

***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.***

Keeping Food Safe

Did you know that foodborne illness affects 48 million people each year in the United States? What is foodborne illness? Most foodborne illness is caused by eating food contaminated with bacteria, which are naturally found in many foods. Here at Gray Gourmet, the staff follow very strict food handling practices. Each employee and volunteer must attend and pass a food-handler's course that teaches us how to keep food safe. Whether you eat a home-delivered meal or eat at a community meal site, the food you are offered is received, stored and prepared in such a way to prevent food borne illness.

How can you keep food safe at home?

There are some basic rules that you can follow.

1. First, be sure to wash your hands when touching food and wash all fresh produce.
2. Second, make sure to put away groceries that need to be refrigerated quickly. Check to see if your refrigerator is at 41 degrees or lower.
3. Next, watch expiration dates. The closer food gets to the expiration date, the more bacteria it has.

If you plan on using frozen foods, thaw items in the refrigerator for a few days instead of leaving it on the counter or using a microwave. Finally, make sure you are heating foods to the appropriate temperature. Store left-overs in small containers and refrigerate quickly after your meal. Most bacteria are killed by storing food at the right temperature and preparing it in the right way. We all have the ability to keep ourselves safe if we follow these general rules.

-Article provided by Holly Krouse, Registered Dietitian



970-298-9844



MEALS on WHEELS
MESA COUNTY

The Scoop

Milk!

We want our customers to know that we DO hear you!

Over the last couple of months, we have had numerous reports that the milk we delivered was sour even though it had not yet reached the expiration date.

First, we want to thank everyone who called us about the milk. We can't solve a problem if we don't know one exists.

We have been looking into this issue and have decided to change our supplier for our milk. By the time this latest newsletter comes out, we will have already shifted to the new vendor. During this transition you will have experienced a couple of days where milk was not delivered. We thank you all for being so patient and gracious during that time.

It's a pleasure to serve you!



Home Delivery Customers:


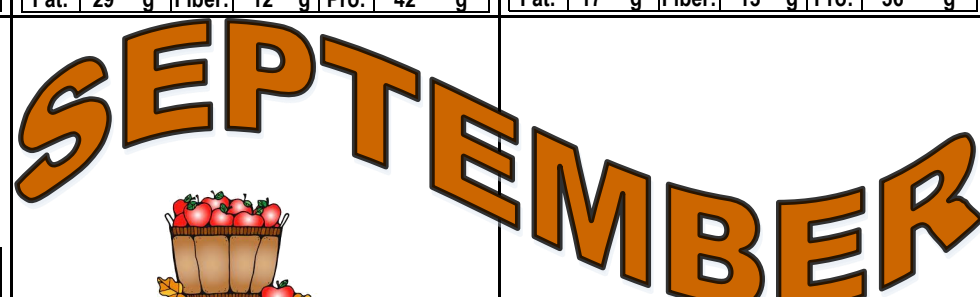
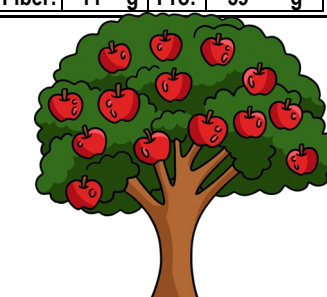

As we do each year, we will once again be sending out Emergency Food Boxes this fall.

- These boxes are a free extension of our home delivery program. You will be given an opportunity to donate towards the cost of them, but you are not required to do so. We highly encourage you to accept and keep these boxes. The food in the boxes is shelf stable which means it does not have to be in a refrigerator. The food lasts for one year.
- Since we never know when circumstances could arise which could interrupt our service, it is a very good idea to keep these boxes on hand. This is the best way to be prepared for those emergencies.
- Your drivers will be bringing them with your lunch, and we want you to be ready. If you have questions, give us a call.
- If you still have the box from last year, go ahead and eat it as you please.



