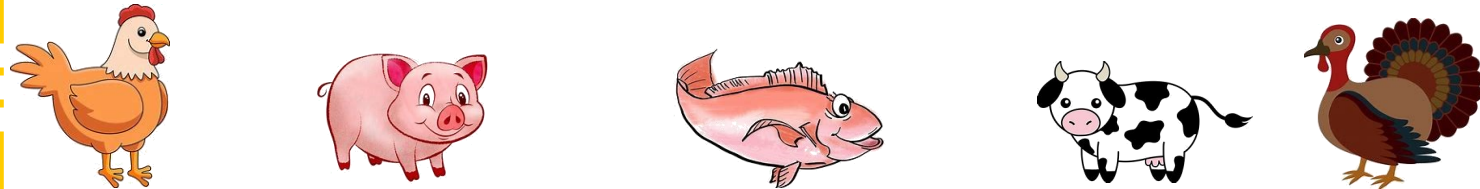


***This food and health information is from Meals on Wheel MC dietitian:  
Holly, our dietitian, monitors our compliance with state guidelines for key  
nutrients such as vitamin C, sodium, calcium, fiber, and more.***

## Eating a Variety of Meat

Meat provides the majority of the protein and iron our bodies require to maintain good health. While it is possible to get enough protein and iron without eating meat, it can be challenging. Meat is a complete source of protein and requires no supplementation. The body is able to use the iron in meat more efficiently than iron found in plants. We all need protein to carry out our daily activities. It serves as a source of energy, improves iron stores and promotes immunity. Protein is also used for skin healing. People typically need 1.0-1.2/kg grams of protein each day. It is important to vary the meat you are eating as each one offers a different benefit. Seafood is high in omega 3 fatty acids, which are good for your heart. Beef contains the most iron and helps with energy and healing. Pork is rich in B vitamins, which support brain function. Chicken and lamb contains phosphorus, calcium and Vit D which are good for bone health. Turkey contains tryptophan, which benefits nerve conduction and mood. Eating a variety of low fat meat ensures that you are getting all the benefits different types of meat offer. Try eating a serving of meat at each meal, the protein will do you good!

*-Article provided by Holly Krouse, Registered Dietitian*



## Reminders to home delivery customers:

- Drivers can't leave food outside a door, not even in a cooler.
- You will receive a call once a year to go through a re-assessment. This is to keep your service current and is required by the State. Please help us by answering and returning calls promptly.
- We have a registered dietitian on staff if you want any additional help with diet and nutrition. This is a free service. Call the main number.



Visit our website: [mealsonwheelmesacounty.org](http://mealsonwheelmesacounty.org)

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



970-298-9844



## The Scoop

### 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.

### Pet Food Available - 970-298-9844


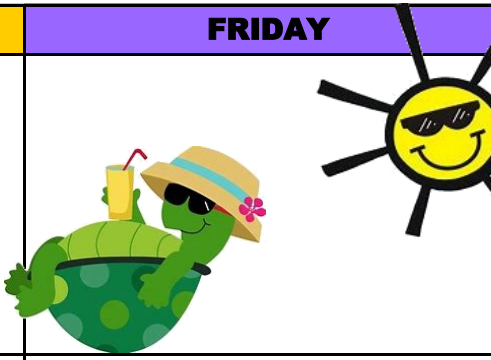

If you have NOT already signed up for Pet Food Assistance, and you would like to, please call the office and put in a request. If leaving a message, make sure to provide the information listed below.

