

*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.*

Managing Diabetes on Meals on Wheels

Meals on Wheels is often asked if clients with Diabetes can utilize our program. Unfortunately, with our limited resources, we are not able to offer a diabetic menu at this time. However, there are some basic suggestions that may help make Meals on Wheels a viable option for you. First, it is important to know what your carbohydrate limit is for each day. Your doctor can help you decide what is best for you. Typically, Diabetic clients eat between 30-65 grams of carbohydrates at each meal with a 15-30 gram snack between meals. Once you know what your carbohydrate goal is, look at the menu. Each box lists the carbohydrate content for that day. Determine how many carbohydrates need to be removed from the meal to stay within your restriction. You may consider cutting the starch in half or saving the bread, milk or fruit for an afternoon snack. You might consider omitting the dessert. By making some minor adjustments, the Meals on Wheels program can still be used by clients with Diabetes.

-Article provided by Holly Krouse, Registered Dietitian



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.

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.



Visit our website: mealsonwheelmesacounty.org

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



970-298-9844

The Scoop



Meals on Wheels Diners!

Come Celebrate 4th of July with Us!



Where: Grand View Apts. Dining Site—1501 N. 1st Street, Grand Junction

When: July 3, 2024; 11:40 - 12:00

What: Join us for a fun 4th of July Celebration!

- Wear your **RED, WHITE, & BLUE!**
- Join a drawing for a chance to win a prize!
- Enjoy a Popsicle!
- Play some games!



We will be visiting the Dining Sites July 15 - 19 to talk about the Text2LiveHealthy Program. We will also be available to help you figure out how to get signed up on your cell phone. Come join us and learn how you can Live Healthy!

Fun Tips to keep you active and healthy

Text2LiveHealthy Text Fruit to 97699

Connecting with others in person or virtually is valuable


Are you looking for easy low-cost ideas to eat healthy?

Get connected with local community wellness events.

Looking for new ideas to stay active & independent?

Join the FREE Text2LiveHealthy (T2LH) Program!

