

*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.*

## Vitamin B

Did you know there are eight different B Vitamins? B Vitamins are important because they help your body utilize energy from the foods you eat. They also help form red blood cells. B Vitamins are found in foods that contain protein like meat, dairy and beans. They are also found in leafy green vegetables. B vitamins are so important, that many cereals and breads are fortified with Vitamin B. A lack of certain kinds of Vitamin B can cause anemia and a lack of energy. It can also result in confusion and cause skin issues. People who suffer from Celiac Disease, Chron's Disease and Liver Disease often have Vitamin B deficiencies because their bodies cannot absorb these vitamins well. B Vitamins are most easily absorbed when they are part of foods we eat. Eating a well-balanced diet that includes eggs, red meat, chicken, fish, dark green vegetables and whole grains will help you get enough of these important vitamins.

*-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](https://mealsonwheelmesacounty.org)

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



970-298-9844

## The Scoop



### Happy Valentines Day!

We are partnering with **Wish of a Lifetime** to hand out roses to everybody!

Some of you may remember when we did this last year. Your rose will be delivered with your meal on Valentine's Day.



## WHAT TO DO IF YOU WON'T BE HOME DURING DELIVERY

Call Meals on Wheels at least one day in advance, before 4pm, to let us know you won't be home so we can cancel your delivery. If you have any appointments scheduled between 10:30 and 12:30, you need to call and cancel. Just because "most days" your meal comes at a certain time, there is no guarantee that will happen every day.

The State of Colorado does not allow us to enter homes when no one is home, and we can't leave food outside unless it is in a refrigerator.

Our office takes phone calls up until 4:00 pm. If you need to cancel for Monday, be sure to call on Friday before 4pm.

If you call to cancel your meal in the morning before drivers leave, the kitchen has already prepared and started to pack your food. While we know emergencies happen and we still want you to call, most likely there will be a slip on your door saying that you missed your meal.

