

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.

Healthy Halloween Snacks

With Halloween just around the corner, it is tempting to snack on traditional Halloween treats. Candy and other goodies used to celebrate the ghoulish season are often high in calories and not so healthy. This year, try substituting these types of treats for some more nutritious options. Carmel apples can be switched out with apples and peanut butter. This increases protein and fiber and limits the sugar. Try a candy corn parfait (pineapple, mandarin oranges and whipped cream) which contains fiber along with several vitamins and minerals. Pumpkin hummus is a less sweet snack that contains healthy fats, fiber and protein. The internet is full of wonderful ideas for healthy Halloween snacks. Have a healthy haunting Halloween!

-Article provided by Holly Krouse, Registered Dietitian



SNAP!

(Supplemental Nutrition Assistance Program)

SNAP is a federal program that assists income-qualifying individuals and families by providing money each month for the purchase of groceries and nutritional items.

Food Bank of the Rockies' Dean Madrid is available to assist with sign-up!

Call Dean at: 970-837-6148

Email Dean at: dmadrid@foodbankrockies.org

Foodbankrockies.org/about/programs/snap



Visit our website: mealsonwheelmesacounty.org

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



970-298-9844



MEALS on WHEELS
MESA COUNTY

The Scoop

Eureka - Generations Lunch Club!

Dining Site diners: We challenge you to step out of your comfort zone and give Generations Lunch Club a try! We still have space available if you are interested in trying it out on Fridays! Call the office for more information. 970-298-9844

Look at the Fun we've had so far!



BLIZZARD BOXES ARE COMING!

This month, we will be delivering the Blizzard Boxes! These boxes hold 6 shelf stable meals, that do not need to be refrigerated.

These meals are to be saved for when Meals on Wheels CAN NOT deliver food, due to bad weather. Living in Colorado, we all know that the weather can sometimes be unpredictable, and may prevent us from delivering the meals.

Please know that you do not have to accept this box, if you do not want it.

