Holiday Healthy Eating

As we enter the holiday season, let's not forget healthy eating. Holidays stretch from Halloween to Near Year's and letting ourselves take a break for the holidays can lead to a lot of extra work after the New Year. While we may not be able to avoid tasty treats and holiday meals, there are some things we can do to stay on track.

* ***Stay active.*** This will help counteract those extra calories.
* ***Avoid overeating.*** You can still enjoy all the holiday flavors, but be mindful of portion size.
* ***Avoid excessive alcohol intake.*** Alcohol has a lot of calories and the calories lack nutritious quality.
* ***Stay hydrated.*** You are less likely to overeat when you are getting plenty of water.
* ***Be aware of stress-eating.*** Finally, holidays can be stressful. Instead of snacking, take a walk or watch a funny movie. This will help you relax without adding calories.

Have a great time this holiday season and stay healthy!

-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.

December

MEALS on WHEELS
MESA COUNTY

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

The Scoop

Happy Holidays!

This Christmas week, we're doing something a little different! Instead of our usual daily deliveries, we'll be bringing you one special delivery: a box of five frozen meals to enjoy throughout the week.

We hope this helps make your holiday week simple and stress-free, while also giving our volunteers a chance to rest and celebrate. Your meals will arrive frozen and we recommend opening the box immediately, placing the black trays in the freezer, with the sides going in the fridge. Nutritional information will be included inside your box.

IMPORTANT DATE: Monday, December 22—Only day for frozen deliveries.

All meals will be delivered on Monday, so if you're not regularly home on Monday, please make arrangements. We're asking that our Tuesday Palisade diners pick up their boxes at our Clifton Dining Site on Monday.

Also, during Christmas week you have the opportunity to request a holiday meal from Hilltop Community Resources.

The first week of December, you will receive a reservation form delivered by your driver. If you return your form to Meals On Wheels by **Monday, December 8th**, you can receive up to two meals (one for Wednesday and one for Thursday). These meals are delivered by Hilltop Volunteers on December 24th, between 1:00 and 3:00 pm. You must be home for delivery.