As a nonprofit program we are trying to be very good stewards of each dollar we receive. This is especially important when we have a waiting list of individuals who would like our services. When we receive calls to cancel the same morning, this adds to our waste. We appreciate each one of you that calls ahead of time. You help us run our operation smoothly and effectively each day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
<b>1</b> <b>SLOPPY JOE ON A BUN</b> CHATEAU VEGETABLES COLE SLAW FRESH APPLE VANILLA PUDDING  <table border="1"> <tr><td>Cal:</td><td>742</td><td>Carb:</td><td>106 g</td><td>Sod:</td><td>860 mg</td></tr> <tr><td>Fat:</td><td>22 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>36 g</td></tr> </table>	Cal:	742	Carb:	106 g	Sod:	860 mg	Fat:	22 g	Fiber:	13 g	Pro:	36 g	<b>2</b> <b>BBQ CHICKEN</b> BAKED POTATO/SOUR CREAM CAULIFLOWER FRUIT COCKTAIL MULTIGRAIN BREAD  <table border="1"> <tr><td>Cal:</td><td>751</td><td>Carb:</td><td>99 g</td><td>Sod:</td><td>602 mg</td></tr> <tr><td>Fat:</td><td>20 g</td><td>Fiber:</td><td>9.5 g</td><td>Pro:</td><td>46 g</td></tr> </table>	Cal:	751	Carb:	99 g	Sod:	602 mg	Fat:	20 g	Fiber:	9.5 g	Pro:	46 g																																							
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<b>5</b> <b>CLAM CHOWDER</b> 4 WAY VEGETABLES PEACH ROYALE WHOLE WHEAT CRACKERS CHOCOLATE CHIP COOKIE  <table border="1"> <tr><td>Cal:</td><td>812</td><td>Carb:</td><td>139 g</td><td>Sod:</td><td>869 mg</td></tr> <tr><td>Fat:</td><td>21 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>24 g</td></tr> </table>	Cal:	812	Carb:	139 g	Sod:	869 mg	Fat:	21 g	Fiber:	12 g	Pro:	24 g	<b>6</b> <b>TURKEY POSOLE</b> CORN SALAD TOSSED SALAD TROPICAL FRUIT WHOLE WHEAT TORTILLA  <table border="1"> <tr><td>Cal:</td><td>779</td><td>Carb:</td><td>108 g</td><td>Sod:</td><td>914 mg</td></tr> <tr><td>Fat:</td><td>25 g</td><td>Fiber:</td><td>14 g</td><td>Pro:</td><td>36 g</td></tr> </table>	Cal:	779	Carb:	108 g	Sod:	914 mg	Fat:	25 g	Fiber:	14 g	Pro:	36 g	<b>7</b> <b>TERIYAKI BEEF</b> STEAMED BROWN RICE SPINACH ORANGE SALAD BANAN MULTIGRAIN BREAD FORTUNE COOKIE  <table border="1"> <tr><td>Cal:</td><td>868</td><td>Carb:</td><td>125 g</td><td>Sod:</td><td>789 mg</td></tr> <tr><td>Fat:</td><td>21 g</td><td>Fiber:</td><td>3 g</td><td>Pro:</td><td>47 g</td></tr> </table>	Cal:	868	Carb:	125 g	Sod:	789 mg	Fat:	21 g	Fiber:	3 g	Pro:	47 g	<b>8</b> <b>ROAT PORK &amp; GRAVY</b> MASHED POTATOES CHATEAU VEGETABLES PEA & CHEESE SALAD PEACHES  <table border="1"> <tr><td>Cal:</td><td>715</td><td>Carb:</td><td>78 g</td><td>Sod:</td><td>798 mg</td></tr> <tr><td>Fat:</td><td>27 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>41 g</td></tr> </table>	Cal:	715	Carb:	78 g	Sod:	798 mg	Fat:	27 g	Fiber:	10 g	Pro:	41 g	<b>9</b> <b>MONTEREY CHICKEN W/ SAUCE</b> BAKED SWEET POTATO SNAP PEAS CRANBERRY SAUCE BLUSHING PEARS RYE BREAD  <table border="1"> <tr><td>Cal:</td><td>994</td><td>Carb:</td><td>149 g</td><td>Sod:</td><td>1158 mg</td></tr> <tr><td>Fat:</td><td>25 g</td><td>Fiber:</td><td>15 g</td><td>Pro:</td><td>47 g</td></tr> </table>	Cal:	994	Carb:	149 g	Sod:	1158 mg	Fat:	25 g	Fiber:	15 g	Pro:	47 g
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<b>12</b> <b>SHEPHERD'S PIE</b> CHOPPED SPINACH TOSSED SALAD/RANCH FRESH ORANGE MULTIGRAIN BREAD  <table border="1"> <tr><td>Cal:</td><td>772</td><td>Carb:</td><td>66 g</td><td>Sod:</td><td>1139 mg</td></tr> <tr><td>Fat:</td><td>43 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>34 g</td></tr> </table>	Cal:	772	Carb:	66 g	Sod:	1139 mg	Fat:	43 g	Fiber:	11 g	Pro:	34 g	<b>13</b> <b>TURKEY PROVOLONE SANDWICH</b> TOMATO SOUP BRUSSELS SPROUTS CRANBERRY SAUCE FRESH APPLE  <table border="1"> <tr><td>Cal:</td><td>687</td><td>Carb:</td><td>108 g</td><td>Sod:</td><td>864 mg</td></tr> <tr><td>Fat:</td><td>17 g</td><td>Fiber:</td><td>17 g</td><td>Pro:</td><td>36 g</td></tr> </table>	Cal:	687	Carb:	108 g	Sod:	864 mg	Fat:	17 g	Fiber:	17 g	Pro:	36 g	<b>14</b> <b>CHICKEN MARSALA</b> MASHED POTATOES CAPRESE SALAD BREADSTICK CHERRY CHEESECAKE  <table border="1"> <tr><td>Cal:</td><td>1006</td><td>Carb:</td><td>108 g</td><td>Sod:</td><td>1664 mg</td></tr> <tr><td>Fat:</td><td>35 g</td><td>Fiber:</td><td>3 g</td><td>Pro:</td><td>58 g</td></tr> </table>	Cal:	1006	Carb:	108 g	Sod:	1664 mg	Fat:	35 g	Fiber:	3 g	Pro:	58 g	<b>15</b> <b>MACARONI &amp; CHEESE</b> SPINACH EGG SALAD BRUSSELS SPROUTS BANANA MANDARIN ORANGE GELATIN MULTIGRAIN BREAD  <table border="1"> <tr><td>Cal:</td><td>848</td><td>Carb:</td><td>122 g</td><td>Sod:</td><td>948 mg</td></tr> <tr><td>Fat:</td><td>28 g</td><td>Fiber:</td><td>15 g</td><td>Pro:</td><td>37 g</td></tr> </table>	Cal:	848	Carb:	122 g	Sod:	948 mg	Fat:	28 g	Fiber:	15 g	Pro:	37 g	<b>16</b> <b>FISH TACO W/ CABBAGE SLAW</b> MEXICALI CORN KIWI APPLESAUCE W/ RAISINS  <table border="1"> <tr><td>Cal:</td><td>550</td><td>Carb:</td><td>95 g</td><td>Sod:</td><td>404 mg</td></tr> <tr><td>Fat:</td><td>7 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>38 g</td></tr> </table>	Cal:	550	Carb:	95 g	Sod:	404 mg	Fat:	7 g	Fiber:	10 g	Pro:	38 g
