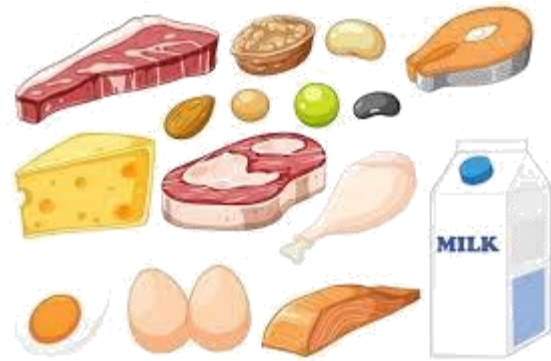


This food and health information is from Meals on Wheel MC dietitian: Holly, our dietitian, monitors our compliance with state guidelines for key nutrients such as vitamin C, sodium, calcium, fiber, and more.

Importance of Protein

Our bodies need a large amount of protein to perform all the functions it has to complete each day. Protein makes up every cell in your body. Protein is used to build muscle, bones, skin, blood and hormones. Your hair and nails are made mostly of protein. Protein intake helps reduce appetite, increases metabolism, improves muscle mass when used with exercise, and improves mobility and strength. How much protein do we need? Most people benefit from eating 6-9oz of protein each day. That is about 3 servings, or 30% of your total calories. Protein is found in eggs, meat, dairy products, nuts, legumes, oats, lentils, seeds, even some dark green vegetables. Getting protein from whole foods always best. But, if you are sick, or your PCP encourages protein drinks are also available. What happens when we don't eat enough protein? Muscles begin to waste. Bones become fragile. Insomnia, confusion, and mood changes might occur. Sugar cravings may cause weight gain. Overall health declines and infections increase when protein intake is low.



is it,

-Article provided by Holly Krouse, Registered Dietitian

Veteran's Welcome Home & Pinning Ceremony

Are you, or do you know, a Vietnam Era Veteran?



The Grand Junction Moose Lodge is hosting a 'Welcome Home & Pinning Ceremony' on **Thursday, April 11th at 5:30pm.**

If you would like to attend, please RSVP with Courtney by April 4, 2024 at 970-822-2123 or www.RwBenefitsLtd.com



Visit our website: mealsonwheelmesacounty.org

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



970-298-9844



The Scoop

Volunteer Appreciation Week!

April 21-27 is Volunteer Appreciation Week! Each year, we celebrate National Volunteer Week to recognize the contributions of our volunteers. National Volunteer Week was established in 1974 and has grown exponentially each year, with thousands of volunteer projects and special events scheduled throughout the week, all across the nation.

Last year, we showed our appreciation by gifting all our Volunteers with breakfast burritos, a reusable Meals on Wheels water bottle, a reusable and insulated Meals on Wheels grocery bag, and a small reusable bag with a box of cake mix inside.

If you'd like to show your volunteers your appreciation for all they do, you are most welcome to do so.

Please exclude any monetary gifts (i.e. cash or gift cards).

Client Quotes from the State Survey

In regard to volunteers, our customers say...

"Delivery people are exceptional - very caring and always pleasant."

"Thank you everyone. The volunteers are awesome."

"The volunteers are the most wonderful! They are always super friendly and empathetic!"

"The people delivering our meals are so friendly, we have made new friends!"

In regard to service, our customers say....

"Thank you for this service. This provides a variety of meals that we would not be able to provide for ourselves!"


"At 86, I live alone. Meals on Wheels is a much-needed program. Thanks to Meals on Wheels, I can live in my own home. I thank all of the staff, cooks, and volunteers who make sure us seniors have hot meals."

Some survey results:

75% of our people are less worried about having enough food because of MOW.

