



Nutritional Standards

Did you know that Meals On Wheels meals must meet strict guidelines written by the State of Colorado?

Writing menus seems like an easy task. Most of us can say what foods we like and what we want to see on a menu. However, the menus written for Meals On Wheels must meet six specific standards predetermined by the government. This sometimes makes it challenging to offer all of those items we like and want.

Each day the meal must contain less than 1,200 mg of sodium, have greater than 8.5 gm of fiber, must offer over 30 mg of vitamin C, have over 400 mg of Calcium, and contain vitamin B6 and B12. While these are good guidelines to follow, they do present some challenges. Sometimes recipes seem bland with the lower sodium content.

In order to reach the fiber content we need, we frequently use whole wheat and multigrain bread that limit the use of other specialty breads. Dry beans are a great source of fiber and are seen often.

Vitamin C is found primarily in citrus foods. Have you noticed we serve oranges and pineapple frequently?

Finally, dark green vegetables help us meet several requirements and are on the menu regularly.

While we must meet the government criteria to qualify for funding, we also strive to offer meals that have variety and tasty options. ***We hope you enjoy them!***

-provided by Holly Krouse, Registered Dietitian

This food and health information is from the Meals on Wheels Mesa County dietitian. Our dietitian



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

The Scoop



IT'S TAX TIME

The **AARP Foundation Tax-Aide** program will once again offer FREE tax preparation by IRS-certified volunteers for your 2025 tax returns, starting February 2.

Location:

US Bank – Lower Level
Fourth Street & White Avenue

Hours:

Monday–Saturday | 9:00 a.m.–2:00 p.m.

Important Dates:

Appointments open online: January 14
Appointments by phone: Starting January 26
First day returns are prepared: February 2
Last day of service: April 15

How to Make an Appointment:

Online: Visit cotaxaide.org/ta and select “Make an Appointment” from the left-hand menu.
By phone (starting Jan. 26): 970-589-3789 or 970-210-5705

AARP Foundation Tax-Aide is offered in cooperation with the IRS and is open to taxpayers of all ages.

HELP!



All customers...








During the month of March, you should be seeing surveys dropped off at your door with your meal or coming to you at the dining sites. Each year, the State of Colorado requires that we give our customers an opportunity to be heard. Please take a moment to fill out the survey. You can give the surveys back to your Meals on Wheels volunteers to have them returned to our office. We sure appreciate your feedback!

Home Delivery customers...

Nearly each day, we have volunteers who bring meals back from the routes that they drive. Many times, this happens when our customers forget to tell us about a doctor's appointment or an errand they have to run. Please call and cancel your meal the day before by 3:30pm if you know you are not going to be home during our delivery time: 10:30 - 12:30. Even if you have to leave at the last minute, it is helpful for our staff to know you aren't going to be home. We appreciate each one of you who does call in. We want to be wise with our resources, and we know you want that as well. Thanks for helping out our team.