If you have questions, please call the office at 970-298-9844.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
 <p>1 MEATLOAF & GRAVY BAKED POTATO GREEN BEANS CITRUS GELATIN MULTIGRAIN BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>902</td> <td>Carb:</td> <td>105 g</td> <td>Sod:</td> <td>777 mg</td> </tr> <tr> <td>Fat:</td> <td>30 g</td> <td>Fiber:</td> <td>12 g</td> <td>Pro:</td> <td>55 g</td> </tr> </table>	Cal:	902	Carb:	105 g	Sod:	777 mg	Fat:	30 g	Fiber:	12 g	Pro:	55 g	<p>2 LEMON PARMESAN FISH CREAMY COLESLAW WINTER MIX VEGETABLES STRAWBERRY SHORTCAKE PITA BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>1021</td> <td>Carb:</td> <td>108 g</td> <td>Sod:</td> <td>994 mg</td> </tr> <tr> <td>Fat:</td> <td>38 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>66 g</td> </tr> </table>	Cal:	1021	Carb:	108 g	Sod:	994 mg	Fat:	38 g	Fiber:	11 g	Pro:	66 g	<p>3 CHEF SALAD TOMATO SOUP WARM SPICED APPLES WHOLE WHEAT DINNER ROLL</p> <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	<p>4 CHICKEN & RICE CASSEROLE BROCCOLI & CHEESE MIXED BERRIES WHOLE WHEAT BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>778</td> <td>Carb:</td> <td>79 g</td> <td>Sod:</td> <td>779 mg</td> </tr> <tr> <td>Fat:</td> <td>34 g</td> <td>Fiber:</td> <td>13 g</td> <td>Pro:</td> <td>43 g</td> </tr> </table>	Cal:	778	Carb:	79 g	Sod:	779 mg	Fat:	34 g	Fiber:	13 g	Pro:	43 g													
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<p>7 CLAM CHOWDER BUTTERED CARROTS BROCCOLI RAISIN WALNUT SALAD FRUIT COCKTAIL WHOLE WHEAT CRACKERS</p> <table border="1"> <tr> <td>Cal:</td> <td>622</td> <td>Carb:</td> <td>105 g</td> <td>Sod:</td> <td>857 mg</td> </tr> <tr> <td>Fat:</td> <td>15 g</td> <td>Fiber:</td> <td>12 g</td> <td>Pro:</td> <td>23 g</td> </tr> </table>	Cal:	622	Carb:	105 g	Sod:	857 mg	Fat:	15 g	Fiber:	12 g	Pro:	23 g	<p>8 HERBED CHICKEN BAKED POTATO PEAS MANDARIN ORANGES CINNAMON RAISIN BREAD</p> <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	<p>9 STUFFED BELL PEPPER CASSEROLE CAULIFLOWER LAYERED SALAD 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>31 g</td> </tr> </table>	Cal:	623	Carb:	72 g	Sod:	636 mg	Fat:	25 g	Fiber:	10 g	Pro:	31 g	<p>10 BEEF TIPS & GRAVY MASHED POTATOES GREEN BEANS COLESLAW FRESH ORANGE MULTIGRAIN BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>748</td> <td>Carb:</td> <td>79 g</td> <td>Sod:</td> <td>913 mg</td> </tr> <tr> <td>Fat:</td> <td>23 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>58 g</td> </tr> </table>	Cal:	748	Carb:	79 g	Sod:	913 mg	Fat:	23 g	Fiber:	11 g	Pro:	58 g	<p>11 EGG ROLLS STEAMED BROWN RICE ORIENTAL VEGETABLES FRUIT AMBROSIA FORTUNE COOKIE</p> <table border="1"> <tr> <td>Cal:</td> <td>827</td> <td>Carb:</td> <td>134 g</td> <td>Sod:</td> <td>884 mg</td> </tr> <tr> <td>Fat:</td> <td>19 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>33 g</td> </tr> </table>	Cal:	827	Carb:	134 g	Sod:	884 mg	Fat:	19 g	Fiber:	11 g	Pro:	33 g
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<p>14 CHICKEN PARMESAN FETTUCCINI NOODLES ITALIAN VEGETABLES SPINACH SALAD W/ EGG FRESH APPLE 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>15 BEEF CHILI BRUSSELS SPROUTS TOSSED SALAD APRICOT PINEAPPLE COMPOTE WHOLE WHEAT TORTILLA</p> <table border="1"> <tr> <td>Cal:</td> <td>738</td> <td>Carb:</td> <td>102 g</td> <td>Sod:</td> <td>1176 mg</td> </tr> <tr> <td>Fat:</td> <td>23 g</td> <td>Fiber:</td> <td>17 g</td> <td>Pro:</td> <td>37 g</td> </tr> </table>	Cal:	738	Carb:	102 g	Sod:	1176 mg	Fat:	23 g	Fiber:	17 g	Pro:	37 g	<p>16 BBQ PORK RIBLET SWEET POTATOES SPINACH FRESH BANANA CORN BREAD & HONEY</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>17 TURKEY CASSEROLE BRUSSELS SPROUTS TOSSED SALAD FRUIT COCKTAIL WHEAT ROLL</p> <table border="1"> <tr> <td>Cal:</td> <td>666</td> <td>Carb:</td> <td>88 g</td> <td>Sod:</td> <td>536 mg</td> </tr> <tr> <td>Fat:</td> <td>19 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>40 g</td> </tr> </table>	Cal:	666	Carb:	88 g	Sod:	536 mg	Fat:	19 g	Fiber:	11 g	Pro:	40 g	<p>18 TUNA SALAD SANDWICH VEGETABLE SOUP PEANUT RAISIN SOUP MIXED BERRIES</p> <table border="1"> <tr> <td>Cal:</td> <td>704</td> <td>Carb:</td> <td>85 g</td> <td>Sod:</td> <td>1178 mg</td> </tr> <tr> <td>Fat:</td> <td>25 g</td> <td>Fiber:</td> <td>13 g</td> <td>Pro:</td> <td>42 g</td> </tr> </table>	Cal:	704	Carb:	85 g	Sod:	1178 mg	Fat:	25 g	Fiber:	13 g	Pro:	42 g
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<p>21 PORK FRIED RICE ORIENTAL VEGTEBLES ASIAN BROCCOLI SALAD FRUIT COCKTAIL MULTIGRAIN BREAD FORTUNE COOKIE</p> <table border="1"> <tr> <td>Cal:</td> <td>622</td> <td>Carb:</td> <td>97 g</td> <td>Sod:</td> <td>938 mg</td> </tr> <tr> <td>Fat:</td> <td>14 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>28 g</td> </tr> </table>	Cal:	622	Carb:	97 g	Sod:	938 mg	Fat:	14 g	Fiber:	11 g	Pro:	28 g	<p>22 TATOR TOT CASSEROLE SEASONED GREEN BEANS CARROT RAISIN SALAD FRESH ORANGE WHOLE WHEAT BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>754</td> <td>Carb:</td> <td>100 g</td> <td>Sod:</td> <td>928 mg</td> </tr> <tr> <td>Fat:</td> <td>26 g</td> <td>Fiber:</td> <td>14 g</td> <td>Pro:</td> <td>36 g</td> </tr> </table>	Cal:	754	Carb:	100 g	Sod:	928 mg	Fat:	26 g	Fiber:	14 g	Pro:	36 g	<p>23 TURKEY ALA KING W/ BISCUIT ISLAND VEGETABLES FRESH APPLE VANILLA PUDDING</p> <table border="1"> <tr> <td>Cal:</td> <td>807</td> <td>Carb:</td> <td>118 g</td> <td>Sod:</td> <td>790 mg</td> </tr> <tr> <td>Fat:</td> <td>19 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>44 g</td> </tr> </table>	Cal:	807	Carb:	118 g	Sod:	790 mg	Fat:	19 g	Fiber:	11 g	Pro:	44 g	<p>24 CHICKEN SALAD SANDWICH TOMATO SOUP CHATEAU VEGETABLES COTTAGE CHEESE & PEACHES</p> <table border="1"> <tr> <td>Cal:</td> <td>549</td> <td>Carb:</td> <td>71 g</td> <td>Sod:</td> <td>969 mg</td> </tr> <tr> <td>Fat:</td> <td>12 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>44 g</td> </tr> </table>	Cal:	549	Carb:	71 g	Sod:	969 mg	Fat:	12 g	Fiber:	11 g	Pro:	44 g	<p>25 CHIMICHURRI SALMON RICE PILAF CHOPPED 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>28 TURKEY HOT DISH WHITE RICE SEASONED ASPARAGUS BLUSHING PEARS MULTIGRAIN BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>822</td> <td>Carb:</td> <td>128 g</td> <td>Sod:</td> <td>928 mg</td> </tr> <tr> <td>Fat:</td> <td>17 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>40 g</td> </tr> </table>	Cal:	822	Carb:	128 g	Sod:	928 mg	Fat:	17 g	Fiber:	11 g	Pro:	40 g	<p>29 SAUERBRATEN HOT GERMAN POTATO SALAD RED CABBAGE SALAD GERMAN CHOCOLATE CAKE RYE BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>1081</td> <td>Carb:</td> <td>122 g</td> <td>Sod:</td> <td>806 mg</td> </tr> <tr> <td>Fat:</td> <td>31 g</td> <td>Fiber:</td> <td>10 g</td> <td>Pro:</td> <td>77 g</td> </tr> </table>	Cal:	1081	Carb:	122 g	Sod:	806 mg	Fat:	31 g	Fiber:	10 g	Pro:	77 g	<p>30 BAGEL PIZZA CAESAR SALAD STRAWBERRIES BUTTERSCOTCH PUDDING</p> <table border="1"> <tr> <td>Cal:</td> <td>591</td> <td>Carb:</td> <td>71 g</td> <td>Sod:</td> <td>803 mg</td> </tr> <tr> <td>Fat:</td> <td>26 g</td> <td>Fiber:</td> <td>5 g</td> <td>Pro:</td> <td>21 g</td> </tr> </table>	Cal:	591	Carb:	71 g	Sod:	803 mg	Fat:	26 g	Fiber:	5 g	Pro:	21 g	<p>31 - Happy Halloween! AMERICAN GHOULASH STEAMED CARROT FINGERS SLIMED ORANGES WHOLE WHEAT BREAD HALLOWEEN COOKIE</p>  <table border="1"> <tr> <td>Cal:</td> <td>1191</td> <td>Carb:</td> <td>158 g</td> <td>Sod:</td> <td>800 mg</td> </tr> <tr> <td>Fat:</td> <td>38 g</td> <td>Fiber:</td> <td>15 g</td> <td>Pro:</td> <td>58 g</td> </tr> </table>	Cal:	1191	Carb:	158 g	Sod:	800 mg	Fat:	38 g	Fiber:	15 g	Pro:	58 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](#)