Message & Data Rates May Apply. Text HELP to 97699 for information. Text STOP to 97699 to opt out. No purchase necessary. For Privacy Policy and Terms and Conditions, visit <https://coloradosph.cuanshutz.edu/txt2livehealthy>.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
1 CHILI DOG ON A BUN CALIFORNIA VEGETABLES PEA & CHEESE SALAD WALDORF GELATIN <table border="1"> <tr><td>Cal:</td><td>652</td><td>Carb:</td><td>92 g</td><td>Sod:</td><td>1161 mg</td></tr> <tr><td>Fat:</td><td>19 g</td><td>Fiber:</td><td>15 g</td><td>Pro:</td><td>33 g</td></tr> </table>	Cal:	652	Carb:	92 g	Sod:	1161 mg	Fat:	19 g	Fiber:	15 g	Pro:	33 g	2 SEAFOOD PASTA SALAD BROCCOLI FRUIT SALAD LEMON CHERRY CUSTARD CAKE WHOLE WHEAT PITA BREAD CHOCOLATE MILK <table border="1"> <tr><td>Cal:</td><td>597</td><td>Carb:</td><td>109 g</td><td>Sod:</td><td>802 mg</td></tr> <tr><td>Fat:</td><td>8 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>28 g</td></tr> </table>	Cal:	597	Carb:	109 g	Sod:	802 mg	Fat:	8 g	Fiber:	13 g	Pro:	28 g	3 APRICOT GLAZED CHICKEN BROWN RICE AMISH SALAD HARVARD BEETS MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>939</td><td>Carb:</td><td>126 g</td><td>Sod:</td><td>614 mg</td></tr> <tr><td>Fat:</td><td>23 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>57 g</td></tr> </table>	Cal:	939	Carb:	126 g	Sod:	614 mg	Fat:	23 g	Fiber:	11 g	Pro:	57 g	4 CLOSED FOR INDEPENDENCE DAY! 	5 😊 TURKEY TACOS BLACK BEANS W/ CILANTRO SPANISH RICE LETTUCE, TOMATO, CHEESE SALSA MIXED FRUIT <table border="1"> <tr><td>Cal:</td><td>757</td><td>Carb:</td><td>90 g</td><td>Sod:</td><td>875 mg</td></tr> <tr><td>Fat:</td><td>22 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>52 g</td></tr> </table>	Cal:	757	Carb:	90 g	Sod:	875 mg	Fat:	22 g	Fiber:	11 g	Pro:	52 g												
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8 SPINACH MUSHROOM LASAGNA TOSSED SALAD RAISIN NUT CUP CIRTRUS SALAD DINNER ROLL <table border="1"> <tr><td>Cal:</td><td>838</td><td>Carb:</td><td>104 g</td><td>Sod:</td><td>947 mg</td></tr> <tr><td>Fat:</td><td>35 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>35 g</td></tr> </table>	Cal:	838	Carb:	104 g	Sod:	947 mg	Fat:	35 g	Fiber:	11 g	Pro:	35 g	9 MEATLOAF & BROWN GRAVY BAKED POTATO & SOUR CREAM PARSLIED CARROTS ORANGE MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>937</td><td>Carb:</td><td>93 g</td><td>Sod:</td><td>802 mg</td></tr> <tr><td>Fat:</td><td>40 g</td><td>Fiber:</td><td>14 g</td><td>Pro:</td><td>53 g</td></tr> </table>	Cal:	937	Carb:	93 g	Sod:	802 mg	Fat:	40 g	Fiber:	14 g	Pro:	53 g	10 TUNA SALAD SANDWICH COLESLAW CAULIFLOWER & BROCCOLI STRAWBERRIES CHOCOLATE CHIP COOKIE <table border="1"> <tr><td>Cal:</td><td>729</td><td>Carb:</td><td>97 g</td><td>Sod:</td><td>1167 mg</td></tr> <tr><td>Fat:</td><td>24 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>38 g</td></tr> </table>	Cal:	729	Carb:	97 g	Sod:	1167 mg	Fat:	24 g	Fiber:	13 g	Pro:	38 g	11 BEEF STROGANOFF PENNE PASTA SCANDINAVIAN VEGETABLES RED CABBAGE SALAD APPLESAUCE WHOLE WHEAT BREAD <table border="1"> <tr><td>Cal:</td><td>793</td><td>Carb:</td><td>104 g</td><td>Sod:</td><td>469 mg</td></tr> <tr><td>Fat:</td><td>27 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>37 g</td></tr> </table>	Cal:	793	Carb:	104 g	Sod:	469 mg	Fat:	27 g	Fiber:	13 g	Pro:	37 g	12 CHICKEN NUGGETS BAKED SWEET POTATO CUCUMBER SALAD MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>672</td><td>Carb:</td><td>72 g</td><td>Sod:</td><td>1132 mg</td></tr> <tr><td>Fat:</td><td>30 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>30 g</td></tr> </table>	Cal:	672	Carb:	72 g	Sod:	1132 mg	Fat:	30 g	Fiber:	11 g	Pro:	30 g
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15 CHEF SALAD TOMATO SOUP CINNAMON APPLE SLICES WHOLE WHEAT DINNER ROLL <table border="1"> <tr><td>Cal:</td><td>857</td><td>Carb:</td><td>91 g</td><td>Sod:</td><td>1315 mg</td></tr> <tr><td>Fat:</td><td>38 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>43 g</td></tr> </table>	Cal:	857	Carb:	91 g	Sod:	1315 mg	Fat:	38 g	Fiber:	12 g	Pro:	43 g	16 BEEF ENCHILADA LETTUCE, TOMATO SPANISH RICE PINTO BEANS ORANGE GELATIN <table border="1"> <tr><td>Cal:</td><td>822</td><td>Carb:</td><td>108 g</td><td>Sod:</td><td>747 mg</td></tr> <tr><td>Fat:</td><td>27 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>41 g</td></tr> </table>	Cal:	822	Carb:	108 g	Sod:	747 mg	Fat:	27 g	Fiber:	11 g	Pro:	41 g	17 HAM TETRAZZINI CAULIFLOWER TOSSED SALAD/ RANCH BANANA GRAPEFRUIT RYE BREAD <table