

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.

MARCH

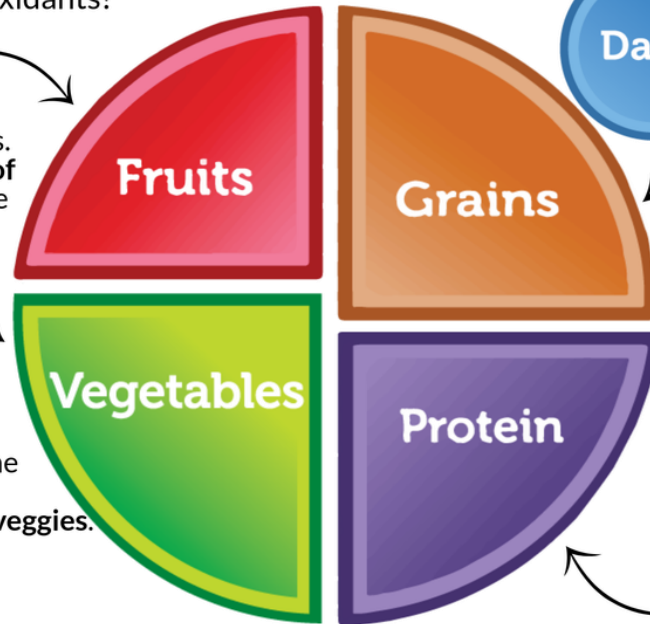


MyPlate: A Guide

Make half your plate fruits and veggies. They're packed with fiber & antioxidants!

Fruit: Eat fruits of all colors. Go for **fruit instead of juice**, which has more fiber and fewer calories.

Vegetables: The more colors and types that you eat, the better! Aim to get mostly **non-starchy veggies**.



Dairy

Dairy: 3 servings per day gets you the calcium you need. Choose low-fat for fewer calories.

Grains: Eat mostly **whole grains**. Refined grains, like white bread and white rice, have less nutrition. Whole grains have more **fiber**, iron, and B vitamins.

Protein: A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good, lean choices.

-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

The Scoop

970-298-9844

Come Join Us for Cooking Matters!

Classes are NOT demonstration classes. They will teach and/or play a game regarding nutrition, and offer each household who attends a \$25 gift card to a local grocery store.

Available to Current Clients only.

Dates & Locations:

Wednesday, March 5, 2025 at the Fruita Community Center: 324 N. Coulson St., Fruita.

Thursday, March 6, 2025 at the Clifton Community Campus: 3270 D 1/2 Rd, Clifton.

Thursday, March 13, 2025 at Grand View Apartments: 1501 N. 1st St., Grand Junction.

Tuesday, March 18, 2025 at Ratekin Towers.

Tuesday, March 25, 2025 at Palisade Civic Center: 341 W. 7th St. Palisade.