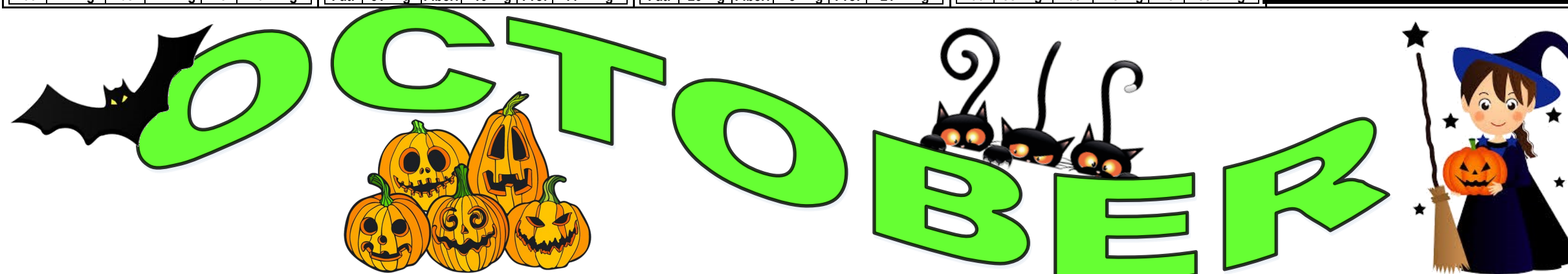
[Mesa Community Center](#)

