

This food and health information is from Meals on Wheels MC dietitian: Holly, our dietitian, monitors our compliance with state guidelines for key nutrients such as vitamin C, sodium, calcium, fiber, and more.

Nutritional Standards

Did you know that Meals on Wheels meals must meet strict guidelines written by the state of Colorado? Writing menus seems like an easy task. Most of us can say what foods we like and what we want to see on a menu. However, the menus written for Meals on Wheels must meet six specific standards predetermined by the government. This sometimes makes it challenging to offer all of those items we like and want. Each day the meal must contain less than 1,200 mg of sodium, have greater than 9.5 g of fiber, must offer over 30 mg of vitamin C, have over 400 mg of Calcium, and contain vitamin B6 and B12. While these are good guidelines to follow, they do present some challenges. Sometimes recipes seem bland with the lower sodium content. In order to reach the fiber content we need, we frequently use whole wheat and multigrain bread that limit the use of other specialty breads. Dry beans are a great source of fiber and are seen often. Vitamin C is found primarily in citrus foods. Have you noticed we serve oranges and pineapple frequently? Finally, dark green vegetables help us meet several requirements and are on the menu regularly. While we must meet the government criteria to qualify for funding, we also strive to offer meals that have variety and tasty options. We hope you enjoy them!

-Article provided by Holly Krouse, Registered Dietitian



LEAP!

The Colorado Low-income Energy Assistance Program (LEAP) is a federally funded program that helps eligible hard-working Colorado families, **seniors** and individuals pay a portion of their winter home heating costs. Our goal is to help bring warmth, comfort and safety to your home and family by assisting with heating costs.

If you would like to apply, contact Meals on Wheels Mesa County at **970-298-9844**, and we will send you the application.

April 30th is the last day to apply!



Visit our website: mealsonwheelmesacounty.org

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



970-298-9844



The Scoop

Support Meals on Wheels Mesa County for FREE!

Meals on Wheels Mesa County can earn money by you doing what you already do - buying your groceries!

It's easy to do!

- > Log into your digital City Market Account
- > Hit the My Account drop down in the upper right
- > Choose the Community Rewards tab on the left
- > Search "Meals on Wheels Mesa County"
- > Click "Enroll"



This does not affect your fuel points or personal rewards at all!

File Your Taxes for FREE!

You must make a reservation.

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



Location




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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																														
	1 CHICKEN FAJITAS LETTUCE/TOMATO MIX SALSA & SOUR CREAM PINTO BEANS FRUIT AMBROSIA <table border="1"> <tr> <td>Cal: 725</td> <td>Carb: 84 g</td> <td>Sod: 981 mg</td> </tr> <tr> <td>Fat: 20 g</td> <td>Fiber: 9.5 g</td> <td>Pro: 51 g</td> </tr> </table>	Cal: 725	Carb: 84 g	Sod: 981 mg	Fat: 20 g	Fiber: 9.5 g	Pro: 51 g	2 HAMBURGER ON A BUN MACARONI SALAD CORN PINEAPPLE <table border="1"> <tr> <td>Cal: 671</td> <td>Carb: 97 g</td> <td>Sod: 1001 mg</td> </tr> <tr> <td>Fat: 19 g</td> <td>Fiber: 11 g</td> <td>Pro: 35 g</td> </tr> </table>	Cal: 671	Carb: 97 g	Sod: 1001 mg	Fat: 19 g	Fiber: 11 g	Pro: 35 g	3 HAM & SWISS BROCCOLI BAKE ASPARAGUS STRAWBERRIES FIG NEWTON MULTIGRAIN BREAD <table border="1"> <tr> <td>Cal: 689</td> <td>Carb: 94 g</td> <td>Sod: 1078 mg</td> </tr> <tr> <td>Fat: 17 g</td> <td>Fiber: 10 g</td> <td>Pro: 44 g</td> </tr> </table>	Cal: 689	Carb: 94 g	Sod: 1078 mg	Fat: 17 g	Fiber: 10 g	Pro: 44 g	4 FISH SANDWICH BRUSSELS SPROUTS GARBANZO BEAN PASTA SALAD PICKLE SPEAR PINEAPPLE ORANGE GELATIN <table border="1"> <tr> <td>Cal: 582</td> <td>Carb: 103 g</td> <td>Sod: 938 mg</td> </tr> <tr> <td>Fat: 11 g</td> <td>Fiber: 13 g</td> <td>Pro: 23 g</td> </tr> </table>	Cal: 582	Carb: 103 g	Sod: 938 mg	Fat: 11 g	Fiber: 13 g	Pro: 23 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 Civic Center

Gymnasium



Tues. & Thurs. 12:00-12:30

711 W. 7th 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](#)

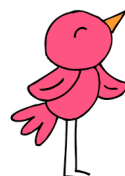
April - Dining Site Game Days!

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

Grand View Apartments:

Every 2nd Tuesday,

11:00 a.m. - 12:00 p.m.



Ratekin Towers:

Every 2nd Thursday,

11:30 a.m. - 12:00 pm.

Clifton Community Campus:

Every 2nd Friday,

11:30 a.m. - 12:00 p.m.

Palisade Civic Center:

Every 4th Tuesday,

11:30 a.m. - 12:00 p.m.

Fruita Community Center:

Every 3rd Wednesday,

11:30 a.m. - 12:00 p.m.



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

Spring Real Estate Market Update

Ah, springtime in Mesa County! The orchards start to bloom, the river's flow, and buyers and sellers come out of hibernation—just like clockwork. So, what's in store for our local real estate market this season? Let's dive in!

The Numbers: According to the Colorado Association of Realtors, year to date data shows our Median home price in Mesa County at \$411,000. This is up 9% from the same time last year. The number of active listings and thus our "housing inventory" has increased by 11% from the same time last year. Homes continue to bring 98% of their list price.

1. Inventory: More Choices, But Still Competitive

I expect a slight increase in listings as homeowners take advantage of the warmer weather and buyer demand. However, don't expect a flood of homes—Mesa County still has a relatively low supply that keeps the market competitive, especially homes priced under \$400,000.

2. Home Prices: Steady with a Touch of Growth

Prices should remain fairly stable, with a very modest uptick. If interest rates ease up even slightly, we could see buyers rushing in, driving some price appreciation. Well-maintained homes will still fetch top dollar.

3. Interest Rates: The Wild Card

Mortgage rates are the biggest question mark. If they stay higher, buyers might be more cautious, leading to longer days on market. If they drop, we could see a surge of activity. Either way, well-prepared buyers and sellers will win the day!

4. The Best Strategy for Buyers & Sellers

- **Sellers:** Curb appeal is key! The first warm days of spring are perfect for fresh mulch, touch-up paint, and a deep clean. Pricing right is still crucial—overpricing will leave homes sitting.
- **Buyers:** Get pre-approved and be ready to move quickly. If you find a home you love, don't hesitate too long—competition is still out there!

Final Thoughts

Mesa County's spring market should be a healthy mix of opportunity and competition. If you or someone you know is thinking of buying or selling, now is a great time to start planning. As always, having a knowledgeable agent (hey, that's me!) by your side makes all the difference.

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nikisoldmyhome@gmail.com

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COLDWELL BANKER
DISTINCTIVE
PROPERTIES