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
<p>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.</p>																																																																
<p><b>3</b> NEOPOLITAN SPAGHETTI BROCCOLI TOSSED SALAD &amp; RANCH APPLE ITALIAN BREAD</p> <table border="1"> <tr><td>Cal:</td><td>717</td><td>Carb:</td><td>87 g</td><td>Sod:</td><td>1197 mg</td></tr> <tr><td>Fat:</td><td>29 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>33 g</td></tr> </table>	Cal:	717	Carb:	87 g	Sod:	1197 mg	Fat:	29 g	Fiber:	13 g	Pro:	33 g	<p><b>4</b> FOUR CHEESE ZITI ITALIAN BEAN BLEND ITALIAN TOSSED SALAD MIXED BERRIES BREADSTICK</p> <table border="1"> <tr><td>Cal:</td><td>671</td><td>Carb:</td><td>100 g</td><td>Sod:</td><td>939 mg</td></tr> <tr><td>Fat:</td><td>16 g</td><td>Fiber:</td><td>15 g</td><td>Pro:</td><td>35 g</td></tr> </table>	Cal:	671	Carb:	100 g	Sod:	939 mg	Fat:	16 g	Fiber:	15 g	Pro:	35 g	<p><b>5</b> SWISS STEAK W/ SAUCE BAKED POTATO / SOUR CREAM WINTER VEGETABLES APRICOTS PEANUT BUTTER COOKIE WHEAT ROLL</p> <table border="1"> <tr><td>Cal:</td><td>875</td><td>Carb:</td><td>132 g</td><td>Sod:</td><td>800 mg</td></tr> <tr><td>Fat:</td><td>28 g</td><td>Fiber:</td><td>16 g</td><td>Pro:</td><td>34 g</td></tr> </table>	Cal:	875	Carb:	132 g	Sod:	800 mg	Fat:	28 g	Fiber:	16 g	Pro:	34 g	<p><b>6</b> PULLED PORK SANDWICH RANCH STYLE BEANS BUTTERED CARROTS ORANGE</p> <table border="1"> <tr><td>Cal:</td><td>742</td><td>Carb:</td><td>104 g</td><td>Sod:</td><td>798 mg</td></tr> <tr><td>Fat:</td><td>21 g</td><td>Fiber:</td><td>25 g</td><td>Pro:</td><td>40 g</td></tr> </table>	Cal:	742	Carb:	104 g	Sod:	798 mg	Fat:	21 g	Fiber:	25 g	Pro:	40 g	<p><b>7</b> CHIMICHURRI SALMON RICE PILAF SPINACH TROPICAL FRUIT MULTIGRAIN BREAD</p> <table border="1"> <tr><td>Cal:</td><td>526</td><td>Carb:</td><td>66 g</td><td>Sod:</td><td>659 mg</td></tr> <tr><td>Fat:</td><td>13 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>42 g</td></tr> </table>	Cal:	526	Carb:	66 g	Sod:	659 mg	Fat:	13 g	Fiber:	12 g	Pro:	42 g
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<p><b>10</b> BEEF TACO SALAD CHUCKWAGON CORN SALSA APPLE</p> <table border="1"> <tr><td>Cal:</td><td>650</td><td>Carb:</td><td>84 g</td><td>Sod:</td><td>591 mg</td></tr> <tr><td>Fat:</td><td>23 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>32 g</td></tr> </table>	Cal:	650	Carb:	84 g	Sod:	591 mg	Fat:	23 g	Fiber:	12 g	Pro:	32 g	<p><b>11</b> CHICKEN POT PIE SCANDINAVIAN VEGETABLES CRANBERRY APPLE SLAW UNDER THE SEA GELATIN BISCUIT</p> <table border="1"> <tr><td>Cal:</td><td>830</td><td>Carb:</td><td>113 g</td><td>Sod:</td><td>956 mg</td></tr> <tr><td>Fat:</td><td>25 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>43 g</td></tr> </table>	Cal:	830	Carb:	113 g	Sod:	956 mg	Fat:	25 g	Fiber:	10 g	Pro:	43 g	<p><b>12</b> BBQ PORK RIBLET BAKED SWEET POTATO SPINACH BANANA CORNBREAD</p> <table border="1"> <tr><td>Cal:</td><td>842</td><td>Carb:</td><td>111 g</td><td>Sod:</td><td>885 mg</td></tr> <tr><td>Fat:</td><td>25 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>45 g</td></tr> </table>	Cal:	842	Carb:	111 g	Sod:	885 mg	Fat:	25 g	Fiber:	12 g	Pro:	45 g	<p><b>13</b> CHEESEBURGER PIE HERBED GREEN BEANS PICKLED BEETS FRUIT COCKTAIL WHOLE WHEAT CRACKERS</p> <table border="1"> <tr><td>Cal:</td><td>856</td><td>Carb:</td><td>123 g</td><td>Sod:</td><td>868 mg</td></tr> <tr><td>Fat:</td><td>22 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>45 g</td></tr> </table>	Cal:	856	Carb:	123 g	Sod:	868 mg	Fat:	22 g	Fiber:	12 g	Pro:	45 g	<p><b>14</b> EGG SALAD SANDWICH SPEEDY BAKED BEANS SPINACH SALAD W/ CHEESE CITRUS SALAD</p> <table border="1"> <tr><td>Cal:</td><td>672</td><td>Carb:</td><td>110 g</td><td>Sod:</td><td>117 mg</td></tr> <tr><td>Fat:</td><td>14 g</td><td>Fiber:</td><td>15 g</td><td>Pro:</td><td>34 g</td></tr> </table>	Cal:	672	Carb:	110 g	Sod:	117 mg	Fat:	14 g	Fiber:	15 g	Pro:	34 g