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





Fall for a Ranch Home

The ranch style home formally originated in California in the 1930's. Previously homes were square shaped. The ranch style began the trend of one level rectangles with a rambling feel meant to remind owners of wide-open spaces. This style was inspired by cattle ranches -- hence the name, Rambling Ranch.

Early ranch homes were less than 1,000 square feet in size with small rooms distinctly separate from each other. Today's ranch homes tend to connect the kitchen, dining and living areas. Additionally, more homes are being built with wider halls to accommodate wheelchairs and walkers. Brand new ranch homes in Mesa County are typically 1,100-2,000 square feet. Cash is still king and mortgage interest rates have dropped to the low 6% range.

Here are a few homes eager for new owners.

**4 TWELFTH CT
GJ NORTH
\$499,000
LOCK-N-LEAVE**



**Listed by Niki Yenter Przystup,
VCK Group, Coldwell Banker**

**653 HALL
FRUITA
\$399,000
SOLAR**



**Listed by Niki Yenter Przystup,
VCK Group, Coldwell Banker**

**459 FLORENCE
GJ SE
\$429,900
GAS FIREPLACE**



**Listed by LoriAnn Erb,
VCK Group, Coldwell Banker**

**3092 LAWSON
GJ NE
\$499,900
4 BEDROOM
Listed by Rebecca
Binkley,
Exp Realty**



Niki Yenter-Przystup
VCK GROUP

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

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

