

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 Alone

Everyone knows that what we eat is important for our health. But, did you know that who we eat with is just as important? As we age, we often spend more time eating alone. Studies show that eating alone often leads to snacking more and eating less nutritious meals. Snack items typically lack protein and are low in fresh fruits and vegetables. This often leads to changes in weight, increased cholesterol and high blood pressure. Additionally, eating alone can affect mood and memory. Meals on Wheels offers community dining at nine locations from Fruita to Collbran. These sites are a great way to improve socialization during meals and are a nice alternative to eating alone. When you do have to eat alone, consider these ideas. Plan meals ahead of time to avoid unhealthy snacks. The home delivered meals offered by Meals on Wheels are well-balanced and can improve your nutrition each day. While eating, listen to music or turn on the television. Invite family and friends to join you on occasion. Speak with friends on the phone just before or just after you eat. While not every meal can be a social event, enjoying your meal is important and is great for your health.



-Article provided by Holly Krouse, Registered Dietitian



Weather Closures

Turn on your television.

Meals on Wheels MC will announce an emergency closure of our dining sites and home-delivered meals. The decision is made based on the weather forecast, road conditions, and our desire to keep our volunteers safe at all times. Tune into a local TV station—KREX (channel 5), KJCT (channel 8), or KKCO (channel 11) - and watch for our announcement. If we are closed for the day, the morning news teams will communicate the message. We will also send out a recorded message letting you know about the closure.

If schools are closed due to weather, we will be closed as well.



This would be an appropriate time for Home Delivery customers to use your emergency food box.



Visit our website: mealsonwheelmesacounty.org

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



The Scoop

970-298-9844



Happy Valentines Day!



We are partnering with **Wish of a Lifetime** to hand out roses to everybody!

Some of you may remember when we did this last year. Your rose will be delivered with your meal on Valentine's Day.

File Your Taxes for FREE!

(APPOINTMENTS ARE REQUIRED)

Location

Online Scheduling Begins:

January 15, 2025

<https://cotaxaide.org/appt/>

Call-in Scheduling Begins:

January 27, 2025

Monday-Friday 9 am-3 pm

970-589-3789 or

970-210-5705



US Bank 422 White Ave,
Grand Junction, CO 81501
(take elevator to lower level)

Scheduling Dates & Times

February 1 thru April 15, 2025

Monday thru Saturday

9:00 am - 2:00 pm

(Last appointment scheduled at 2:00 pm)

February Dining Site Game Days!

Diners, come join us for some pre-lunch fun!






Ratekin Towers: Every 2nd Thursday, 11:30 a.m. - 12:00 p.m.

Clifton Community Campus: Every 2nd Friday, 11:30 a.m. - 12:00 p.m.

Fruita Community Center: **Wednesday, February 12th**, 11:30 a.m. - 12:00 p.m.