Palisade Dining Site NEW LOCATION! 341 W. 7th St., Palisade

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																																																												
3 CHICKEN & RICE CASSEROLE BROCCOLI W/ CHEESE MIXED BERRIES WHOLE WHEAT BREAD <table border="1"> <tr><td>Cal:</td><td>775</td><td>Carb:</td><td>79 g</td><td>Sod:</td><td>774 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:	775	Carb:	79 g	Sod:	774 mg	Fat:	34 g	Fiber:	13 g	Pro:	43 g	4 ITALIAN LASAGNA ITALIAN VEGETABLES SPINACH CAULIFLOWER SALAD MANDARIN PINEAPPLE DESSERT MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>807</td><td>Carb:</td><td>93 g</td><td>Sod:</td><td>843 mg</td></tr> <tr><td>Fat:</td><td>29 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>49 g</td></tr> </table>	Cal:	807	Carb:	93 g	Sod:	843 mg	Fat:	29 g	Fiber:	10 g	Pro:	49 g	5 FRITO PIE TOSSED SALAD STRAWBERRIES WHOLE WHEAT TORTILLA <table border="1"> <tr><td>Cal:</td><td>1014</td><td>Carb:</td><td>107 g</td><td>Sod:</td><td>986 mg</td></tr> <tr><td>Fat:</td><td>46 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>48 g</td></tr> </table>	Cal:	1014	Carb:	107 g	Sod:	986 mg	Fat:	46 g	Fiber:	10 g	Pro:	48 g	6 CHEF SALAD TOMATO SOUP SPICED APPLES WHEAT DINNER ROLL CHOCOLATE MILK <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	7 TUNA NOODLE CASSEROLE CALIFORNIA VEGETABLES TROPICAL FRUIT MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>772</td><td>Carb:</td><td>82 g</td><td>Sod:</td><td>723 mg</td></tr> <tr><td>Fat:</td><td>30 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>45 g</td></tr> </table>	Cal:	772	Carb:	82 g	Sod:	723 mg	Fat:	30 g	Fiber:	12 g	Pro:	45 g
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10 CHEESEBURGER PIE HERBED GREEN BEANS PICKLED BEETS FRUIT COCKTAIL WHOLE WHEAT CRACKERS <table border="1"> <tr><td>Cal:</td><td>857</td><td>Carb:</td><td>123 g</td><td>Sod:</td><td>868 mg</td></tr> <tr><td>Fat:</td><td>22 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>45 g</td></tr> </table>	Cal:	857	Carb:	123 g	Sod:	868 mg	Fat:	22 g	Fiber:	12 g	Pro:	45 g	11 OVEN BAKED CHICKEN GARBANZO BEAN PASTA SALAD CALIFORNIA VEGETABLES BLUSHING PEARS MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>969</td><td>Carb:</td><td>91 g</td><td>Sod:</td><td>510 mg</td></tr> <tr><td>Fat:</td><td>44 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>55 g</td></tr> </table>	Cal:	969	Carb:	91 g	Sod:	510 mg	Fat:	44 g	Fiber:	11 g	Pro:	55 g	12 BBQ PORK RIBLET SPINACH BAKED SWEET POTATO BANANA CORN BREAD & HONEY <table border="1"> <tr><td>Cal:</td><td>840</td><td>Carb:</td><td>111 g</td><td>Sod:</td><td>884 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:	840	Carb:	111 g	Sod:	884 mg	Fat:	25 g	Fiber:	12 g	Pro:	45 g	13 BEEF ENCHILADA CASSEROLE LETTUCE/TOMATO MIX BROWN RICE REFRIED BEANS PINEAPPLE & MANDARIN ORANGES <table border="1"> <tr><td>Cal:</td><td>805</td><td>Carb:</td><td>97 g</td><td>Sod:</td><td>846 mg</td></tr> <tr><td>Fat:</td><td>29 g</td><td>Fiber:</td><td>14 g</td><td>Pro:</td><td>39 g</td></tr> </table>	Cal:	805	Carb:	97 g	Sod:	846 mg	Fat:	29 g	Fiber:	14 g	Pro:	39 g	14 GARDEN VEGETABLE SOUP EGG SALAD SANDWICH ASPARAGUS ORANGE GELATIN W/ BANANA <table border="1"> <tr><td>Cal:</td><td>489</td><td>Carb:</td><td>46 g</td><td>Sod:</td><td>1037 mg</td></tr> <tr><td>Fat:</td><td>18 g</td><td>Fiber:</td><td>9.5 g</td><td>Pro:</td><td>34 g</td></tr> </table>	Cal:	489	Carb:	46 g	Sod:	1037 mg	Fat:	18 g	Fiber:	9.5 g	Pro:	34 g
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17 CORNER BEEF & CABBAGE CARROTS GARLIC MASHED POTATOES BLUSHING PEARS BROWNIE RYE BREAD  <table border="1"> <tr><td>Cal:</td><td>1117</td><td>Carb:</td><td>138 g</td><td>Sod:</td><td>1288 mg</td></tr> <tr><td>Fat:</td><td>45 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>41 g</td></tr> </table>	Cal:	1117	Carb:	138 g	Sod:	1288 mg	Fat:	45 g	Fiber:	11 g	Pro:	41 g	18 AMERICAN GOULASH STEAMED CARROTS MANDARIN ORANGES WHOLE WHEAT BREAD <table border="1"> <tr><td>Cal:</td><td>1069</td><td>Carb:</td><td>141 g</td><td>Sod:</td><td>693 mg</td></tr> <tr><td>Fat:</td><td>31 g</td><td>Fiber:</td><td>15 g</td><td>Pro:</td><td>57 g</td></tr> </table>	Cal:	1069	Carb:	141 g	Sod:	693 mg	Fat:	31 g	Fiber:	15 g	Pro:	57 g	19 TURKEY POT PIE RAINBOW SALAD APPLE PEANUT BUTTER CUP MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>808</td><td>Carb:</td><td>92 g</td><td>Sod:</td><td>917 mg</td></tr> <tr><td>Fat:</td><td>32 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>42 g</td></tr> </table>	Cal:	808	Carb:	92 g	Sod:	917 mg	Fat:	32 g	Fiber:	10 g	Pro:	42 g	20 SPLIT PEA SOUP HAM & CHEESE SANDWICH SEASONED BRUSSELS SPROUTS PINEAPPLE MANDARIN ORANGE COMPOTE <table border="1"> <tr><td>Cal:</td><td>697</td><td>Carb:</td><td>96 g</td><td>Sod:</td><td>949 mg</td></tr> <tr><td>Fat:</td><td>20 g</td><td>Fiber:</td><td>14 g</td><td>Pro:</td><td>40 g</td></tr> </table>	Cal:	697	Carb:	96 g	Sod:	949 mg	Fat:	20 g	Fiber:	14 g	Pro:	40 g	21 LEMON PARMESAN FISH CAULIFLOWER & BROCCOLI CREAMY COLESLAW STRAWBERRY SHORTCAKE 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
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24 BEEF STROGANOFF W/ PENNE PASTA SCANDINAVIAN VEGETABLES CABBAGE SLAW APPLESAUCE WHOLE WHEAT BREAD <table border="1"> <tr><td>Cal:</td><td>793</td><td>Carb:</td><td>104 g</td><td>Sod:</td><td>469 mg</td></tr> <tr><td>Fat:</td><td>27 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>37 g</td></tr> </table>	Cal:	793	Carb:	104 g	Sod:	469 mg	Fat:	27 g	Fiber:	13 g	Pro:	37 g	25 CHICKEN CORDON BLEU BROWN RICE W/ PARSLEY SPINACH STRAWBERRIES MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>754</td><td>Carb:</td><td>74 g</td><td>Sod:</td><td>755 mg</td></tr> <tr><td>Fat:</td><td>30 g</td><td>Fiber:</td><td>14 g</td><td>Pro:</td><td>52 g</td></tr> </table>	Cal:	754	Carb:	74 g	Sod:	755 mg	Fat:	30 g	Fiber:	14 g	Pro:	52 g	26 CHICKEN PASTA SALAD 5 WAY VEGETABLES CUCUMBER TOMATO SALAD BANANA ALMOND PEACHES MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>753</td><td>Carb:</td><td>97 g</td><td>Sod:</td><td>702 mg</td></tr> <tr><td>Fat:</td><td>28 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>33 g</td></tr> </table>	Cal:	753	Carb:	97 g	Sod:	702 mg	Fat:	28 g	Fiber:	13 g	Pro:	33 g	27 CHILI DOG ON A BUN CALIFORNIA VEGETABLES PEA SALAD WALDORF GELATIN SALAD <table border="1"> <tr><td>Cal:</td><td>652</td><td>Carb:</td><td>92 g</td><td>Sod:</td><td>1161 mg</td></tr> <tr><td>Fat:</td><td>19 g</td><td>Fiber:</td><td>15 g</td><td>Pro:</td><td>33 g</td></tr> </table>	Cal:	652	Carb:	92 g	Sod:	1161 mg	Fat:	19 g	Fiber:	15 g	Pro:	33 g	28 TUNA SALAD SANDWICH CAULIFLOWER & BROCCOLI COLESLAW PINEAPPLE ORANGE DESSERT <table border="1"> <tr><td>Cal:</td><td>630</td><td>Carb:</td><td>91 g</td><td>Sod:</td><td>1056 mg</td></tr> <tr><td>Fat:</td><td>15 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>38 g</td></tr> </table>	Cal:	630	Carb:	91 g	Sod:	1056 mg	Fat:	15 g	Fiber:	11 g	Pro:	38 g
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March 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.

