

*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.*

Green is Great!

Green vegetables contain several nutritious components that make them important for anyone seeking a healthy lifestyle. Unfortunately, green foods are the most commonly missed color from today's plates. Green foods contain a variety of vitamins and minerals. They are high in folic acid, Vitamin C, potassium, magnesium and B Vitamins. Green vegetables contain fiber and antioxidants. Studies show people who eat greens have a reduced risk for cancer and heart disease. Green vegetables boost immunity by increasing circulation. They can also help clear congestion and promote intestinal health. Greens are easy to add to your diet. They can be prepared in a variety of ways such as steaming, boiling or sautéing, but can also be enjoyed raw. If you think your diet may be lacking in green vegetables, try this trick. Add four different vegetables each week for four weeks. Try something new. Did you know that watercress is one of the most nutrient dense green vegetables? So add a few greens to your day and start living a healthier lifestyle now!

-Article provided by Holly Krouse, Registered Dietitian



Visit our website: mealsonwheelmesacounty.org

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

HELLO
January

970-298-9844



MEALS on WHEELS
MESA COUNTY

The Scoop



Where Do I Find Extra Assistance?

- Community Food Box** - Meals on Wheels has partnered with Community Food Bank to deliver grocery boxes once a month to Meals on Wheels clients. Call 970-298-9844 to get signed up.
- Need Extra Meals for the Weekend?** - Meals on Wheels can offer frozen meals for the weekends. Call 970-298-9844 to get signed up.
- 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.)
- PACE Program** - 970-255-7223 - A comprehensive health care program designed to enhance the quality of people's lives and keep them living in their homes for as long as possible.

Meals on Wheels Pet Policy

- If you have a pet, you may remember us going over the Meals on Wheels Pet Policy when you were first getting started with services. Every so often, we like to send out a reminder to everyone to refresh your memories on what is expected during deliveries if you have a pet.
- Pets are required to be restrained and are not allowed to greet delivery drivers for the safety of our drivers.**
- ♦ Small pets can get underfoot and trip a delivery driver. Large pets can be intimidating.
- ♦ You will only receive one warning in regard to your pet, and if problems continue, delivery services will be stopped. All dog bites are reported to authorities and service is terminated.

This pet policy was put in place to keep your Volunteer and your pet safe during delivery. We don't want anyone's pets to get accidentally stepped on, or get loose in the neighborhood. We also don't want any of the Volunteers to get hurt accidentally, whether it be a scratch from an excited pet, or a bite from an aggressive pet.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
1 CLOSED FOR NEW YEARS 	2 CLOSED FOR NEW YEARS	3 EGG & SAUSAGE BAKE CHOPPED SPINACH FRESH ORANGE PEANUT BUTTER COOKIE MULTIGRAIN BREAD <table border="1"> <tr> <td>Cal:</td> <td>841</td> <td>Carb:</td> <td>68 g</td> <td>Sod:</td> <td>1133 mg</td> </tr> <tr> <td>Fat:</td> <td>45 g</td> <td>Fiber:</td> <td>10 g</td> <td>Pro:</td> <td>45 g</td> </tr> </table>	Cal:	841	Carb:	68 g	Sod:	1133 mg	Fat:	45 g	Fiber:	10 g	Pro:	45 g	4 CHICKEN CORDON BLEU BROWN RICE WINTER VEGETABLES FRESH BANANA MULTIGRAIN ROLL <table border="1"> <tr> <td>Cal:</td> <td>824</td> <td>Carb:</td> <td>126 g</td> <td>Sod:</td> <td>1037 mg</td> </tr> <tr> <td>Fat:</td> <td>24 g</td> <td>Fiber:</td> <td>17 g</td> <td>Pro:</td> <td>30 g</td> </tr> </table>	Cal:	824	Carb:	126 g	Sod:	1037 mg	Fat:	24 g	Fiber:	17 g	Pro:	30 g	5 PULLED PORK SANDWICH RANCH STYLE BEANS COTTAGE CHEESE & PINEAPPLE STEAMED CARROTS <table border="1"> <tr> <td>Cal:</td> <td>757</td> <td>Carb:</td> <td>100 g</td> <td>Sod:</td> <td>1026 mg</td> </tr> <tr> <td>Fat:</td> <td>22 g</td> <td>Fiber:</td> <td>23 g</td> <td>Pro:</td> <td>46 g</td> </tr> </table>	Cal:	757	Carb:	100 g	Sod:	1026 mg	Fat:	22 g	Fiber:	23 g	Pro:	46 g																								
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29 BROCCOLI CHEESE SOUP HAM SANDWICH MIXED VEGETABLES MANDARIN ORANGES <table border="1"> <tr> <td>Cal:</td> <td>576</td> <td>Carb:</td> <td>81 g</td> <td>Sod:</td> <td>1174 mg</td> </tr> <tr> <td>Fat:</td> <td>14 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>34 g</td> </tr> </table>	Cal:	576	Carb:	81 g	Sod:	1174 mg	Fat:	14 g	Fiber:	11 g	Pro:	34 g	30 TURKEY WALDORF SALAD ASPARAGUS FRUIT COMPOTE CHOCOLATE CHIP COOKIE PITA BREAD <table border="1"> <tr> <td>Cal:</td> <td>1000</td> <td>Carb:</td> <td>140 g</td> <td>Sod:</td> <td>969 mg</td> </tr> <tr> <td>Fat:</td> <td>29 g</td> <td>Fiber:</td> <td>14 g</td> <td>Pro:</td> <td>55 g</td> </tr> </table>	Cal:	1000	Carb:	140 g	Sod:	969 mg	Fat:	29 g	Fiber:	14 g	Pro:	55 g	31 MEATLOAF & GRAVY BAKED POTATO/SOUR CREAM PARSLIED CARROTS FRESH ORANGE MULTIGRAIN BREAD <table border="1"> <tr> <td>Cal:</td> <td>937</td> <td>Carb:</td> <td>93 g</td> <td>Sod:</td> <td>902 mg</td> </tr> <tr> <td>Fat:</td> <td>40 g</td> <td>Fiber:</td> <td>12 g</td> <td>Pro:</td> <td>53 g</td> </tr> </table>	Cal:	937	Carb:	93 g	Sod:	902 mg	Fat:	40 g	Fiber:	12 g	Pro:	53 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 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](#)

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.