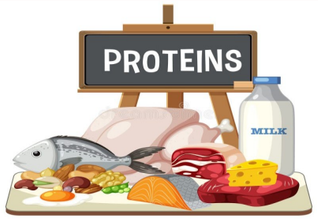


Importance of Protein

Protein makes up every cell in your body. Protein is used to build muscle, bones, skin, blood and hormones. Your hair and nails are made mostly of protein. Our bodies need a large amount of protein to perform all the functions it has to complete each day.

The benefits of eating more protein also include: reduced appetite, increased metabolism, improved muscle mass when used with exercise, improved mobility and strength. Eating protein can also decrease blood pressure as long as you are eating the right kind, and it can improve energy and reduce falls and fractures.

♥ How much protein do we need? Most people benefit from eating 6-9 ounces of protein each day. That is about 30% of your total calories per day.

♥ Do you eat protein at each meal? Foods that contain protein include eggs, meat products, nuts and legumes.

♥ What happens when we don't eat protein? Muscle begins to decrease. Bones become fragile. There is an increase in insomnia, confusion, poor digestion, mood change, sugar craving and weight gain. A lack of protein can also cause liver issues, hair loss, skin and nail fragility and infections.

Be sure to eat plenty of protein each day!

-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

February

MEALS on WHEELS
MESA COUNTY

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

The Scoop

REMINDERS

WHAT TO DO IF YOU WON'T BE HOME DURING DELIVERY

Call Meals on Wheels at least one day in advance, before 4pm, to let us know you won't be home so we can cancel your delivery. If you have any appointments scheduled between 10:30 and 12:30, you need to call and cancel. Just because "most days" your meal comes at a certain time, there is no guarantee that will happen every day.

The State of Colorado does not allow us to enter homes when no one is home, and we can't leave food outside unless it is in a refrigerator.

Our office takes phone calls up until 4:00 pm. If you need to cancel for Monday, be sure to call on Friday before 4pm. If you call to cancel your meal in the morning before drivers leave, the kitchen has already prepared and started to pack your food. While we know emergencies happen and we still want you to call, most likely there will be a slip on your door saying that you missed your meal.

As a nonprofit program we are trying to be very good stewards of each dollar we receive. This is especially important when we have a waiting list of individuals who would like our services. When we receive calls to cancel the same morning, this adds to our waste. We appreciate each one of you that calls ahead of time. You help us run our operation smoothly and effectively each day.

Meals on Wheels Pet Policy

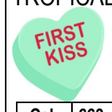
If you have a pet, you may remember us going over the Meals on Wheels Pet Policy when you were first getting started with services. Every so often, we like to send out a reminder to everyone to refresh your memories on what is expected during deliveries if you have a pet.

¨ 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 delivery driver. Large pets can be intimidating.

¨ You will only receive one warning in regard to your pet, and if problems continue, delivery services will be stopped. All dog bites are reported to authorities and service is terminated.