Visit our website: mealsonwheelmesacounty.org

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
2 CLOSED FOR LABOR DAY 	3 SPINACH QUICHE CHATEAU VEGETABLES STRAWBERRIES CHOCOLATE PUDDING BANANA MUFFIN <table border="1"> <tr> <td>Cal:</td> <td>942</td> <td>Carb:</td> <td>102 g</td> <td>Sod:</td> <td>1128 mg</td> </tr> <tr> <td>Fat:</td> <td>44 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>40 g</td> </tr> </table>	Cal:	942	Carb:	102 g	Sod:	1128 mg	Fat:	44 g	Fiber:	11 g	Pro:	40 g	4 HAM & BEANS CUCUMBER TOMATO SALAD GRAPEFRUIT ALMOND PEACHES CORNBREAD & HONEY <table border="1"> <tr> <td>Cal:</td> <td>666</td> <td>Carb:</td> <td>100 g</td> <td>Sod:</td> <td>1168 mg</td> </tr> <tr> <td>Fat:</td> <td>17 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>30 g</td> </tr> </table>	Cal:	666	Carb:	100 g	Sod:	1168 mg	Fat:	17 g	Fiber:	11 g	Pro:	30 g	5 CHICKEN FRIED STEAK MASHED POTATOES & GRAVY BUT BROCCOLI MIXED BERRIES BANANA WHOLE WHEAT BUN <table border="1"> <tr> <td>Cal:</td> <td>113</td> <td>Carb:</td> <td>132 g</td> <td>Sod:</td> <td>1065 mg</td> </tr> <tr> <td>Fat:</td> <td>50 g</td> <td>Fiber:</td> <td>15 g</td> <td>Pro:</td> <td>42 g</td> </tr> </table>	Cal:	113	Carb:	132 g	Sod:	1065 mg	Fat:	50 g	Fiber:	15 g	Pro:	42 g	6 TACO SALAD CASSEROLE SOUR CREAM/ SALSA/ GUACAMOLE SPANISH RICE CITRUS SALAD <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>26 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:	26 g	Fiber:	11 g	Pro:	39 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 Community Campus:

M W TH F 12:00-12:30

3270 D 1/2 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](#)

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.

Text2LiveHealthy

Text **Fruit** to **97699**

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.cuanschutz.edu/txt2livehealthy>.

MEALS INCLUDE 1% MILK

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

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

4 TIPS FOR BUYING AND SELLING YOUR HOME AT THE SAME TIME

Selling your home while shopping for a new one can feel daunting. That doesn't mean you should give up on moving though. With a little planning we can strategize and prepare for the road ahead. Having a realistic plan and knowing your options can make for a smoother transition.



BE FLEXIBLE AS A SELLER

In some cases a buyer may agree to a rent back period and "post closing occupancy agreement" for a set period and negotiated fee. We can discuss if this would be a good option for you.

EMBRACE THE IDEA OF SELLING NOW AND BUYING LATER

With cash on hand from the sale of your current home you will be in a better position to budget and buy your next home. By focusing on one step at a time you may alleviate some of the pressure and uncertainty.

BE OPEN TO SHORT TERM HOUSING

If you find yourself in between homes, friends and family may be an option. There are also short term rentals, hotels by the week and month to month leases to consider. These can help to minimize stress.

ASK ABOUT CONTINGENCIES TO INCLUDE IN YOUR CONTRACTS

There are options such as including in your purchase offers that you can cancel the contract if your current home doesn't sale. You may also choose to make the sell of your current home contingent on finding a replacement. While these can feel safest, they can also both backfire by making your home or offer less appealing. We can discuss the pros and cons and what is realistic in our current market.

Niki Zentel-Przytyk
VCK GROUP

970.250.3147

nikisoldmyhome@gmail.com

www.niki.cbdistinctive.com

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COLDWELL BANKER
DISTINCTIVE PROPERTIES

