



The Scoop

970-298-9844

Thanksgiving Meals for Home Delivery Clients

Each year we partner with an agency to provide a Thanksgiving meal to our homebound seniors that need the extra assistance when Meals on Wheels is closed. This year, Meals on Wheels will be closed both Thursday, the 28th and Friday the 29th. We are excited to announce that we will be partnering with local churches to have meals delivered to our home delivery customers who have made the request.

They will be cooking and delivering meals on **Wednesday evening, the 27th, 5 - 7pm.** You can place the meal in your refrigerator and heat it up the following day. You must be home during the delivery time on Wednesday evening to participate.

You should have already received a reservation form with your unique information already on it. Please fill out the **bottom** of the form and turn it in to your driver to bring back to Meals on Wheels. Please keep the top part of the form for yourself and hang it on your refrigerator.

You must have your reservation turned in by November 6th.

If you have any questions in regard to this service, please call Meals on Wheels: 970-298-9844.



Thanksgiving Meals for Dining Site Clients

The Salvation Army will be serving Thanksgiving Meals on Thanksgiving Day!

When: Thursday, November 28, 2024

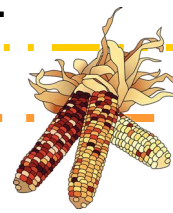
What Time: 10am - 2pm

Where: The Salvation Army, 1235 North 4th St., Grand Junction, 81501

No Reservation is needed.



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.



Root Vegetables & Fiber

Autumn is the year's last, loveliest smile. The fall has such wonderful colors, smells and foods to enjoy. Root vegetables are abundant in the fall and offer a multitude of nutritional benefits. Root vegetables are rich in fiber, which helps to boost the health of gut bacteria, lower high levels of blood fats and blood glucose, and reduce the risk of Type-2 diabetes, heart disease and bowel cancer. They are low in calories and high in antioxidants. Yams, beets, parsnips, turnips, carrots, radishes, onions and garlic, are all considered root vegetables. Because they grow underground, they absorb a great amount of nutrients from the soil. Try including these vegetables into soups, stews and casseroles to add variety and nutrients in your autumn diet.

-Article provided by Holly Krouse, Registered Dietitian



Have a vehicle just taking up space?

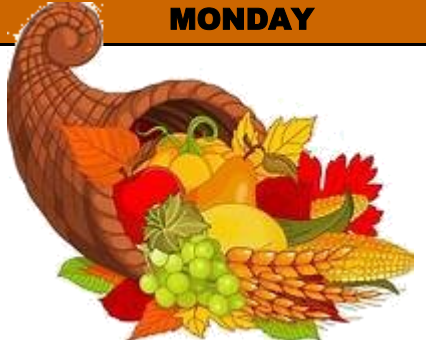


Do you have a vehicle you'd like to get rid of? You can **DONATE** it to Meals on Wheels Mesa County! We'll take care of getting it removed from your property at **no charge to you.**

If this sounds like something you might be interested in, please call Meals on Wheels at **970-298-9844** and ask for Amanda de Bock.