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<p><b>17</b> HAMBURGER ON A BUN LETTUCE/TOMATO/ONION BAKED BEANS COLESLAW WATERMELON</p> <p style="text-align: center;"></p> <table border="1"> <tr><td>Cal:</td><td>725</td><td>Carb:</td><td>104 g</td><td>Sod:</td><td>1153 mg</td></tr> <tr><td>Fat:</td><td>18 g</td><td>Fiber:</td><td>20 g</td><td>Pro:</td><td>43 g</td></tr> </table>	Cal:	725	Carb:	104 g	Sod:	1153 mg	Fat:	18 g	Fiber:	20 g	Pro:	43 g	<p><b>18</b> CHICKEN W/ PARMESAN SAUCE FETTUCCHINI NOODLES ITALIAN BEAN BLEND SPINACH SALAD W/ EGG APPLE GARLIC BREADSTICK</p> <table border="1"> <tr><td>Cal:</td><td>895</td><td>Carb:</td><td>103 g</td><td>Sod:</td><td>781 mg</td></tr> <tr><td>Fat:</td><td>32 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>51 g</td></tr> </table>	Cal:	895	Carb:	103 g	Sod:	781 mg	Fat:	32 g	Fiber:	11 g	Pro:	51 g	<p><b>19</b> POLISH SAUSAGE ON A BUN PICKLE SPEAR RED CABBAGE SLAW FRUIT SALAD BANANA BROWNIE</p> <table border="1"> <tr><td>Cal:</td><td>684</td><td>Carb:</td><td>107 g</td><td>Sod:</td><td>1138 mg</td></tr> <tr><td>Fat:</td><td>21 g</td><td>Fiber:</td><td>9 g</td><td>Pro:</td><td>21 g</td></tr> </table>	Cal:	684	Carb:	107 g	Sod:	1138 mg	Fat:	21 g	Fiber:	9 g	Pro:	21 g	<p><b>20</b> STUFFED BELL PEPPER CASSEROLE LAYERED SALAD CAULIFLOWER PEACHES WHOLE WHEAT BREAD</p> <table border="1"> <tr><td>Cal:</td><td>623</td><td>Carb:</td><td>72 g</td><td>Sod:</td><td>636 mg</td></tr> <tr><td>Fat:</td><td>25 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>68 g</td></tr> </table>	Cal:	623	Carb:	72 g	Sod:	636 mg	Fat:	25 g	Fiber:	10 g	Pro:	68 g	<p><b>21</b> TURKEY POSOLE CORN RELISH TOSSED SALAD W/ RANCH TROPICAL FRUIT WHOLE WHEAT TORTILLA</p> <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
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<p><b>24</b> SLOPPY JOE ON A BUN COLESLAW CHATEAU VEGETABLES APPLE VANILLA PUDDING</p> <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	<p><b>25</b> HAM &amp; BROCCOLI PASTA PICKLED BEETS CARROT RAISIN SALAD GRAPEFRUIT MULTIGRAIN BREAD</p> <table border="1"> <tr><td>Cal:</td><td>699</td><td>Carb:</td><td>105 g</td><td>Sod:</td><td>1178 mg</td></tr> <tr><td>Fat:</td><td>15 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>40 g</td></tr> </table>	Cal:	699	Carb:	105 g	Sod:	1178 mg	Fat:	15 g	Fiber:	11 g	Pro:	40 g	<p><b>26</b> ITALIAN BAKED CHICKEN ESCALLOPED TOMATOES PEAS &amp; ONIONS KIWI CHERRY FLUFF MULTIGRAIN BREAD</p> <table border="1"> <tr><td>Cal:</td><td>857</td><td>Carb:</td><td>101 g</td><td>Sod:</td><td>802 mg</td></tr> <tr><td>Fat:</td><td>32 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>46 g</td></tr> </table>	Cal:	857	Carb:	101 g	Sod:	802 mg	Fat:	32 g	Fiber:	12 g	Pro:	46 g	<p><b>27</b> SWEET &amp; SOUR PORK BROWN RICE ORIENTAL VEGETABLES ASIAN BROCCOLI SLAW MANDARIN ORANGES FORTUNE COOKIE &amp; MULTIGRAIN BREAD</p> <table border="1"> <tr><td>Cal:</td><td>743</td><td>Carb:</td><td>97 g</td><td>Sod:</td><td>509 mg</td></tr> <tr><td>Fat:</td><td>26 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>37 g</td></tr> </table>	Cal:	743	Carb:	97 g	Sod:	509 mg	Fat:	26 g	Fiber:	13 g	Pro:	37 g	<p><b>28</b> CASHEW TURKEY SALAD BLACK BEAN LENTIL SOUP FRUIT SALAD CROISSANT</p> <table border="1"> <tr><td>Cal:</td><td>806</td><td>Carb:</td><td>90 g</td><td>Sod:</td><td>737 mg</td></tr> <tr><td>Fat:</td><td>29 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>48 g</td></tr> </table>	Cal:	806	Carb:	90 g	Sod:	737 mg	Fat:	29 g	Fiber:	11 g	Pro:	48 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](#)