This pet policy was put in place to keep your Volunteer and your pet safe during delivery. We don't want anyone's pets to get accidentally stepped on or get loose in the neighborhood. We also don't want any of the Volunteers to get hurt accidentally, whether it be a scratch from an excited pet, or a bite from an aggressive one.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
2 CLAM CHOWDER 4 WAY VEGETABLES PEACH ROYALE WHOLE WHEAT CRACKERS CHOCOLATE CHIP COOKIE Cal: 812 Carb: 139 g Sod: 895 mg Fat: 20 g Fiber: 12 g Pro: 25 g	**3** TERIYAKI BEEF STEAMED BROWN RICE SPINACH MANDARIN ORANGES MULTIGRAIN BREAD FORTUNE COOKIE Cal: 845 Carb: 113 g Sod: 773 mg Fat: 22 g Fiber: 11 g Pro: 49 g	**4** TURKEY POSOLE CORN SALAD TOSSED SALAD TROPICAL FRUIT WHOLE WHEAT TORTILLA Cal: 770 Carb: 108 g Sod: 888 mg Fat: 25 g Fiber: 14 g Pro 35 g	**5** SALISBURY STEAK MASHED POTATOES ITALIAN VEGETABLES PEACHES WHEAT DINNER ROLL Cal: 777 Carb: 88 g Sod: 928 mg Fat: 31 g Fiber: 10 g Pro: 39 g	**6** BBQ CHICKEN BAKED POTATO/SOUR CREAM CAULIFLOWER FRUIT COCKTAIL MULTIGRAIN BREAD Cal: 745 Carb: 98 g Sod: 599 mg Fat: 20 g Fiber: 9.5 g Pro: 46 g
9 SHEPHERD'S PIE CHOPPED SPINACH COTTAGE CHEESE/MANDARIN ORANGES FRESH APPLE MULTIGRAIN BREAD Cal: 769 Carb: 82 g Sod: 1107 mg Fat: 33 g Fiber: 12 g Pro: 41 g	**10** POTATO SOUP EGG SALAD SANDWICH PICKLED BEETS APPLESAUCE Cal: 623 Carb: 104 g Sod: 1053 mg Fat: 15 g Fiber: 11 g Pro: 24 g	**11** MACARONI AND CHEESE BRUSSELS SPROUTS SPINACH SALAD BANANA ORANGE GELATIN MULTIGRAIN BREAD Cal: 852 Carb: 122 g Sod: 947 mg Fat: 28 g Fiber: 16 g Pro: 37 g	**12** LEMON BAKED FISH CAULIFLOWER/ BROCCOLI COLESLAW STRAWBERRY SHORTCAKE WHOLE WHEAT PITA BREAD Palisade, Grand View, Clifton Community Centers Valentine Craft 11:30-12:00 Cal: 1021 Carb: 108 g Sod: 994 mg Fat: 38 g Fiber: 11 g Pro: 66 g	**13** CHICKEN MARSALA MASHED POTATOES CAPRESE SALAD BREADSTICK CHERRY CHEESECAKE Fruita Community Center and Ratekin Towers Valentine Craft 11:30-12:00 Cal: 1004 Carb: 108 g Sod: 1664 mg Fat: 35 g Fiber: 3 g Pro: 58 g
16 BEEF TACO SALAD SALSA/SOUR CREAM SPANISH RICE FRESH ORANGE VANILLA PUDDING Cal: 804 Carb: 104 g Sod: 923 mg Fat: 29 g Fiber: 9.5 g Pro: 35 g	**17** PORK PATTY WITH GRAVY MASHED SWEET POTATOES SPINACH APPLE WALDORF SALAD CITRUS GELATIN WHOLE WHEAT BREAD Cal: 834 Carb: 110 g Sod: 1070 mg Fat: 30 g Fiber: 11 g Pro: 36 g	**18** CHILI STUFFED POTATOES CAULIFLOWER TOSSED SALAD STRAWBERRIES Cal: 535 Carb: 78 g Sod: 774 mg Fat: 16 g Fiber: 12 g Pro: 25 g	**19** TURKEY TETRAZZINI CALIFORNIA VEGETABLES PINEAPPLE MULTIGRAIN BREAD Cal: 653 Carb: 85 g Sod: 700 mg Fat: 20 g Fiber: 9 g Pro: 38 g	**20** CHILI RELLANO REFRIED BEANS TOSSED SALAD PEACHES WHOLE WHEAT BREAD Cal: 666 Carb: 78 g Sod: 1172 mg Fat: 30 g Fiber: 11 g Pro: 32 g
23 SWEDISH BEEF OVER RICE CABBAGE AND CARROTS APPLESAUCE WITH RAISINS ORANGE WHEAT BREAD Cal: 972 Carb: 136 g Sod: 517 mg Fat: 31 g Fiber: 11 g Pro: 39 g	**24** FISH TACO WITH CABBAGE SLAW MEXICALI CORN KIWI SLICED APPLES  Cal: 549 Carb: 95 g Sod: 407 mg Fat: 7 g Fiber: 10 g Pro: 38 g	**25** CHICKEN FAJITAS WITH SALSA TOSSED SALAD PINTO BEANS TROPICAL FRUIT  Cal: 663 Carb: 74 g Sod: 950 mg Fat: 17 g Fiber: 9.5 g Pro: 49 g	**26** HAM SANDWICH BROCCOLI CHEESE SOUP SPINACH EGG SALAD MANDARIN ORANGES PEANUT BUTTER COOKIE Cal: 728 Carb: 90 g Sod: 1407 mg Fat: 23 g Fiber: 10 g Pro: 43 g	**27** SPINACH LASAGNA CARROT RAISIN SALAD ITALIAN BLEND VEGETABLES FRUIT AMBROSIA ITALIAN BREAD Cal: 715 Carb: 113 g Sod: 783 mg Fat: 17 g Fiber: 12 g Pro: 33 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.