACH COMPOTE WHOLE WHEAT ROLL	19 VEGETABLE CHEESE SOUP FISH SANDWICH BROCCOLI RAISIN WALNUT SALAD PINEAPPLE CHUNKS BANANA	20 VEGETARIAN LASAGNA TOSSED SALAD CITRUS SALAD RAISIN NUT CUP WHOLE WHEAT ROLL	21 TURKEY POT PIE BISCUIT RAINBOW SALAD APPLE W/ PEANUT BUTTER	22 HOLIDAY HAM CRANBERRY ORANGE RICE HERBED GREEN BEANS BLUSHING PEARS WHOLE WHEAT ROLL HOLIDAY SUGAR COOKIES
Cal: 804 Carb: 94 g Sod: 928 mg Fat: 31 g Fiber: 11 g Pro: 39 g	Cal: 868 Carb: 134 g Sod: 1218 mg Fat: 25 g Fiber: 11 g Pro: 34 g	Cal: 838 Carb: 104 g Sod: 947 mg Fat: 35 g Fiber: 11 g Pro: 35 g	Cal: 808 Carb: 92 g Sod: 917 mg Fat: 32 g Fiber: 10 g Pro: 42 g	Cal: 824 Carb: 119 g Sod: 1179 mg Fat: 28 g Fiber: 9 g Pro: 29 g
25 CLOSED FOR CHRISTMAS 	26 CLOSED FOR CHRISTMAS 	27 LEMON PARMESAN FISH CREAMY COLESLAW CAULIFLOWER & BROCCOLI PITA BREAD STRAWBERRY SHORTCAKE	28 MUSTARD GLAZED CHICKEN BAKED POTATO/SOUR CREAM CALIFORNIA VEGETABLES CARROT APPLE DATE SALAD WHOLE WHEAT BREAD	29 PORK POSOLE CORN SALAD BRUSSELS SPROUTS TROPICAL FRUIT WHOLE WHEAT TORTILLA
		Cal: 1021 Carb: 108 g Sod: 994 mg Fat: 38 g Fiber: 11 g Pro: 66 g	Cal: 785 Carb: 87 g Sod: 573 mg Fat: 27 g Fiber: 10 g Pro: 54 g	Cal: 756 Carb: 97 g Sod: 633 mg Fat: 27 g Fiber: 13 g Pro: 37 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

Clifton Christian Church:

M T T H F 12:00-12:30
3241 F 1/4 Rd, 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](#)
M-F 12:00-12:30

TEMPORARILY CLOSED:

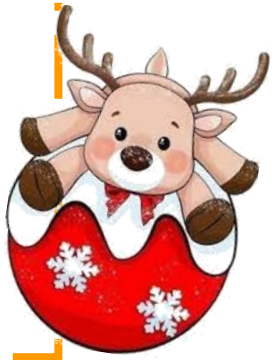
[Colbran Congregational Church](#)

Pet Food Available - 970-298-9844

Good news for customers with dogs and cats. Meals on Wheels has recently been given a grant that will help pay for some pet food. Starting in October, we can send out small bags of food once a month to customers. We will do this until the funding runs out.

If you have a dog or cat that isn't a picky eater, please give us a call. Let us know:

- Your name
- Kind of pet - dog or cat
- Size of pet - small, medium, large
- Age of pet



MEALS INCLUDE 1% MILK

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

Cost for under age of 60 is \$10.25.

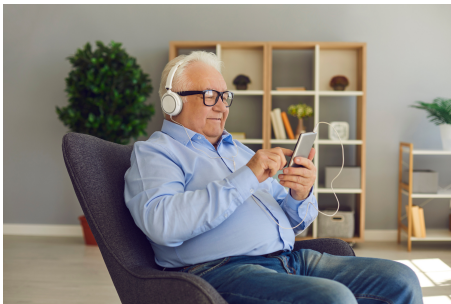
Words on Wheels

I love books, movies and music and many of you do, too. They seem especially important during the winter season. While delivering meals last week I saw several neighborhood book stands which reminded me of the library book mobile that many, many years ago would bring a whole bus of books right to my street.

It turns out the Mesa County Library has a great home delivery service for books, movies and music! The application is just a phone call away!



Books, music cds, dvds, and more are delivered right to your door.



Participants also have access to eBooks and eAudiobooks, eMagazines, and Kanopy, a movie streaming service.

This service is for individuals of all ages, particularly those who are unable to visit the library for an extended period of time.



Deliveries are made during regular intervals that generally happen every two weeks.



Applications available on the library website or call (970) 683-2420.

As this year draws to a close I am filled with gratitude for the opportunity to participate with this crucial service and meet so many kind Meals on Wheels customers.
Happy Holidays!

Niki Yenter-Przytyk
VCK GROUP

970.250.3147
nikisoldmyhome@gmail.com
www.niki.cbdistinctive.com

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