

Handwashing

Did you know that handwashing is the single most effective way to stop the spread of food borne illness?

Your hands may look clean, but often they are not. To keep food safe, you should wash your hands before preparing food. You should also wash them when you move from one task to another. For example, if you are mixing meatloaf and then make a salad, be sure to scrub.

If you get side tracked during meal preparation by the phone or a visitor at the door, it's always a good idea to wash your hands again.

To wash your hands correctly, start by wetting your hands with warm water. Lather with soap and scrub between your fingers, on the backs of your hands and under your nails. Be sure to get halfway up your forearm. Lather for at least 20 seconds. Rinse your hands from the elbow down. Dry. Use a paper towel to turn off the faucet and keep those clean hands clean.

Don't get caught dirty handed and keep safe food safe!

-provided by Holly Krouse, Registered Dietitian

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

Fun Facts about summer....

- ♦ In the summer heat, the iron in France's Eiffel Tower expands, making the tower grow more than 6 inches.
- ♦ Popsicles were accidentally invented by an 11-year-old boy in 1905. He left a glass of soda outside on a cold night. By the next morning his soda had frozen. He began selling them at an amusement park. In the U.S., cherry is the number one flavor.
- ♦ Between Memorial Day and Labor Day, American eat over 7 billion hot dogs.



970-298-9844
698 Long Acre Drive
Grand Junction, 81505



The Scoop

Important Update for Everyone who Dines at a Meal Site....

Starting **JULY 1st**, all Meals on Wheels dining sites will be **DINE-IN ONLY**.

Federal rules will change and diners will be required to stay and enjoy their meals at the site.

While we realize some of you are used to "grab and go" meals, we encourage you to embrace the fun and fellowship of our sites. Call us if you have questions.

Reminder of our Pet Policy

Pets are required to be restrained and are not allowed to greet delivery drivers for the safety of our drivers.

- ♥ Small pets can get underfoot and trip a driver, and large pets can be intimidating.
- ♥ Friendly dogs can jump up on a driver and scratch or startle them.
- ♥ You will only receive one warning. If problems continue, delivery services will be put on hold.
- ♥ All dogs bites are reported to authorities and delivery is stopped.

Please know that we do love pets. However, after multiple incidents this policy was put in place for everyone's safety.

More than anything, we want to keep on serving all of you and have a positive experience for everyone. Thanks for working with us.