Grand View Apartments: **Thursday, February 13th**, 11:30 a.m. - 12:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
 <h1 style="color: #ff69b4;">FEBRUARY</h1> 																																																																
3 CLAM CHOWDER 4 WAY VEGETABLES PEACH ROYALE WHOLE WHEAT CRACKERS CHOCOLATE CHIP COOKIES <table border="1"> <tr><td>Cal:</td><td>812</td><td>Carb:</td><td>139 g</td><td>Sod:</td><td>869 mg</td></tr> <tr><td>Fat:</td><td>21 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>24 g</td></tr> </table>	Cal:	812	Carb:	139 g	Sod:	869 mg	Fat:	21 g	Fiber:	12 g	Pro:	24 g	4 TERIYAKI BEEF STEAMED BROWN RICE SPINACH MANDARIN ORANGES MULTIGRAIN BREAD FORTUNE COOKIE <table border="1"> <tr><td>Cal:</td><td>848</td><td>Carb:</td><td>115 g</td><td>Sod:</td><td>821 mg</td></tr> <tr><td>Fat:</td><td>22 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>49 g</td></tr> </table>	Cal:	848	Carb:	115 g	Sod:	821 mg	Fat:	22 g	Fiber:	11 g	Pro:	49 g	5 TURKEY POSOLE CORN SALAD TOSSED SALAD TROPICAL FRUIT WHOLE WHEAT TORTILLA <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	6 SALISBURY STEAK MASHED POTATOES ITALIAN VEGETABLES PEACHES WHEAT DINNER ROLL <table border="1"> <tr><td>Cal:</td><td>778</td><td>Carb:</td><td>88 g</td><td>Sod:</td><td>928 mg</td></tr> <tr><td>Fat:</td><td>31 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>39 g</td></tr> </table>	Cal:	778	Carb:	88 g	Sod:	928 mg	Fat:	31 g	Fiber:	10 g	Pro:	39 g	7 BBQ CHICKEN BAKED POTATO CAULIFLOWER FRUIT COCKTAIL MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>748</td><td>Carb:</td><td>99 g</td><td>Sod:</td><td>601 mg</td></tr> <tr><td>Fat:</td><td>20 g</td><td>Fiber:</td><td>9.5 g</td><td>Pro:</td><td>46 g</td></tr> </table>	Cal:	748	Carb:	99 g	Sod:	601 mg	Fat:	20 g	Fiber:	9.5 g	Pro:	46 g
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10 SHEPHERD'S PIE CHOPPED SPINACH COTTAGE CHEESE & MANDARIN ORANGES FRESH APPLE MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>771</td><td>Carb:</td><td>82 g</td><td>Sod:</td><td>1144 mg</td></tr> <tr><td>Fat:</td><td>34 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>41 g</td></tr> </table>	Cal:	771	Carb:	82 g	Sod:	1144 mg	Fat:	34 g	Fiber:	12 g	Pro:	41 g	11 POTATO SOUP EGG SALAD SANDWICH PICKLED BEETS APPLESAUCE <table border="1"> <tr><td>Cal:</td><td>624</td><td>Carb:</td><td>104 g</td><td>Sod:</td><td>1054 mg</td></tr> <tr><td>Fat:</td><td>15 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>24 g</td></tr> </table>	Cal:	624	Carb:	104 g	Sod:	1054 mg	Fat:	15 g	Fiber:	11 g	Pro:	24 g	12 MACARONI & CHEESE BRUSSELS SPROUTS BANANA ORANGE GELATIN MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>749</td><td>Carb:</td><td>119 g</td><td>Sod:</td><td>817 mg</td></tr> <tr><td>Fat:</td><td>23 g</td><td>Fiber:</td><td>14 g</td><td>Pro:</td><td>28 g</td></tr> </table>	Cal:	749	Carb:	119 g	Sod:	817 mg	Fat:	23 g	Fiber:	14 g	Pro:	28 g	13 LEMON BAKED FISH CAULIFLOWER & BROCCOLI COLESLAW STRAWBERRY SHORTCAKE WHOLE WHEAT PITA BREAD <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	14 CHICKEN MARSALA MASHED POTATOES CAPRESE SALAD BREADSTICK CHERRY CHEESECAKE  <table border="1"> <tr><td>Cal:</td><td>1006</td><td>Carb:</td><td>108 g</td><td>Sod:</td><td>1664 mg</td></tr> <tr><td>Fat:</td><td>35 g</td><td>Fiber:</td><td>3 g</td><td>Pro:</td><td>58 g</td></tr> </table>	Cal:	1006	Carb:	108 g	Sod:	1664 mg	Fat:	35 g	Fiber:	3 g	Pro:	58 g
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17 BEEF TACO SALAD SALSA & SOUR CREAM SPANISH RICE FRESH ORANGE <table border="1"> <tr><td>Cal:</td><td>678</td><td>Carb:</td><td>82 g</td><td>Sod:</td><td>756 mg</td></tr> <tr><td>Fat:</td><td>25 g</td><td>Fiber:</td><td>9.5 g</td><td>Pro:</td><td>34 g</td></tr> </table>	Cal:	678	Carb:	82 g	Sod:	756 mg	Fat:	25 g	Fiber:	9.5 g	Pro:	34 g	18 PORK PATTY W/ GRAVY MASHED SWEET POTATOES SPINACH APPLE WALDORF SALAD CITRUS GELATIN WHOLE WHEAT BREAD <table border="1"> <tr><td>Cal:</td><td>835</td><td>Carb:</td><td>110 g</td><td>Sod:</td><td>1069 mg</td></tr> <tr><td>Fat:</td><td>30 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>36 g</td></tr> </table>	Cal:	835	Carb:	110 g	Sod:	1069 mg	Fat:	30 g	Fiber:	11 g	Pro:	36 g	19 CHILI RELLANO BLACK BEANS W/ CILANTRO CUCUMBERS W/ SOUR CREAM PEACHES TORTILLA <table border="1"> <tr><td>Cal:</td><td>945</td><td>Carb:</td><td>115 