border="1"> <tr><td>Cal:</td><td>755</td><td>Carb:</td><td>109 g</td><td>Sod:</td><td>1060 mg</td></tr> <tr><td>Fat:</td><td>20 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>39 g</td></tr> </table>	Cal:	755	Carb:	109 g	Sod:	1060 mg	Fat:	20 g	Fiber:	10 g	Pro:	39 g	18 DIJON CHICKEN RICE PILAF BRUSSELS SPROUTS RAINBOW SALAD PINEAPPLE MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>1099</td><td>Carb:</td><td>87 g</td><td>Sod:</td><td>1113 mg</td></tr> <tr><td>Fat:</td><td>40 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>97 g</td></tr> </table>	Cal:	1099	Carb:	87 g	Sod:	1113 mg	Fat:	40 g	Fiber:	10 g	Pro:	97 g	19 😊 MEATBALLS OVER NOODLES STEWED TOMATOES BROCCOLI CORN CASSEROLE SPINACH SALAD W/ EGG FRUIT AMBROSIA MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>609</td><td>Carb:</td><td>87 g</td><td>Sod:</td><td>852 mg</td></tr> <tr><td>Fat:</td><td>20 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>28 g</td></tr> </table>	Cal:	609	Carb:	87 g	Sod:	852 mg	Fat:	20 g	Fiber:	10 g	Pro:	28 g
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22 TAMALE PIE TOSSED SALAD/RANCH TROPICAL FRUIT ORANGE WHOLE WHEAT TORTILLA <table border="1"> <tr><td>Cal:</td><td>991</td><td>Carb:</td><td>143 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>43 g</td></tr> </table>	Cal:	991	Carb:	143 g	Sod:	1197 mg	Fat:	29 g	Fiber:	13 g	Pro:	43 g	23 BAKED CHICKEN CALIFORNIA VEGETABLES GARBANZO BEAN PASTA SALAD BLUSHING PEARS BISCUIT & HONEY <table border="1"> <tr><td>Cal:</td><td>1188</td><td>Carb:</td><td>131 g</td><td>Sod:</td><td>737 mg</td></tr> <tr><td>Fat:</td><td>49 g</td><td>Fiber:</td><td>9.5 g</td><td>Pro:</td><td>57 g</td></tr> </table>	Cal:	1188	Carb:	131 g	Sod:	737 mg	Fat:	49 g	Fiber:	9.5 g	Pro:	57 g	24 SALMON PATTY W/ DILL SAUCE 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	25 CHICKEN FAJITAS SALSA/SOUR CREAM PINTO BEANS CHUCKWAGON CORN PEACHES <table border="1"> <tr><td>Cal:</td><td>720</td><td>Carb:</td><td>90 g</td><td>Sod:</td><td>950 mg</td></tr> <tr><td>Fat:</td><td>17 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>53 g</td></tr> </table>	Cal:	720	Carb:	90 g	Sod:	950 mg	Fat:	17 g	Fiber:	12 g	Pro:	53 g	26 😊 ROAST BEEF MASHED POTATOES & GRAVY BROCCOLI CUCUMBER SALAD MIXED BERRIES WHOLE WHEAT BREAD <table border="1"> <tr><td>Cal:</td><td>691</td><td>Carb:</td><td>69 g</td><td>Sod:</td><td>682 mg</td></tr> <tr><td>Fat:</td><td>27 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>42 g</td></tr> </table>	Cal:	691	Carb:	69 g	Sod:	682 mg	Fat:	27 g	Fiber:	10 g	Pro:	42 g
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29 CHICKEN SALAD SANDWICH CHATEAU VEGETABLES BAKED BEANS FRUIT COCKTAIL <table border="1"> <tr><td>Cal:</td><td>657</td><td>Carb:</td><td>101 g</td><td>Sod:</td><td>994 mg</td></tr> <tr><td>Fat:</td><td>10 g</td><td>Fiber:</td><td>20 g</td><td>Pro:</td><td>45 g</td></tr> </table>	Cal:	657	Carb:	101 g	Sod:	994 mg	Fat:	10 g	Fiber:	20 g	Pro:	45 g	30 POT ROAST NEW POTATOES & BABY CARROTS BROCCOLI RAISIN SALAD MANDARIN ORANGES MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>919</td><td>Carb:</td><td>112 g</td><td>Sod:</td><td>931 mg</td></tr> <tr><td>Fat:</td><td>24 g</td><td>Fiber:</td><td>16 g</td><td>Pro:</td><td>65 g</td></tr> </table>	Cal:	919	Carb:	112 g	Sod:	931 mg	Fat:	24 g	Fiber:	16 g	Pro:	65 g	31 BBQ PORK PATTY SWEET POTATOES SPINACH BANANA CORNBREAD <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	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																									
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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

AVAILABLE UPON REQUEST:

[Colbran Congregational Church](#)

[Mesa Community Center](#)



**MEALS INCLUDE
1% MILK**

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

INTERIOR COLOR TRENDS

top picks for 2024

Calm and Cozy Neutrals: Shades like warm beige, soft taupe, and muted grays are making a comeback, creating serene and inviting spaces.

Nature-Inspired Greens: Olive, sage, and forest green bring a touch of nature indoors, promoting relaxation and tranquility.

Bold Blues: Deep navy and rich teal are popular choices for creating striking, sophisticated interiors.

Earthy Tones: Terracotta, burnt orange, and warm browns add a sense of warmth and comfort, ideal for living areas and kitchens.

When you wonder about real estate-Call Me!

Niki Yenten-Przystup
VCK GROUP

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



COLDWELL BANKER

DISTINCTIVE
PROPERTIES