Visit our website: mealsonwheelsmesacounty.org
Follow us on Facebook

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 **TURKEY POT PIE** BISCUIT RAINBOW SALAD APPLE WITH PEANUT BUTTER Cal: 847 Carb: 101 g Sod: 917 mg Fat: 32 g Fiber: 11 g Pro: 43 g	**2** **SALISBURY STEAK** MASHED POTATOES ASPARAGUS PEACHES WHOLE WHEAT BREAD Cal: 835 Carb: 81 g Sod: 947 mg Fat: 39 g Fiber: 10 g Pro: 45 g	**3** **MUSTARD GLAZED CHICKEN** BAKED POTATO/SOUR CREAM CALIFORNIA VEGETABLES CARROT APPLE DATE SALAD WHOLE WHEAT BREAD Cal: 784 Carb: 87 g Sod: 571 mg Fat: 26 g Fiber: 10 g Pro: 54 g	**4** **POTATO SOUP** EGG SALAD SANDWICH PICKLED BEETS APPLESAUCE Cal: 624 Carb: 104 g Sod: 1054 mg Fat: 15 g Fiber: 11 g Pro: 24 g	**5** **LEMON PARMESAN FISH** CREAMY COLESLAW CAULIFLOWER AND BROCCOLI PITA BREAD STRAWBERRY SHORTCAKE Cal: 1021 Carb: 108 g Sod: 994 mg Fat: 38 g Fiber: 11 g Pro: 66 g
8 **CHICKEN FAJITAS** SALSA/SOUR CREAM PINTO BEANS CHUCKWAGON CORN PEACHES Cal: 720 Carb: 91 g Sod: 945 mg Fat: 17 g Fiber: 12 g Pro: 52 g	**9** **BEEF STROGANOFF** PENNE PASTA SCANDINAVIAN VEGETABLES RED CABBAGE SLAW APPLESAUCE WHOLE WHEAT BREAD Cal: 793 Carb: 104 g Sod: 469 mg Fat: 27 g Fiber: 13 g Pro: 37 g	**10** **VEGETABLE CHEESE SOUP** TUNA FISH SANDWICH ON A BUN BROCCOLI RAISIN WALNUT SALAD PINAPPLE CHUNKS BANANA Cal: 824 Carb: 114 g Sod: 1122 mg Fat: 25 g Fiber: 9 g Pro 41 g	**11** **CHICKEN CACCIATORE** BROWN RICE ACORN SQUASH STRAWBERRIES MULTI GRAIN BREAD Cal: 773 Carb: 119 g Sod: 570 mg Fat: 16 g Fiber: 13 g Pro: 45 g	**12** **CHILI DOG ON A BUN** MIXED VEGETABLES SPINACH SALAD MANDARIN ORANGES Cal: 742 Carb: 79 g Sod: 1053 mg Fat: 32 g Fiber: 14 g Pro: 38 g
15 **CHICKEN WITH SNOW PEAS** BROWN RICE ORIENTAL VEGETABLES GRAPEFRUIT WHOLE WHEAT BREAD FORTUNE COOKIE Cal: 814 Carb: 118 g Sod: 714 mg Fat: 20 g Fiber: 9.5 g Pro: 41 g	**16** **BEEF BARLEY SOUP** PEA AND CHEESE SALAD MANDARIN ORANGES VANILLA PUDDING WHOLE WHEAT CRACKERS Cal: 739 Carb: 101 g Sod: 790 mg Fat: 20 g Fiber: 13 g Pro: 42 g	**17** **TUNA NOODLE CASSEROLE** CALIFORNIA VEGETABLES APPLE PINEAPPLE UPSIDE DOWN CAKE MULTIGRAIN BREAD Grand View and Fruita Community Center Christmas Craft 11:30-12:00 Cal: 996 Carb: 129 g Sod: 946 mg Fat: 35 g Fiber: 16 g Pro: 47 g	**18** **CHICKEN PATTY SANDWICH** BAKED BEANS GARDEN VEGETABLES TROPICAL FRUIT Ratekin Towers, Clifton & Palisade Comm Ctrs Christmas Craft 11:30-12:00 Cal: 717 Carb: 114 g Sod: 1013 mg Fat: 17 g Fiber: 15 g Pro: 34 g	**19** **HOLIDAY HAM** CRANBERRY ORANGE RICE HERBED GREEN BEANS BLUSHING PEAR WHOLE WHEAT ROLL HOLIDAY SUGAR COOKIES Cal: 781 Carb: 119 g Sod: 1196 mg Fat: 23 g Fiber: 9 g Pro: 29 g
22 **FROZEN MEAL HOME DELIVERIES** **(current clients only)** **10:30-12:30** **FROZEN PICKUP AT YOUR DINING SITE** **12-12:30** **(Palisade goes to Clifton)**	**23** **OFFICE OPEN** **NO DELIVERIES**	**24**  **CLOSED FOR CHRISTMAS**	**25**  **CLOSED FOR CHRISTMAS**	**26** **OFFICE OPEN** **NO DELIVERIES**
29 **ORIENTAL CHICKEN** RICE SALAD CHINESE VEGETABLES PEACHES MULTIGRAIN BREAD FORTUNE COOKIE Cal: 775 Carb: 84 g Sod: 692 mg Fat: 30 g Fiber: 13 g Pro: 48 g	**30** **POSOLE** CUCUMBER SALAD CORN RELISH TROPICAL FRUIT WHOLE WHEAT TORTILLA Cal: 756 Carb: 95 g Sod: 599 mg Fat: 29 g Fiber: 10 g Pro: 34 g	**31** **TURKEY WALDORF SALAD** TOMATO SOUP ASPARAGUS BANANA WHOLE WHEAT CRACKERS Cal: 740 Carb: 103 g Sod: 486 mg Fat: 17 g Fiber: 12 g Pro: 46 g		

Home Delivery Customers

- Meals delivered between 10:30 a.m. and 12:30 p.m.
- Call **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

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.
- Under 60 guests must pay $10.75.
- 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.

Happy Holidays

Winter has a way of stirring our best memories—the crunch of snow, frosted windows, the smell of something warm baking. It reminds us that winter isn't just a season; it's a feeling. And if life feels a little quieter right now, let this be a season to slow down, recharge, and find beauty in both the past and the present.

Our real estate market is shifting toward balance. Prices are holding slightly above last year, but homes are taking longer to sell as buyer activity softens and inventory grows. With fewer buyers in the market—especially during the holiday slowdown—those ready to jump in can enjoy less competition and solid values.

And for anyone feeling like their home has become "too much," winter can be a season of reimagining. Downsizing or moving to a senior community can offer ease, warmth, and new connections. Now is the perfect time to talk with me about home values and future plans before the new year arrives.

Wherever this season finds you, may winter bring comfort, clarity, and the promise of fresh possibilities.

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