g</td><td>Sod:</td><td>1084 mg</td></tr> <tr><td>Fat:</td><td>37 g</td><td>Fiber:</td><td>17 g</td><td>Pro:</td><td>42 g</td></tr> </table>	Cal:	945	Carb:	115 g	Sod:	1084 mg	Fat:	37 g	Fiber:	17 g	Pro:	42 g	20 FISH TACO W/ CABBAGE SLAW MEXICALI CORN KIWI APPLESAUCE <table border="1"> <tr><td>Cal:</td><td>552</td><td>Carb:</td><td>89 g</td><td>Sod:</td><td>410 mg</td></tr> <tr><td>Fat:</td><td>7 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>37 g</td></tr> </table>	Cal:	552	Carb:	89 g	Sod:	410 mg	Fat:	7 g	Fiber:	11 g	Pro:	37 g	21 CHILI STUFFED POTATOES CAULIFLOWER TOSSED SALAD STRAWBERRIES <table border="1"> <tr><td>Cal:</td><td>538</td><td>Carb:</td><td>78 g</td><td>Sod:</td><td>778 mg</td></tr> <tr><td>Fat:</td><td>16 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>25 g</td></tr> </table>	Cal:	538	Carb:	78 g	Sod:	778 mg	Fat:	16 g	Fiber:	12 g	Pro:	25 g
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24 SWEDISH BEEF OVER RICE CABBAGE & CARROTS APPLESAUCE W/ RAISINS ORANGE WHEAT BREAD <table border="1"> <tr><td>Cal:</td><td>973</td><td>Carb:</td><td>136 g</td><td>Sod:</td><td>515 mg</td></tr> <tr><td>Fat:</td><td>31 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>39 g</td></tr> </table>	Cal:	973	Carb:	136 g	Sod:	515 mg	Fat:	31 g	Fiber:	11 g	Pro:	39 g	25 TURKEY TETRAZZINI CALIFORNIA VEGETABLES PINEAPPLE MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>653</td><td>Carb:</td><td>85 g</td><td>Sod:</td><td>684 mg</td></tr> <tr><td>Fat:</td><td>20 g</td><td>Fiber:</td><td>9.5 g</td><td>Pro:</td><td>38 g</td></tr> </table>	Cal:	653	Carb:	85 g	Sod:	684 mg	Fat:	20 g	Fiber:	9.5 g	Pro:	38 g	26 SPINACH LASAGNA TOSSED SALAD ITALIAN BLEND VEGETABLES BANANA ITALIAN BREAD <table border="1"> <tr><td>Cal:</td><td>729</td><td>Carb:</td><td>100 g</td><td>Sod:</td><td>1189 mg</td></tr> <tr><td>Fat:</td><td>22 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>36 g</td></tr> </table>	Cal:	729	Carb:	100 g	Sod:	1189 mg	Fat:	22 g	Fiber:	12 g	Pro:	36 g	27 TURKEY PROVOLONE SANDWICH TOMATO SOUP BRUSSELS SPROUTS CRANBERRY SAUCE FRESH APPLE <table border="1"> <tr><td>Cal:</td><td>686</td><td>Carb:</td><td>108 g</td><td>Sod:</td><td>863 mg</td></tr> <tr><td>Fat:</td><td>17 g</td><td>Fiber:</td><td>17 g</td><td>Pro:</td><td>36 g</td></tr> </table>	Cal:	686	Carb:	108 g	Sod:	863 mg	Fat:	17 g	Fiber:	17 g	Pro:	36 g	28 CHICKEN FAJITAS TOSSED SALAD PINTO BEANS AMBROSIA SALAD <table border="1"> <tr><td>Cal:</td><td>726</td><td>Carb:</td><td>84 g</td><td>Sod:</td><td>982 mg</td></tr> <tr><td>Fat:</td><td>20 g</td><td>Fiber:</td><td>9.5 g</td><td>Pro:</td><td>51 g</td></tr> </table>	Cal:	726	Carb:	84 g	Sod:	982 mg	Fat:	20 g	Fiber:	9.5 g	Pro:	51 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](#)

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



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



Love to

DECLUTTER & ORGANIZE

Who loves to declutter & organize?

I do not love the process, but I do love the outcome!

The holiday sales reminded me of when I was first starting out in adult life. I loved a good sale and needed all the things for a home! Now, as I enter the downsizing phase of life, I find myself surrounded by items I no longer need or use. Here are some of my favorite "downsizing moves" to help you love the process in 2025.



Adopt a "One In, One Out" Rule. For every new item that comes in, you let go of one you no longer need. I evaluate the items that are leaving...those that need fixed or are worn out, go to recycle or trash. If they have life left, I ask our kids, neighbors, and friends if they could use them or I donate.



Digital Decluttering. Organize your digital life by unsubscribing from unnecessary emails and deleting old texts/emails. Not sure how? Check out the free classes at the Mesa County Library.



Declutter by Category. Use methods like the KonMari approach or The Swedish Art of Death Cleaning for inspiration. These books are available at the Mesa County Library. They are available as audio books, e-readers, or can be delivered through the Words on Wheels Program. Call 970-243-4442 for more information.

Need help selling or buying a home?
I offer personalized service you can count on.
Call me!

Niki Zentner-Przystup
VCK GROUP

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

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

