Cozy up to Hot Beverages

Drinking hot beverages in the cold weather offers benefits beyond keeping you warm and toasty. Coffee is known for improving alertness, but it can also boost your mental and physical performance. Coffee has been shown to improve mood. Coffee contains antioxidants that regulate blood sugar and prevent blood clots. If you suffer from insomnia, high blood pressure or heart-rhythm disorders, drink coffee sparingly.

Hot tea protects against cancer, heart disease, osteoporosis and memory deficits. Let tea steep for at least three minutes to get the most of that delicious cup. Herbal tea is really not tea at all, rather an infusion of flowers, roots, barks and berries. However, herbal teas can assist with sore throats, inflammation and stomach disorders.

And yes, even cocoa offers some great benefits! Cocoa contains antioxidants that help control blood pressure and reduce stroke risk. Be careful, cocoa is also high in sugar so limit yourself to just a cup or two.

This winter pour yourself a cup of something warm and enjoy a relaxing and healthy beverage.

-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.

Visit our website: mealsonwheelsmesacounty.org
Follow us on Facebook

January

MEALS on WHEELS
MESA COUNTY

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

The Scoop

Happy New Year!

WEATHER CLOSURE

Turn on your television. Meals on Wheels Mesa County 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. Usually, if schools are closed, we will be closed as well.

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

Help us thank the groups that helped feed us at Thanksgiving and Christmas! Send a thank you card back with your driver and we will make sure it gets to the appropriate people!

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!

January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1  CLOSED	**2** TOMATO RICE SOUP PIMENTO CHEESE SANDWICH BRUSSELS SPROUTS MANDARIN ORANGES Cal: 749 Carb: 93 g Sod: 1025 mg Fat: 30 g Fiber: 14 g Pro: 32 g
5 PULLED PORK SANDWICH RANCH STYLE BEANS STEAMED CARROTS TROPCIAL FRUIT OATMEAL COOKIE Cal: 844 Carb: 115 g Sod: 822 mg Fat: 26 g Fiber: 20 g Pro: 40 g	**6** MEATLOAF & GRAVY BAKED POTATO/SOUR CREAM BROCCOLI FRUIT COCKTAIL WHOLE WHEAT BREAD Cal: 1005 Carb: 112 g Sod: 800 mg Fat: 39 g Fiber: 15 g Pro: 58 g	**7** CHICKEN POT PIE SCANDINAVIAN VEGETABLES CRANBERRY APPLE SLAW UNDER THE SEA GELATIN Cal: 831 Carb: 122 g Sod: 852 mg Fat: 19 g Fiber: 13 g Pro 43 g	**8** BAKED HAM HASHBROWNS ASPARAGUS MIXED FRUIT WHOLE WHEAT ROLL Cal: 647 Carb: 97 g Sod: 886 mg Fat: 16 g Fiber: 5 g Pro: 31 g	**9** SLOPPY JOE MIXED VEGETABLES MANDARIN SPINACH SALAD APPLESAUCE Cal: 668 Carb: 91 g Sod: 786 mg Fat: 20 g Fiber: 13 g Pro: 37 g
12 SWISS STEAK WITH SAUCE BAKED SWEET POTATO LIMA BEANS ORANGE MULTIGRAIN BREAD Cal: 681 Carb: 89 g Sod: 709 mg Fat: 24 g Fiber: 17 g Pro: 33 g	**13** CHICKEN FRIED STEAK & GRAVY MASHED POTATO CORN APRICOT PINEAPPLE COMPOTE WHOLE WHEAT ROLL Cal: 937 Carb: 127 g Sod: 789 mg Fat: 21 g Fiber: 11 g Pro: 32 g	**14** PORK CHILI TOSSED SALAD/RANCH BANANA KIWI CORNBREAD Cal: 903 Carb: 108 g Sod: 1046 mg Fat: 45 g Fiber: 15 g Pro: 30 g	**15** OVEN BAKED CHICKEN GARBANZO BEAN PASTA SALAD CALIFORNIA VEGETABLES BLUSHING PEAR MULTIGRAIN BREAD Cal: 967 Carb: 91 g Sod: 524 mg Fat: 44 g Fiber: 11 g Pro: 55 g	**16** ORANGE SALMON BROWN FRIED RICE ASIAN VEGETABLES STRAWBEERIES MULTIGRAIN BREAD Cal: 522 Carb: 68 g Sod: 698 mg Fat: 11 g Fiber: 8 g Pro: 40 g
19 CLOSED	**20** HAMBURGER ON A BUN LETTUCE/TOMATO BAKED BEANS CHATEAU VEGETABLES APPLESAUCE Cal: 777 Carb: 117 g Sod: 856 mg Fat: 19 g Fiber: 18 g Pro: 41 g	**21** TATOR TOT CASSEROLE CARROT RAISIN SALAD GREEN BEANS ORANGE WHOLE WHEAT BREAD Cal: 768 Carb: 103 g Sod: 965 mg Fat: 27 g Fiber: 15 g Pro: 36 g	**22** PORK EGG ROLLS BROWN RICE ORIENTAL VEGETABLES MANDARIN ORANGES & COTTAGE CHEESE MULTIGRAIN BREAD Cal: 793 Carb: 117 g Sod: 1174 mg Fat: 19 g Fiber: 8 g Pro: 42 g	**23** TURKEY FETTUCCINI MIXED VEGETABLES PINEAPPLE MULTIGRAIN BREAD Cal: 802 Carb: 107 g Sod: 879 mg Fat: 24 g Fiber: 11 g Pro: 44 g
26 TOMATO SOUP TURKEY SANDWICH BRUSSELS SPROUTS APPLE VANILLA PUDDING Cal: 856 Carb: 139 g Sod: 989 mg Fat: 20 g Fiber: 18 g Pro: 38 g	**27** MONTEREY CHICKEN BAKED SWEET POTATO PEAS BLUSHING PEARS MULTIGRAIN BREAD Cal: 821 Carb: 107 g Sod: 1011 mg Fat: 24 g Fiber: 14 g Pro: 47 g	**28** EGG AND SAUSAGE BAKE CHOPPED SPINACH FRESH ORANGE PEANUT BUTTER COOKIE MULTI GRAIN BREAD Cal: 841 Carb: 68 g Sod: 1148 mg Fat: 45 g Fiber: 10 g Pro: 45 g	**29** NEAPOLITAN SPAGHETTI BROCCOLI TOSSED SALAD/RANCH DRESSING PINEAPPLE CHUNKS MULTIGRAIN BREAD Cal: 720 Carb: 89 g Sod: 1174 mg Fat: 29 g Fiber: 12 g Pro: 35 g	**30** STUFFED BELL PEPPER CASSEROLE CAULIFLOWER PEACHES MULTIGRAIN BREAD Cal: 534 Carb: 61 g Sod: 378 mg Fat: 22 g Fiber: 9 g Pro: 27 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.