89% say MOW provides food you wouldn't have otherwise been able to shop for or prepare on your own.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
1 CHICKEN FAJITAS SALSA & SOUR CREAM TOSSED SALAD/ITALIAN DRESSING PINTO BEANS FRUIT AMBROSIA <table border="1"> <tr> <td>Cal:</td> <td>725</td> <td>Carb:</td> <td>83 g</td> <td>Sod:</td> <td>986 mg</td> </tr> <tr> <td>Fat:</td> <td>20 g</td> <td>Fiber:</td> <td>9.5 g</td> <td>Pro:</td> <td>52 g</td> </tr> </table>	Cal:	725	Carb:	83 g	Sod:	986 mg	Fat:	20 g	Fiber:	9.5 g	Pro:	52 g	2 EGG & SAUSAGE BAKE SPINACH 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	3 HAMBURGER ON A BUN RANCH STYLE BEANS MACARONI SALAD CHERRY FLUFF <table border="1"> <tr> <td>Cal:</td> <td>930</td> <td>Carb:</td> <td>124 g</td> <td>Sod:</td> <td>1130 mg</td> </tr> <tr> <td>Fat:</td> <td>28 g</td> <td>Fiber:</td> <td>20 g</td> <td>Pro:</td> <td>50 g</td> </tr> </table>	Cal:	930	Carb:	124 g	Sod:	1130 mg	Fat:	28 g	Fiber:	20 g	Pro:	50 g	4 CHICKEN PASTA SALAD BRUSSELS SPROUTS CARROT RAISIN SALAD BANANA MULTIGRAIN BREAD <table border="1"> <tr> <td>Cal:</td> <td>607</td> <td>Carb:</td> <td>94 g</td> <td>Sod:</td> <td>721 mg</td> </tr> <tr> <td>Fat:</td> <td>16 g</td> <td>Fiber:</td> <td>13 g</td> <td>Pro:</td> <td>31 g</td> </tr> </table>	Cal:	607	Carb:	94 g	Sod:	721 mg	Fat:	16 g	Fiber:	13 g	Pro:	31 g	5 CRUNCHY BAKED FISH WHIPPED SWEET POTATOES BROCCOLI FRUIT COCKTAIL MULTIGRAIN BREAD <table border="1"> <tr> <td>Cal:</td> <td>652</td> <td>Carb:</td> <td>94 g</td> <td>Sod:</td> <td>529 mg</td> </tr> <tr> <td>Fat:</td> <td>15 g</td> <td>Fiber:</td> <td>9.5 g</td> <td>Pro:</td> <td>38 g</td> </tr> </table>	Cal:	652	Carb:	94 g	Sod:	529 mg	Fat:	15 g	Fiber:	9.5 g	Pro:	38 g
Cal:	725	Carb:	83 g	Sod:	986 mg																																																											
Fat:	20 g	Fiber:	9.5 g	Pro:	52 g																																																											
Cal:	841	Carb:	68 g	Sod:	1133 mg																																																											
Fat:	45 g	Fiber:	10 g	Pro:	45 g																																																											
Cal:	930	Carb:	124 g	Sod:	1130 mg																																																											
Fat:	28 g	Fiber:	20 g	Pro:	50 g																																																											
Cal:	607	Carb:	94 g	Sod:	721 mg																																																											
Fat:	16 g	Fiber:	13 g	Pro:	31 g																																																											
Cal:	652	Carb:	94 g	Sod:	529 mg																																																											
Fat:	15 g	Fiber:	9.5 g	Pro:	38 g																																																											
8 TURKEY PROVOLONE SANDWICH & TOMATO SOUP CRANBERRY SAUCE BRUSSELS SPROUTS APPLE <table border="1"> <tr> <td>Cal:</td> <td>686</td> <td>Carb:</td> <td>107 g</td> <td>Sod:</td> <td>863 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:	686	Carb:	107 g	Sod:	863 mg	Fat:	17 g	Fiber:	17 g	Pro:	36 g	9 HERBED CHICKEN BAKED POTATO & SOUR CREAM PEAS MANDARIN ORANGES CINNAMON RAISIN BREAD <table border="1"> <tr> <td>Cal:</td> <td>787</td> <td>Carb:</td> <td>113 g</td> <td>Sod:</td> <td>496 mg</td> </tr> <tr> <td>Fat:</td> <td>18 g</td> <td>Fiber:</td> <td>16 g</td> <td>Pro:</td> <td>49 g</td> </tr> </table>	Cal:	787	Carb:	113 g	Sod:	496 mg	Fat:	18 g	Fiber:	16 g	Pro:	49 g	10 SPAGHETTI & MEATBALLS ITALIAN GREEN BEANS TOSSED SALAD/ RANCH BANANA ITALIAN BREAD <table border="1"> <tr> <td>Cal:</td> <td>791</td> <td>Carb:</td> <td>114 g</td> <td>Sod:</td> <td>1078 mg</td> </tr> <tr> <td>Fat:</td> <td>26 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>30 g</td> </tr> </table>	Cal:	791	Carb:	114 g	Sod:	1078 mg	Fat:	26 g	Fiber:	11 g	Pro:	30 g	11 MEATLOAF & GRAVY SCALLOPED POTATOES SPINACH CARROTS & CELERY STRAWBERRIES WHEAT BREAD <table border="1"> <tr> <td>Cal:</td> <td>1035</td> <td>Carb:</td> <td>113 g</td> <td>Sod:</td> <td>984 mg</td> </tr> <tr> <td>Fat:</td> <td>42 g</td> <td>Fiber:</td> <td>14 g</td> <td>Pro:</td> <td>57 g</td> </tr> </table>	Cal:	1035	Carb:	113 g	Sod:	984 mg	Fat:	42 g	Fiber:	14 g	Pro:	57 g	12 FISH SANDWICH BRUSSELS SPROUTS GARBANZO BEAN PASTA SALAD PICKLE SPEAR PINEAPPLE ORANGE GELATIN <table border="1"> <tr> <td>Cal:</td> <td>582</td> <td>Carb:</td> <td>103 g</td> <td>Sod:</td> <td>938 mg</td> </tr> <tr> <td>Fat:</td> <td>11 g</td> <td>Fiber:</td> <td>13 g</td> <td>Pro:</td> <td>23 g</td> </tr> </table>	Cal:	582	Carb:	103 g	Sod:	938 mg	Fat:	11 g	Fiber:	13 g	Pro:	23 g