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<b>19</b> <b>BEEF TACO SALAD</b> SALSA/SOUR CREAM SPANISH RICE FRESH ORANGE BANANA PUDDING  <table border="1"> <tr><td>Cal:</td><td>919</td><td>Carb:</td><td>177 g</td><td>Sod:</td><td>946 mg</td></tr> <tr><td>Fat:</td><td>35 g</td><td>Fiber:</td><td>9.7 g</td><td>Pro:</td><td>36 g</td></tr> </table>	Cal:	919	Carb:	177 g	Sod:	946 mg	Fat:	35 g	Fiber:	9.7 g	Pro:	36 g	<b>20</b> <b>SWEDISH BEEF OVER RICE</b> CABBAGE & CARROTS APPLESAUCE W/ RAISINS FRESH ORANGE WHEAT BREAD  <table border="1"> <tr><td>Cal:</td><td>1020</td><td>Carb:</td><td>136 g</td><td>Sod:</td><td>566 mg</td></tr> <tr><td>Fat:</td><td>32 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>39 g</td></tr> </table>	Cal:	1020	Carb:	136 g	Sod:	566 mg	Fat:	32 g	Fiber:	11 g	Pro:	39 g	<b>21</b> <b>CHILI RELLANO</b> BLACK BEANS W/ CILANTRO CUCUMBERS W/ SOUR CREAM PEACH ROYALE TORTILLA  <table border="1"> <tr><td>Cal:</td><td>1052</td><td>Carb:</td><td>141 g</td><td>Sod:</td><td>1086 mg</td></tr> <tr><td>Fat:</td><td>38 g</td><td>Fiber:</td><td>18 g</td><td>Pro:</td><td>43 g</td></tr> </table>	Cal:	1052	Carb:	141 g	Sod:	1086 mg	Fat:	38 g	Fiber:	18 g	Pro:	43 g	<b>22</b> <b>TURKEY TETRAZZINI</b> CALIFORNIA VEGETABLES WALDORF SALAD PINEAPPLE PITA BREAD  <table border="1"> <tr><td>Cal:</td><td>809</td><td>Carb:</td><td>119 g</td><td>Sod:</td><td>762 mg</td></tr> <tr><td>Fat:</td><td>22 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>39 g</td></tr> </table>	Cal:	809	Carb:	119 g	Sod:	762 mg	Fat:	22 g	Fiber:	12 g	Pro:	39 g	<b>23</b> <b>SALMON W/ DILL SAUCE</b> RICE PILAF CHOPPED SPINACH PINEAPPLE MANDARIN 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>9.5 g</td><td>Pro:</td><td>35 g</td></tr> </table>	Cal:	776	Carb:	97 g	Sod:	1112 mg	Fat:	31 g	Fiber:	9.5 g	Pro:	35 g
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<b>26</b> <b>PORK PATTY W/ GRAVY</b> BAKED POTATO/ SOUR CREAM BROCCOLI FRESH APPLE MULTIGRAIN BREAD  <table border="1"> <tr><td>Cal:</td><td>765</td><td>Carb:</td><td>99 g</td><td>Sod:</td><td>1054 mg</td></tr> <tr><td>Fat:</td><td>29 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>31 g</td></tr> </table>	Cal:	765	Carb:	99 g	Sod:	1054 mg	Fat:	29 g	Fiber:	13 g	Pro:	31 g	<b>27</b> <b>CHICKEN FAJITAS</b> SALSA PINTO BEANS AMBROSIA SALAD  <table border="1"> <tr><td>Cal:</td><td>717</td><td>Carb:</td><td>83 g</td><td>Sod:</td><td>982 mg</td></tr> <tr><td>Fat:</td><td>19 g</td><td>Fiber:</td><td>9.5 g</td><td>Pro:</td><td>52 g</td></tr> </table>	Cal:	717	Carb:	83 g	Sod:	982 mg	Fat:	19 g	Fiber:	9.5 g	Pro:	52 g	<b>28</b> <b>CHILI STUFFED POTATOES</b> HOT MARINATED CARROTS SPINACH EGG SALAD STRAWBERRIES  <table border="1"> <tr><td>Cal:</td><td>594</td><td>Carb:</td><td>81 g</td><td>Sod:</td><td>600 mg</td></tr> <tr><td>Fat:</td><td>18 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>31 g</td></tr> </table>	Cal:	594	Carb:	81 g	Sod:	600 mg	Fat:	18 g	Fiber:	12 g	Pro:	31 g	<b>29</b> <b>SPINACH LASAGNA</b> TOSSED SALAD ITALIAN BLEND VEGETABLES BANANA ITALIAN BREAD  <table border="1"> <tr><td>Cal:</td><td>731</td><td>Carb:</td><td>100 g</td><td>Sod:</td><td>1190 mg</td></tr> <tr><td>Fat:</td><td>22 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>37 g</td></tr> </table>	Cal:	731	Carb:	100 g	Sod:	1190 mg	Fat:	22 g	Fiber:	12 g	Pro:	37 g													
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### 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 3:30pm if you need to make a change in your service for the next day.

### Dining Sites

**All reservations must be in by 3:30pm 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](#)

### 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 use your emergency food box.



**MEALS INCLUDE 1% MILK**

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

**Cost for under age of 60 is \$10.25.**

# Real Estate *News*

## Want to Buy

I am working with home buyers that need a home described below. Do you know anyone that would like to sell a home like this?

- North or Redlands area
- One level, no stairs
- Townhome, condo or no yard
- Garage
- 2 Bathrooms
- Light and bright



## Market Update

Buyers are entering the real estate market again due to decreasing mortgage interest rates. With just 2 months of active housing inventory, this is a good time for sellers that were previously concerned about a slow real estate market.

*Niki Zentner-Przytyk*  
VCK GROUP

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www.niki.cbdistinctive.com

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



**COLDWELL BANKER**  
DISTINCTIVE  
PROPERTIES