Grand View Apartments:
 Every 2nd Tuesday,
 11:30 a.m. - 12:00 p.m.

Fruita Community Center:
Monday, March 17th,
 11:30 a.m. - 12:00 p.m.

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

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

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

341 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](#)

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

housing ^ Finding Your “Pot of Gold”

This St. Patrick’s Day, when we are all a wee bit Irish, let’s consider how to navigate real estate choices with more than just “luck”. Navigating real estate in your golden years isn’t just about buying, selling or renting—it’s about finding a place that fits your lifestyle, health needs, and next chapter. As a senior-focused real estate agent, I provide personalized support to make every step smooth and stress-free so that you can focus on the other things that are important to you.

Services Tailored for You

- ✓ Home Selling & Buying Assistance – Finding the best fit for your next chapter
- ✓ Downsizing & Relocation Help – Making your move seamless & stress-free
- ✓ Coordinating Movers & Cleanout Services – From decluttering to moving day
- ✓ Home Staging & Prep – Enhancing your home’s value & appeal when time to sell
- ✓ Financial & Legal Connections – Trusted experts to help with the details
- ✓ Senior Living or Accessible Home Searches – Ensuring comfort & convenience

What My Clients Say

✓Niki will advise you with every step of the process from setting a price , staging, showings, and negotiation. She had several clients she was representing, but I felt like her “favorite”- she was super responsive to all my needs. Kathy

✓We recently had the good fortune to use Niki Yenter-Przystup as a realtor. Outstanding!!! She gave us caring support and was diligent and patient, every step of the way. Gracious, kind, honest. Ann

Don’t leave your luck to chance. Let me guide you home with care & expertise!



Niki Yenter-Przystup
VCK GROUP

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

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