Cal:	686	Carb:	107 g	Sod:	863 mg																																																											
Fat:	17 g	Fiber:	17 g	Pro:	36 g																																																											
Cal:	787	Carb:	113 g	Sod:	496 mg																																																											
Fat:	18 g	Fiber:	16 g	Pro:	49 g																																																											
Cal:	791	Carb:	114 g	Sod:	1078 mg																																																											
Fat:	26 g	Fiber:	11 g	Pro:	30 g																																																											
Cal:	1035	Carb:	113 g	Sod:	984 mg																																																											
Fat:	42 g	Fiber:	14 g	Pro:	57 g																																																											
Cal:	582	Carb:	103 g	Sod:	938 mg																																																											
Fat:	11 g	Fiber:	13 g	Pro:	23 g																																																											
15 HAM SWISS BROCCOLI BAKE ASPARAGUS STRAWBERRIES FIG NEWTON MULTIGRAIN BREAD <table border="1"> <tr> <td>Cal:</td> <td>692</td> <td>Carb:</td> <td>94 g</td> <td>Sod:</td> <td>1087 mg</td> </tr> <tr> <td>Fat:</td> <td>17 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>43 g</td> </tr> </table>	Cal:	692	Carb:	94 g	Sod:	1087 mg	Fat:	17 g	Fiber:	11 g	Pro:	43 g	16 BLACK BEAN CASSEROLE SALSA & SOUR CREAM CILANTRO RICE LETTUCE/TOMATO MIX CORN RELISH CITRUS FRUIT MIX <table border="1"> <tr> <td>Cal:</td> <td>772</td> <td>Carb:</td> <td>122 g</td> <td>Sod:</td> <td>1079 mg</td> </tr> <tr> <td>Fat:</td> <td>21 g</td> <td>Fiber:</td> <td>15 g</td> <td>Pro:</td> <td>29 g</td> </tr> </table>	Cal:	772	Carb:	122 g	Sod:	1079 mg	Fat:	21 g	Fiber:	15 g	Pro:	29 g	17 CHICKEN FRICASSEE PEAS & CARROTS ITALIAN SALAD PEACH COBBLER WHEAT BREAD <table border="1"> <tr> <td>Cal:</td> <td>928</td> <td>Carb:</td> <td>99 g</td> <td>Sod:</td> <td>1168 mg</td> </tr> <tr> <td>Fat:</td> <td>33 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>59 g</td> </tr> </table>	Cal:	928	Carb:	99 g	Sod:	1168 mg	Fat:	33 g	Fiber:	11 g	Pro:	59 g	18 SLOPPY JOE ON A BUN MIXED VEGETABLES SPINACH ORANGE SALAD APPLESAUCE GELATIN <table border="1"> <tr> <td>Cal:</td> <td>685</td> <td>Carb:</td> <td>93 g</td> <td>Sod:</td> <td>875 mg</td> </tr> <tr> <td>Fat:</td> <td>20 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>38 g</td> </tr> </table>	Cal:	685	Carb:	93 g	Sod:	875 mg	Fat:	20 g	Fiber:	11 g	Pro:	38 g	19 SWEET & SOUR CHICKEN BROWN RICE STIR FRY VEGETABLES TROPICAL FRUIT FORTUNE COOKIE MULTIGRAIN BREAD <table border="1"> <tr> <td>Cal:</td> <td>938</td> <td>Carb:</td> <td>123 g</td> <td>Sod:</td> <td>741 mg</td> </tr> <tr> <td>Fat:</td> <td>32 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>44 g</td> </tr> </table>	Cal:	938	Carb:	123 g	Sod:	741 mg	Fat:	32 g	Fiber:	11 g	Pro:	44 g
Cal:	692	Carb:	94 g	Sod:	1087 mg																																																											
Fat:	17 g	Fiber:	11 g	Pro:	43 g																																																											
Cal:	772	Carb:	122 g	Sod:	1079 mg																																																											
Fat:	21 g	Fiber:	15 g	Pro:	29 g																																																											
Cal:	928	Carb:	99 g	Sod:	1168 mg																																																											
Fat:	33 g	Fiber:	11 g	Pro:	59 g																																																											
Cal:	685	Carb:	93 g	Sod:	875 mg																																																											
Fat:	20 g	Fiber:	11 g	Pro:	38 g																																																											
Cal:	938	Carb:	123 g	Sod:	741 mg																																																											