Visit our website: mealsonwheelsmesacounty.org
Follow us on Facebook

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
<div>2 BEEF TACO SALAD Sour Cream & Salsa Garnish Chuckwagon Corn Fresh Apple</div> <div><table><tr><td>Cal:</td><td>650</td><td>Carb:</td><td>84 g</td><td>Sod:</td><td>591 mg</td></tr><tr><td>Fat:</td><td>23 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>32 g</td></tr></table></div>	Cal:	650	Carb:	84 g	Sod:	591 mg	Fat:	23 g	Fiber:	12 g	Pro:	32 g	<div>3 SPAGHETTI & MEATBALLS Green Beans Tossed Salad & Ranch Dressing Fresh Banana Italian Bread</div> <div><table><tr><td>Cal:</td><td>789</td><td>Carb:</td><td>114 g</td><td>Sod:</td><td>1077 mg</td></tr><tr><td>Fat:</td><td>26 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>30 g</td></tr></table></div>	Cal:	789	Carb:	114 g	Sod:	1077 mg	Fat:	26 g	Fiber:	11 g	Pro:	30 g	<div>4 BAKED CHICKEN Garbanzo Bean Pasta Salad California Blend Vegetables Blushing Pears Multigrain Bread</div> <div><table><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></div>	Cal:	969	Carb:	91 g	Sod:	510 mg	Fat:	44 g	Fiber:	11 g	Pro:	55 g	<div>5 SWEET AND SOUR PORK Brown Rice Oriental Vegetables Broccoli Raisin Salad Mandarin Oranges Fortune Cookie</div> <div><table><tr><td>Cal:</td><td>864</td><td>Carb:</td><td>115 g</td><td>Sod:</td><td>644 mg</td></tr><tr><td>Fat:</td><td>27 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>44 g</td></tr></table></div>	Cal:	864	Carb:	115 g	Sod:	644 mg	Fat:	27 g	Fiber:	12 g	Pro:	44 g	<div>6 CASHEW TURKEY SALAD Black Bean Lentil Soup Fruit Salad Croissant</div> <div><table><tr><td>Cal:</td><td>806</td><td>Carb:</td><td>90 g</td><td>Sod:</td><td>737 mg</td></tr><tr><td>Fat:</td><td>29 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>48 g</td></tr></table></div>	Cal:	806	Carb:	90 g	Sod:	737 mg	Fat:	29 g	Fiber:	11 g	Pro:	48 g
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<div>9 SLOPPY JOE ON A BUN Coleslaw Chateau Vegetables Fresh Apple Vanilla Pudding</div> <div>Clifton Community Center Game Day 11:30—12:00</div> <div><table><tr><td>Cal:</td><td>742</td><td>Carb:</td><td>106 g</td><td>Sod:</td><td>860 mg</td></tr><tr><td>Fat:</td><td>22 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>36 g</td></tr></table></div>	Cal:	742	Carb:	106 g	Sod:	860 mg	Fat:	22 g	Fiber:	13 g	Pro:	36 g	<div>10 FOUR CHEESE ZITI Italian Bean Blend Vegetables Italian Salad Mixed Berries Breadstick</div> <div>Grand View Apartments Game Day 11:00—12:00</div> <div><table><tr><td>Cal:</td><td>671</td><td>Carb:</td><td>100 g</td><td>Sod:</td><td>939 mg</td></tr><tr><td>Fat:</td><td>16 g</td><td>Fiber:</td><td>15 g</td><td>Pro:</td><td>35 g</td></tr></table></div>	Cal:	671	Carb:	100 g	Sod:	939 mg	Fat:	16 g	Fiber:	15 g	Pro:	35 g	<div>11 PULLED PORK SANDWICH Ranch Style Beans Buttered Carrots Fresh Orange</div> <div><table><tr><td>Cal:</td><td>742</td><td>Carb:</td><td>104 g</td><td>Sod:</td><td>798 mg</td></tr><tr><td>Fat:</td><td>21 g</td><td>Fiber:</td><td>25 g</td><td>Pro:</td><td>40 g</td></tr></table></div>	Cal:	742	Carb:	104 g	Sod:	798 mg	Fat:	21 g	Fiber:	25 g	Pro:	40 g	<div>12 SWISS STEAK WITH SAUCE Baked Potato/ Sour Cream/ Chives Winter Mix Vegetable Apricots Peanut Butter Cookie Wheat Roll</div> <div>Ratekin Towers Game Day 11:30—12:00</div> <div><table><tr><td>Cal:</td><td>871</td><td>Carb:</td><td>132 g</td><td>Sod:</td><td>800 mg</td></tr><tr><td>Fat:</td><td>28 g</td><td>Fiber:</td><td>16 g</td><td>Pro:</td><td>34 g</td></tr></table></div>	Cal:	871	Carb:	132 g	Sod:	800 mg	Fat:	28 g	Fiber:	16 g	Pro:	34 g	<div>13 CHEESEBURGER PIE Herbed Green Beans Pickled Beets Fruit Cocktail Whole Wheat Crackers</div> <div><table><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></div>	Cal:	857	Carb:	123 g	Sod:	868 mg	Fat:	22 g	Fiber:	12 g	Pro:	45 g