## 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)

**MEALS INCLUDE 1% MILK**

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

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

# SENIOR FRIENDLY OUTDOOR LANDSCAPING

As we age maintaining a garden can become more challenging, but with a few adjustments, a safe and low maintenance outdoor space can be created. I love growing flowers and vegetables, but despise weeding. Years ago my husband built us raised garden beds to make it easier to weed. I was sharing with a friend how amazing the raised beds were and that even with irrigation water there were no more weeds. He looked at me in wonder then enlightened me that he had been weeding the garden. Lesson learned- Raised beds are helpful, but the weeds will still find their way.



## PRIORITIZING ACCESSIBILITY

**Pathways:** Strive for paths that are wide, smooth and non slip like concrete and brick. Even the smallest raised edge on a walkway can be a tripping hazard or difficult for wheelchair mobility.

**Raised Beds:** Raised beds, patio pots, and vertical planters help minimize bending so planting, weeding and harvesting are easier.

## SAFETY FIRST

**Handrails:** Add handrails along the path for additional support.

**Seating:** Place a comfortable outdoor chair or bench for resting and enjoyment.

**Automatic Irrigation:** A drip system can keep plants watered with minimal effort and eliminates bending and hoses which can be tripping hazards. Patio pots can even have a drip sprayers on them for ease.

## ENHANCE COMFORT AND ENJOYMENT

**Choose "easy" plants:** Native plants that are well-suited for our climate usually require less care. Opt for perennials over annuals to reduce the need for replanting each year and incorporate ground covers like creeping thyme to minimize weeding.

**Wildlife Habitat:** Isn't the whole purpose of a garden to have something pretty and interesting to look at or good to eat? Attracting wildlife to the garden adds life and movement. Birds, bees and butterflies are popular pollinators and pretty to look at. Bats, wasps, beetles and flies are also interesting and considered pollinators. There are many plants will attract more pollinators to the garden. These are some of my favorites- Service berry shrub, penstemons, yarrow, blue flax, asters, coneflowers, lavender, and sunflowers. We have a few bee hives and they tend to like blue, white, yellow, and purple flowers.

**Maintenance:** Maintaining even the simplest of gardens may require an extra hand. I have a list of resources, if you need someone to set up a bird feeder, build a raised bed, install a drip water line or offer some advice.

*Niki Yenten-Pruzyski*  
VCK GROUP

970.250.3147

[nikisoldmyhome@gmail.com](mailto:nikisoldmyhome@gmail.com)

[www.niki.cbdistinctive.com](http://www.niki.cbdistinctive.com)

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





JUNE • JULY • AUGUST • 2024



UNITED  
**ENERGY  
WORKERS**  
HEALTHCARE

No-Cost Home Healthcare for Energy Workers

# **Brunch and Learn –** *For ALL Current and Former Energy Workers and Qualified Guests*



**Free healthcare benefits are available to qualified current and former DOE and Uranium Industry employees and contractors** under the EEOICPA\* program.

## **Take advantage of these EEOICPA benefits:**

- 24/7 Professional Nursing Care
- Prescription Drug Coverage
- Medical Monitoring
- Meal Prep, Laundry, Housekeeping
- Bathing & Dressing
- Family Caregiver Support
- Transportation & Companionship

United Energy Workers Healthcare guides you through every step to ensure you receive all the benefits you're qualified for and entitled to.