Visit our website: mealsonwheelsmesacounty.org
Follow us on Facebook

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
2 CHICKEN AND RICE CASSEROLE BROCCOLI WITH CHEDDAR MIXED BERRIES CHOCOLATE PUDDING WHOLE WHEAT BREAD <table border="1"> <tr><td>Cal:</td><td>912</td><td>Carb:</td><td>101 g</td><td>Sod:</td><td>920 mg</td></tr> <tr><td>Fat:</td><td>38 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>45 g</td></tr> </table>	Cal:	912	Carb:	101 g	Sod:	920 mg	Fat:	38 g	Fiber:	13 g	Pro:	45 g	3 PORK RIBLET SPINACH BAKED SWEET POTATO BANANA CORN BREAD / HONEY <table border="1"> <tr><td>Cal:</td><td>844</td><td>Carb:</td><td>111 g</td><td>Sod:</td><td>885 mg</td></tr> <tr><td>Fat:</td><td>24 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>45 g</td></tr> </table>	Cal:	844	Carb:	111 g	Sod:	885 mg	Fat:	24 g	Fiber:	12 g	Pro:	45 g	5 EGG ROLLS BROWN RICE ORIENTAL VEGETABLES MANDARIN ORANGES / COTTAGE CHEESE MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>793</td><td>Carb:</td><td>117 g</td><td>Sod:</td><td>1174 mg</td></tr> <tr><td>Fat:</td><td>19 g</td><td>Fiber:</td><td>8.5 g</td><td>Pro:</td><td>42 g</td></tr> </table>	Cal:	793	Carb:	117 g	Sod:	1174 mg	Fat:	19 g	Fiber:	8.5 g	Pro:	42 g	5 OVEN BAKED CHICKEN GARBANZO BEAN SALAD CALIFORNIA GARDEN BLEND BLUSHING PEARS MULTIGRAIN BREAD Clifton Community Campus Game/Activity Day 11:30-12:00 <table border="1"> <tr><td>Cal:</td><td>967</td><td>Carb:</td><td>92 g</td><td>Sod:</td><td>524 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:	967	Carb:	92 g	Sod:	524 mg	Fat:	44 g	Fiber:	11 g	Pro:	55 g	6 TUNA NOODLE CASSEROLE CALIFORNIA VEGETABLE BLEND TROPICAL FRUIT SALAD 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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9 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>895 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:	895 mg	Fat:	22 g	Fiber:	12 g	Pro:	45 g	10 BEEF ENCHILADAS PINTO BEANS MANDARIN ORANGES TAPIOCA PUDDING  <table border="1"> <tr><td>Cal:</td><td>832</td><td>Carb:</td><td>104 g</td><td>Sod:</td><td>882 mg</td></tr> <tr><td>Fat:</td><td>29 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>43 g</td></tr> </table>	Cal:	832	Carb:	104 g	Sod:	882 mg	Fat:	29 g	Fiber:	12 g	Pro:	43 g	11 ITALIAN LASAGNA ITALIAN VEGETABLES SPINACH CAULIFLOWER SALAD MANDARIN PINEAPPLE DESSERT MULTIGRAIN BREAD Ratekin Towers Dining Site Game/Activity Day 11:30-12:00 <table border="1"> <tr><td>Cal:</td><td>807</td><td>Carb:</td><td>93 g</td><td>Sod:</td><td>858 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:	858 mg	Fat:	29 g	Fiber:	10 g	Pro:	49 g	12 HAMBURGER ON A BUN LETTUCE, TOMATO, ONION BAKED BEANS PARSLIED CARROTS COTTAGE CHEESE WITH FRUIT <table border="1"> <tr><td>Cal:</td><td>817</td><td>Carb:</td><td>111 g</td><td>Sod:</td><td>1091 mg</td></tr> <tr><td>Fat:</td><td>22 g</td><td>Fiber:</td><td>18 g</td><td>Pro:</td><td>49 g</td></tr> </table>	Cal:	817	Carb:	111 g	Sod:	1091 mg	Fat:	22 g	Fiber:	18 g	Pro:	49 g	13 GARDEN VEGETABLE SOUP 😊 EGG SALAD SANDWICH ASPARAGUS ORANGE GELATIN WITH BANANA Fruita Community Center Game/Activity Day 11:30-12:00 <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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30 CHEF SALAD TOMATO SOUP SPICED APPLES WHEAT DINNER ROLL CHOCOLATE MILK  <table border="1"> <tr><td>Cal:</td><td>859</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:	859	Carb:	91 g	Sod:	1315 mg	Fat:	38 g	Fiber:	12 g	Pro:	43 g	31 FRITO PIE TOSSED SALAD / RANCH DRESSING 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																																							
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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 T H 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

- 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.



FRESHEN UP YOUR HOME IN 2026



Simple Design Updates with Timeless Appeal

If you're 65 or better, you've likely lived through more design trends than you can count – avocado green appliances, heavy drapes, brass everything, farmhouse chic. The good news? 2026 interior design is all about comfort, warmth, and livability – making it perfect for refreshing your home without a full remodel.

Warm Minimalism: Calm, Cozy, and Clutter-Free

Minimalism isn't cold anymore. In 2026, it's about soft neutrals, warm woods, and meaning. How to update easily:

- Swap cool gray pillows for warm beige or soft taupe
- Add a textured throw blanket
- Replace shiny metals with brushed brass or matte black
- Cut back on furniture and surfaces – keep only pieces you truly love or use

This style works beautifully for aging-in-place because it reduces visual clutter and creates a peaceful environment.



Update Colors

Love your traditional furniture? Keep it! In 2026, it's about mixing classic pieces with accent colors and new earthy colors are leading the way. Think: Sage green, soft clay, muted olive, warm terracotta. Natural tones create warmth and are especially inviting and peaceful.

Simple upgrades:

- Reupholster a favorite chair or add a cover or accent pillows
- Replace heavy drapes with lighter linen panels in a new color
- Paint an accent wall

This approach respects the home you created, while giving it new energy.



The Bottom Line

Updating your home in 2026 doesn't require a renovation – just thoughtful touches. Focus on warmth, comfort, and a few meaningful and useful items. Simplify without sacrificing personality. Your home should feel like a reflection of your life – collected, and beautifully lived in.

This is a paid advertisement and not an endorsement of Meals On Wheels-Mesa County.



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REALTOR®

📞 970.250.3147

✉️ NikiSoldMyHome@Gmail.com

🌐 NikiSoldMyHome.com

📍 215 Colorado Ave. Grand Junction, CO. 81501