Fat:	32 g	Fiber:	11 g	Pro:	44 g																																																											
22 TURKEY TETRAZZINI CHATEAU VEGETABLES PICKLED BEETS ORANGE MULTIGRAIN BREAD CHOCOLATE MILK <table border="1"> <tr> <td>Cal:</td> <td>783</td> <td>Carb:</td> <td>111 g</td> <td>Sod:</td> <td>978 mg</td> </tr> <tr> <td>Fat:</td> <td>21 g</td> <td>Fiber:</td> <td>15 g</td> <td>Pro:</td> <td>41 g</td> </tr> </table>	Cal:	783	Carb:	111 g	Sod:	978 mg	Fat:	21 g	Fiber:	15 g	Pro:	41 g	23 TACO SALAD SOUR CREAM & SALSA GUACAMOLE SPANISH RICE CITRUS GELATIN <table border="1"> <tr> <td>Cal:</td> <td>841</td> <td>Carb:</td> <td>114 g</td> <td>Sod:</td> <td>943 mg</td> </tr> <tr> <td>Fat:</td> <td>216 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>39 g</td> </tr> </table>	Cal:	841	Carb:	114 g	Sod:	943 mg	Fat:	216 g	Fiber:	11 g	Pro:	39 g	24 CHICKEN BRUSCHETTA COUSCOUS BRUSSELS SPROUTS PEACHES MULTIGRAIN BREAD <table border="1"> <tr> <td>Cal:</td> <td>742</td> <td>Carb:</td> <td>93 g</td> <td>Sod:</td> <td>509 mg</td> </tr> <tr> <td>Fat:</td> <td>21 g</td> <td>Fiber:</td> <td>14 g</td> <td>Pro:</td> <td>53 g</td> </tr> </table>	Cal:	742	Carb:	93 g	Sod:	509 mg	Fat:	21 g	Fiber:	14 g	Pro:	53 g	25 ITALIAN GNOCCHI SOUP PEA & CHEESE SALAD COTTAGE CHEESE & PINEAPPLE KIWI WHOLE WHEAT TORTILLA <table border="1"> <tr> <td>Cal:</td> <td>504</td> <td>Carb:</td> <td>79 g</td> <td>Sod:</td> <td>891 mg</td> </tr> <tr> <td>Fat:</td> <td>9 g</td> <td>Fiber:</td> <td>10 g</td> <td>Pro:</td> <td>30 g</td> </tr> </table>	Cal:	504	Carb:	79 g	Sod:	891 mg	Fat:	9 g	Fiber:	10 g	Pro:	30 g	26 BEEF CHILI DOG MIXED VEGETABLES SPINACH SALAD W/ EGG MANDARIN ORANGES <table border="1"> <tr> <td>Cal:</td> <td>742</td> <td>Carb:</td> <td>79 g</td> <td>Sod:</td> <td>1051 mg</td> </tr> <tr> <td>Fat:</td> <td>32 g</td> <td>Fiber:</td> <td>14 g</td> <td>Pro:</td> <td>38 g</td> </tr> </table>	Cal:	742	Carb:	79 g	Sod:	1051 mg	Fat:	32 g	Fiber:	14 g	Pro:	38 g
Cal:	783	Carb:	111 g	Sod:	978 mg																																																											
Fat:	21 g	Fiber:	15 g	Pro:	41 g																																																											
Cal:	841	Carb:	114 g	Sod:	943 mg																																																											
Fat:	216 g	Fiber:	11 g	Pro:	39 g																																																											
Cal:	742	Carb:	93 g	Sod:	509 mg																																																											
Fat:	21 g	Fiber:	14 g	Pro:	53 g																																																											
Cal:	504	Carb:	79 g	Sod:	891 mg																																																											
Fat:	9 g	Fiber:	10 g	Pro:	30 g																																																											
Cal:	742	Carb:	79 g	Sod:	1051 mg																																																											
Fat:	32 g	Fiber:	14 g	Pro:	38 g																																																											
29 PULLED PORK SANDWICH STEAMED CARROTS ESCALLOPED TOMATOES ORANGE COTTAGE CHEESE & PINEAPPLE <table border="1"> <tr> <td>Cal:</td> <td>751</td> <td>Carb:</td> <td>104 g</td> <td>Sod:</td> <td>1064 mg</td> </tr> <tr> <td>Fat:</td> <td>23 g</td> <td>Fiber:</td> <td>16 g</td> <td>Pro:</td> <td>39 g</td> </tr> </table>	Cal:	751	Carb:	104 g	Sod:	1064 mg	Fat:	23 g	Fiber:	16 g	Pro:	39 g	30 CHILI RELLENO CASSEROLE BLACK BEANS CUCUMBER SALAD PEACH ROYALE WHOLE WHEAT 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			Meals on Wheels Mesa County uses the following major food allergens as ingredients: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame. Please notify staff for more information about these ingredients. 970-298-9844																																				
Cal:	751	Carb:	104 g	Sod:	1064 mg																																																											
Fat:	23 g	Fiber:	16 g	Pro:	39 g																																																											
Cal:	1052	Carb:	141 g	Sod:	1086 mg																																																											
Fat:	38 g	Fiber:	18 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 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](#)