Visit our website: mealsonwheelmesacounty.org

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<h1>November</h1> 			
4 ITALIAN ZITI ITALIAN SALAD MIXED VEGETABLES MIXED BERRIES BREAD STICK	5 SPLIT PEA SOUP HAM SANDWICH BRUSSELS SPROUTS PINEAPPLE MANDARIN COMPOTE	6 CHICKEN W/ MUSHROOM SAUCE MASHED POTATOES CALIFORNIA VEGETABLES CARROT RAISIN SALAD APPLE MULTIGRAIN BREAD	7 BAKED POTATO W/ CHILI & CHEESE BUTTERED CAULIFLOWER TOSSED SALAD & RANCH STAWBERRIES	8 HAMBURGER ON A BUN DILL PICKLE BAKED BEANS CHATEAU VEGETABLES APPLESAUCE
Cal: 671 Carb: 100 g Sod: 939 mg Fat: 16 g Fiber: 13 g Pro: 35 g	Cal: 697 Carb: 96 g Sod: 951 mg Fat: 20 g Fiber: 18 g Pro: 40 g	Cal: 613 Carb: 93 g Sod: 1066 mg Fat: 14 g Fiber: 13 g Pro: 34 g	Cal: 538 Carb: 78 g Sod: 778 mg Fat: 16 g Fiber: 12 g Pro: 25 g	Cal: 825 Carb: 128 g Sod: 974 mg Fat: 19 g Fiber: 20 g Pro: 43 g
11 WHITE CHICKEN CHILI SPINACH MANDARIN SALAD PEACHES CORNBREAD & HONEY	12 BEEF SOFT TACO LETTUCE/TOMATO/GUACAMOLE SALSA/SOUR CREAM REFRIED BEANS SPANISH RICE TROPICAL FRUIT	13 MACARONI & CHEESE SEASONED BRUSSELS SPROUTS SPINACH SALAD W/ EGG BANANA MULTIGRAIN BREAD	14 SWEDISH BEEF OVER RICE CABBAGE & CARROTS APPLESAUCE WALDORF SALAD FRESH ORANGE WHOLE WHEAT BREAD	15 TURKEY FETTUCINI ALFREDO MIXED VEGETABLES PINEAPPLE CHUNKS MULTIGRAIN BREAD
Cal: 814 Carb: 106 g Sod: 1106 mg Fat: 26 g Fiber: 12 g Pro: 44 g	Cal: 911 Carb: 98 g Sod: 984 mg Fat: 32 g Fiber: 13 g Pro: 56 g	Cal: 846 Carb: 122 g Sod: 948 mg Fat: 28 g Fiber: 16 g Pro: 37 g	Cal: 973 Carb: 136 g Sod: 515 mg Fat: 31 g Fiber: 11 g Pro: 39 g	Cal: 805 Carb: 107 g Sod: 878 mg Fat: 24 g Fiber: 11 g Pro: 44 g
18 BEEF TOMATO CASSEROLE MONTE CARLO VEGETABLES TOSSED SALAD COTTAGE CHEESE & MANDARIN ORANGES ORANGE WHOLE WHEAT BREAD	19 SEAFOOD PASTA SALAD BUTTERED BROCCOLI FRUIT SALAD PITA BREAD LEMON CHERRY CUSTARD CAKE	20 SLICED TURKEY & GRAVY STUFFING HERBED GREEN BEANS CRANBERRY GELATIN DINNER ROLL	21 BISCUITS & GRAVY ASPARAGUS SPINACH MANDARIN SALAD MIXED BERRIES CRUSHED PINEAPPLE	22 CRUNCHY BAKED FISH SWEET POTATOES SEASONED BROCCOLI FRUIT COCKTAIL MULTIGRAIN BREAD
Cal: 853 Carb: 119 g Sod: 954 mg Fat: 25 g Fiber: 12 g Pro: 39 g	Cal: 597 Carb: 109 g Sod: 802 mg Fat: 8 g Fiber: 13 g Pro: 28 g	Cal: 900 Carb: 114 g Sod: 940 mg Fat: 26 g Fiber: 13 g Pro: 56 g	Cal: 811 Carb: 103 g Sod: 1085 mg Fat: 29 g Fiber: 12 g Pro: 38 g	Cal: 652 Carb: 94 g Sod: 529 mg Fat: 15 g Fiber: 9.5 g Pro: 38 g
25 TUNA NOODLE CASSEROLE CALIFORNIA VEGETABLES TROPICAL FRUIT MULTIGRAIN BREAD	26 TACO SALAD SPANISH RICE FRESH ORANGE BANANA PUDDING	27 HONEY BBQ CHICKEN CORN RELISH SALAD COLESLAW BANANA WHEAT DINNER ROLL	28 CLOSED 	29 CLOSED 
Cal: 775 Carb: 83 g Sod: 724 mg Fat: 30 g Fiber: 12 g Pro: 45 g	Cal: 912 Carb: 116 g Sod: 942 mg Fat: 35 g Fiber: 9.5 g Pro: 36 g	Cal: 741 Carb: 110 g Sod: 824 mg Fat: 17 g Fiber: 12 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 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](#)

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 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

Get Ready for Winter HOME CHECKLIST



Colder temperatures bring more moisture and drafts to the valley which can cause damage to homes. Here are some ideas to protect your home investments and be Winter ready. Need a reliable service contractor to help or have other real estate questions? Call me- I can help!

- Clean debris and leaves from gutters
- Remove hoses from water spigots and drain them
- Clean fireplace chimney
- Winterize swamp cooler
- Blow out sprinklers
- Replace furnace filters
- Look for air leaks/drafts in windows and doors and caulk, seal and insulate them for better energy savings
- Sweep leaves from sidewalk
- Spray exterior/interior for bugs-they are heading inside for winter
- Protect potted plants and outdoor furniture from colder temps by storing or covering

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