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<div>16 HAPPY FATHER'S DAY HAMBURGER ON A BUN Lettuce / Tomato / Onion Baked Beans Coleslaw Watermelon</div> <div><table><tr><td>Cal:</td><td>725</td><td>Carb:</td><td>104 g</td><td>Sod:</td><td>1153 mg</td></tr><tr><td>Fat:</td><td>18 g</td><td>Fiber:</td><td>20 g</td><td>Pro:</td><td>43 g</td></tr></table></div>	Cal:	725	Carb:	104 g	Sod:	1153 mg	Fat:	18 g	Fiber:	20 g	Pro:	43 g	<div>17 STUFFED BELL PEPPER CASSEROLE Cauliflower Peaches Whole Wheat Bread</div> <div><table><tr><td>Cal:</td><td>537</td><td>Carb:</td><td>61 g</td><td>Sod:</td><td>364 mg</td></tr><tr><td>Fat:</td><td>22 g</td><td>Fiber:</td><td>9 g</td><td>Pro:</td><td>27 g</td></tr></table></div>	Cal:	537	Carb:	61 g	Sod:	364 mg	Fat:	22 g	Fiber:	9 g	Pro:	27 g	<div>18 POLISH SAUSAGE & SAUERKRAUT ON A BUN Pickle Spear Red Cabbage Slaw Fruit Salad Banana Brownie</div> <div><table><tr><td>Cal:</td><td>684</td><td>Carb:</td><td>107 g</td><td>Sod:</td><td>1137 mg</td></tr><tr><td>Fat:</td><td>21 g</td><td>Fiber:</td><td>9 g</td><td>Pro:</td><td>21 g</td></tr></table></div>	Cal:	684	Carb:	107 g	Sod:	1137 mg	Fat:	21 g	Fiber:	9 g	Pro:	21 g	<div>19 RANCH CHICKEN PATTY SANDWICH Baked Potato/ Sour Cream Spinach Cinnamon Apple Sauce</div> <div><table><tr><td>Cal:</td><td>809</td><td>Carb:</td><td>116 g</td><td>Sod:</td><td>1050 mg</td></tr><tr><td>Fat:</td><td>26 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>35 g</td></tr></table></div>	Cal:	809	Carb:	116 g	Sod:	1050 mg	Fat:	26 g	Fiber:	13 g	Pro:	35 g	<div>20 FRITO PIE Corn Relish Tossed Salad Tropical Fruit Multigrain Bread</div> <div><table><tr><td>Cal:</td><td>972</td><td>Carb:</td><td>95 g</td><td>Sod:</td><td>682 mg</td></tr><tr><td>Fat:</td><td>17 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>50 g</td></tr></table></div>	Cal:	972	Carb:	95 g	Sod:	682 mg	Fat:	17 g	Fiber:	11 g	Pro:	50 g
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<div>23 CHICKEN POT PIE Scandinavian Blend Vegetables Under the Sea Salad Orange Biscuit</div> <div><table><tr><td>Cal:</td><td>814</td><td>Carb:</td><td>113 g</td><td>Sod:</td><td>866 mg</td></tr><tr><td>Fat:</td><td>23 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>43 g</td></tr></table></div>	Cal:	814	Carb:	113 g	Sod:	866 mg	Fat:	23 g	Fiber:	11 g	Pro:	43 g	<div>24 HAM PASTA SALAD Parslied Carrots Raisin Nut Cup Mandarin Oranges Multigrain Bread</div> <div>Palisade Civic Center Game Day 11:30—12:00</div> <div><table><tr><td>Cal:</td><td>579</td><td>Carb:</td><td>77 g</td><td>Sod:</td><td>904 mg</td></tr><tr><td>Fat:</td><td>20 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>29 g</td></tr></table></div>	Cal:	579	Carb:	77 g	Sod:	904 mg	Fat:	20 g	Fiber:	11 g	Pro:	29 g	<div>25 BBQ RIBLET Baked Sweet Potato Spinach Banana Cornbread</div> <div><table><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></div>	Cal:	840	Carb:	111 g	Sod:	884 mg	Fat:	25 g	Fiber:	12 g	Pro:	45 g	<div>26 EGG SALAD SANDWICH Speedy Baked Beans Spinach Salad with Cheese Citrus Fruit Mix</div> <div><table><tr><td>Cal:</td><td>633</td><td>Carb:</td><td>101 g</td><td>Sod:</td><td>1023 mg</td></tr><tr><td>Fat:</td><td>14 g</td><td>Fiber:</td><td>16 g</td><td>Pro:</td><td>33 g</td></tr></table></div>	Cal:	633	Carb:	101 g	Sod:	1023 mg	Fat:	14 g	Fiber:	16 g	Pro:	33 g	<div>27 TURKEY POSOLE Corn Relish Tossed Salad & Ranch Dressing Tropical Fruit Whole Wheat Tortilla</div> <div><table><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></div>	Cal:	779	Carb:	108 g	Sod:	914 mg	Fat:	25 g	Fiber:	14 g	Pro:	36 g
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<div>30 CRUNCHY BAKED FISH Whipped Sweat Potatoes Broccoli Fruit Cocktail Multigrain Bread</div> <div><table><tr><td>Cal:</td><td>652</td><td>Carb:</td><td>94 g</td><td>Sod:</td><td>529 mg</td></tr><tr><td>Fat:</td><td>15 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>38 g</td></tr></table></div>	Cal:	652	Carb:	94 g	Sod:	529 mg	Fat:	15 g	Fiber:	10 g	Pro:	38 g			<div>June</div>																																																	
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Home Delivery Customers

- Meals delivered between 10:30 a.m. and 12:30 p.m.
- Call ~~298-9844~~ 298-9844 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:

Collbran Congregational Church
Mesa Community Center

- Meals include 1% milk.
- The suggested meal donation for customers 60+ is \$3.50.
- 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.