NEED HELP?

TAX SEASON!

Call: **970-589-3789** to make an appointment.

When: Appointments can be made starting NOW through April 15, 2024. Mon-Sat 9:00-2:00.

Where: 422 White Ave, Grand Junction, CO 81501, U.S. Bank Branch

Come Prepared with: Social Security Card, Picture ID, All relevant documents needed to complete your return, 2023 1099 Social Security Benefit Statement, Proof of bank account and routing information, and Last Year's return.

TAXES!

MEALS INCLUDE 1% MILK

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

Cost for under age of 60 is \$10.25.



3 THINGS A GOOD REAL ESTATE AGENT CAN DO FOR YOU

Real estate professionals are known to help people buy and sell homes, land or commercial real estate. But beyond that, there are also other ways I can help you and those you care about.



I am part of a network of experienced real estate professionals. When someone you know is moving in another area, I can help connect them to a hand selected knowledgeable real estate professional. It doesn't matter if they are moving to another Colorado city, outside of Colorado or outside of the US. I know people that can help.



Surprised about your property tax assessment? Our property tax assessor calculates values several different ways to ensure accuracy. However, if you feel your property value is out of line, ask a real estate professional for comparables. This will give you the information you need to ask the assessor's office to reevaluate.



Most real estate agents have a phone full of home service providers they trust and community services. I have been called the Google of Real Estate and I love that! So when you need pest control, a leak fixed, more home insulation, a hot tub removed etc., just call. I will likely have a recommendation.

Niki Zentner-Przystup
VCK GROUP

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

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



COLDWELL BANKER

DISTINCTIVE PROPERTIES