## ***Giving back to those who gave so much!***



Uranium  
Miners



DOE  
Employees



Your Qualified  
Guest

## **YOU'RE INVITED**

- *Enjoy a FREE Brunch •*

**IHOP**

2420 HWY 6 & 50  
Grand Junction, CO 81524

*(next to the Mall)*

- **June 6th at 9:30 AM •**
- **July 3rd at 9:30 AM •**
- **August 1st at 9:30 AM •**

*Enjoy a FREE lunch, review your benefits. Bring Someone else you know who qualifies for these benefits.*

**RSVP / More Info 435-260-5139**

\*United Energy Workers Healthcare does not determine eligibility for EEOICPA benefits. Eligibility for EEOICPA benefits is determined by the Department of Labor. United Energy Workers Healthcare is not an Authorized Representative and cannot file your claim on your behalf.

Visit [UEWHealth.com](http://UEWHealth.com)

**Complete Healthcare Coverage under EEOICPA.**  
*This is a paid advertisement.*

# FOOD SAFETY



Keeping your food **safe** is very important in our quest to provide you with healthy, delicious meals; however, once you have received your **Home Delivered Meal** or picked up your meal from your **Dining Site**, the responsibility of keeping your food safe is in your hands. Here are some easy tips to remember to keep you healthy as you enjoy your Meals on Wheels.

## Stay Healthy

One easy way to help yourself stay healthy is to **wash your hands** with warm soapy water EVERY TIME before you eat.



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

## Keep Food Hot or Cold

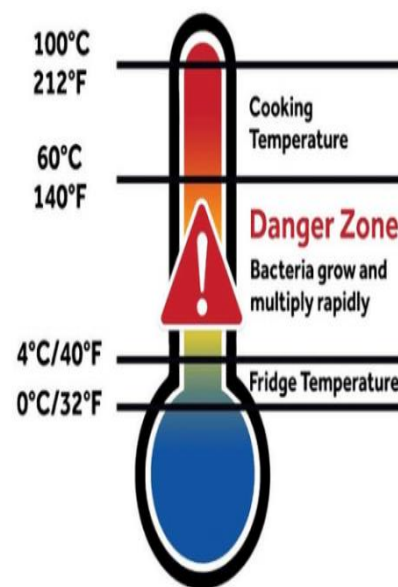
Keep warm food above 140 degrees F and cold food below 40 degrees F. **Avoid the food temperature Danger Zone!**

## Storage

If you don't plan to eat right away, refrigerate both hot and cold portions of your meal. Keep your refrigerator below 40 degrees F. Cover and reheat your food to 160 degrees F when you're ready to eat.

## How Long?

Discard any food that has been left at room temperature longer than 2 hours. Also discard any food that was prepared more than 3 days ago.



# BestCrosswords.com - Puzzle #1 on -----

## Across

1- Pitcher Martinez; 6- Spider's creation; 9- Ran swiftly; 14- Lager holder; 15- City in GA; 16- You \_\_\_ right!; 17- Under-water vessel; 19- Animal; 20- \_\_\_ for tat; 21- Son of Rebekah; 22- Foundations; 23- The wolf \_\_\_ the door; 25- Gone up; 26- Portable PC; 29- Porn; 31- Builds; 32- Marine crustacean; 36- Morse element; 37- Golf prop; 38- Work without \_\_\_; 40- Period of being a young man; 43- Gambling house; 45- Also alternative; 46- Familiar with; 47- Time off; 50- Hollywood headliner; 51- Spasm; 52- Dole (out); 54- Compete; 57- Maxim; 58- Adorn with too much formality; 61- French farewell; 62- Sleep initials; 63- Merits; 64- Calls for; 65- Trauma ctrs.; 66- Peachy keen!;

## Down

1- Attention getter; 2- Needle case; 3- It's owed; 4- Margin; 5- \_\_\_ roll; 6- Belt site; 7- Sicilian spouter; 8- Chicken cordon \_\_\_; 9- Burrowing lagomorphs; 10- Bailiwicks; 11- \_\_\_ and desist; 12- City on the Ruhr; 13- Specks; 18- Harvests; 23- Like a mosquito bite; 24- Boozehound; 25- Chafe; 26- Showed the way; 27- Graceful horse; 28- Mexican money; 29- Vehicles with runners; 30- "The Simpsons" bartender; 33- Stun gun; 34- Novelist Bagnold; 35- Lease; 37- Male cat; 39- Inordinately; 41- Repulsive; 42- Lever for rowing; 43- More adorable; 44- Al Jolson's real first name; 47- \_\_\_ Island Red; 48- Shaw of swing; 49- Well-known; 50- Stalks; 51- Govt. agent; 52- Oliver Twist's request; 53- Constantly; 54- Aloe \_\_\_; 55- "\_\_\_ She Lovely?"; 56- Exxon, once; 59- Cubby hole?; 60- \_\_\_ Dawn Chong;

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