



## *Eating Alone*

Everyone knows that what we eat is important for our health. But, did you know that who we eat with is just as important?

As we age, we often spend more time eating alone. Studies show that eating alone often leads to snacking more and eating less nutritious meals. Snack items typically lack protein and are low in fresh fruits and vegetables. This often leads to changes in weight, increased cholesterol and high blood pressure. Additionally, eating alone can affect mood and memory.

Meals on Wheels offers community dining at seven locations from Fruita to Collbran. These sites are a great way to improve socialization during meals and are a nice alternative to eating alone. When you do have to eat alone, consider these ideas:

- ◆ Pre-plan meals to avoid unhealthy snacks. The home delivered meals offered by Meals on Wheels are well-balanced and can improve your nutrition each day.
- ◆ While eating, listen to music or turn on the television.
- ◆ Invite family and friends to join you on occasion.
- ◆ Speak with friends on the phone just before or just after you eat.

While not every meal can be a social event, enjoying your meal is important and is great for your health.

*-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](https://mealsonwheelsmesacounty.org)  
Follow us on Facebook



**2026**



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

## **The Scoop**

### **Meals on Wheels Welcomes VOA Colorado as New Sponsor**

We're excited to share an update to Meals on Wheels Mesa County that will strengthen the program while continuing to support the services you rely on. Starting April 18, 2026, our program's sponsorship will transition from Intermountain Health St. Mary's Regional Hospital to Volunteers of America Colorado (VOA Colorado). This transition ensures the program has the best possible foundation for continued growth and long term success.

#### **Here's what this means for you:**

- Your meals will continue just as they do today.
- You'll see the same friendly faces, MOW staff and volunteers you already know and trust.

Behind the scenes, VOA Colorado will take over supporting MOW. VOA Colorado also runs successful Meals on Wheels programs on the Front Range, and they bring valuable experience and resources to help our local program continue to thrive.

We want to thank St. Mary's for supporting MOWs for more than 35 years. Their decades of support have been essential to Meals on Wheels' success, and we're grateful for the stability and compassion they've brought to this program.

While VOA Colorado will take over as the sponsoring organization, St. Mary's is still committed to our mission and is donating \$250,000 over the next five years to our program, ensuring even more seniors in our community have access to healthy meals.

Most importantly, your Meals on Wheels team remains here for you, committed to delivering nutritious meals, connection, and care every day.






If you have questions, please reach out to the Meals on Wheels Mesa County office at (970) 298-9844.

We're excited about this next chapter and grateful to continue serving you.

Amanda de Bock

MOW Director



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
																																																																
		<b>1</b> <b>CORN DOG</b> FRENCH FRIES COLESLAW MANDARIN ORANGES  <table border="1"> <tr><td>Cal:</td><td>986</td><td>Carb:</td><td>147 g</td><td>Sod:</td><td>1459 mg</td></tr> <tr><td>Fat:</td><td>34 g</td><td>Fiber:</td><td>18 g</td><td>Pro:</td><td>26 g</td></tr> </table>	Cal:	986	Carb:	147 g	Sod:	1459 mg	Fat:	34 g	Fiber:	18 g	Pro:	26 g	<b>2</b> <b>SWEET AND SOUR CHICKEN</b> BROWN RICE STIR FRY VEGETABLES TROPICAL FRUIT MULTIGRAIN BREAD  <table border="1"> <tr><td>Cal:</td><td>847</td><td>Carb:</td><td>102 g</td><td>Sod:</td><td>724 mg</td></tr> <tr><td>Fat:</td><td>31 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>43 g</td></tr> </table>	Cal:	847	Carb:	102 g	Sod:	724 mg	Fat:	31 g	Fiber:	10 g	Pro:	43 g	<b>3</b> <b>FISH SANDWICH</b> 😊 BRUSSELS SPROUTS GARBANZO BEAN PASTA SALAD PICKLE SPEAR PINEAPPLE FLUFF  <table border="1"> <tr><td>Cal:</td><td>582</td><td>Carb:</td><td>103 g</td><td>Sod:</td><td>938 mg</td></tr> <tr><td>Fat:</td><td>11 g</td><td>Fiber:</td><td>14 g</td><td>Pro:</td><td>24 g</td></tr> </table>	Cal:	582	Carb:	103 g	Sod:	938 mg	Fat:	11 g	Fiber:	14 g	Pro:	24 g																								
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<b>6</b> <b>HAM &amp; SWISS BROCCOLI BAKE</b> PARSLIED CARROTS STRAWBERRIES SUGAR COOKIE MULTIGRAIN BREAD  <table border="1"> <tr><td>Cal:</td><td>650</td><td>Carb:</td><td>86 g</td><td>Sod:</td><td>1047 mg</td></tr> <tr><td>Fat:</td><td>17 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>39 g</td></tr> </table>	Cal:	650	Carb:	86 g	Sod:	1047 mg	Fat:	17 g	Fiber:	10 g	Pro:	39 g	<b>7</b> <b>TACO SALAD</b> SOUR CREAM & SALSA GUACAMOLE SPANISH RICE CITRUS GELATIN   <table border="1"> <tr><td>Cal:</td><td>841</td><td>Carb:</td><td>114 g</td><td>Sod:</td><td>905 mg</td></tr> <tr><td>Fat:</td><td>26 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>39 g</td></tr> </table>	Cal:	841	Carb:	114 g	Sod:	905 mg	Fat:	26 g	Fiber:	11 g	Pro:	39 g	<b>8</b> <b>TURKEY TETRAZZINI</b> CHATEAU VEGETABLES PICKLED BEETS FRESH ORANGE MULTIGRAIN BREAD CHOCOLATE MILK  <table border="1"> <tr><td>Cal:</td><td>782</td><td>Carb:</td><td>111 g</td><td>Sod:</td><td>978 mg</td></tr> <tr><td>Fat:</td><td>21 g</td><td>Fiber:</td><td>16 g</td><td>Pro:</td><td>41 g</td></tr> </table>	Cal:	782	Carb:	111 g	Sod:	978 mg	Fat:	21 g	Fiber:	16 g	Pro:	41 g	<b>9</b> <b>PULLED PORK SANDWICH</b> BAKED BEANS STEAMED CARROTS TROPICAL FRUIT OATMEAL RAISIN COOKIE  <table border="1"> <tr><td>Cal:</td><td>844</td><td>Carb:</td><td>115 g</td><td>Sod:</td><td>822 mg</td></tr> <tr><td>Fat:</td><td>26 g</td><td>Fiber:</td><td>20 g</td><td>Pro:</td><td>40 g</td></tr> </table>	Cal:	844	Carb:	115 g	Sod:	822 mg	Fat:	26 g	Fiber:	20 g	Pro:	40 g	<b>10</b> <b>CRUNCHY BAKED FISH</b> WHIPPED SWEET POTATOES BROCCOLI FRUIT COCKTAIL MULTIGRAIN BREAD  <table border="1"> <tr><td>Cal:</td><td>652</td><td>Carb:</td><td>94 g</td><td>Sod:</td><td>544 mg</td></tr> <tr><td>Fat:</td><td>15 g</td><td>Fiber:</td><td>9 g</td><td>Pro:</td><td>38 g</td></tr> </table>	Cal:	652	Carb:	94 g	Sod:	544 mg	Fat:	15 g	Fiber:	9 g	Pro:	38 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 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.