



Food Safety

Did you know that foodborne illness affects 48 million people each year in the United States? Most foodborne illness is caused by eating food contaminated with bacteria, which are naturally found in many foods.

At Meals on Wheels, the staff follow very strict food handling practices to prevent food borne illness. Each employee and volunteer must attend and pass a food-handler's course that teaches us how to keep food safe. Whether you eat a home-delivered meal or eat at a community meal site, the food you are offered is received, stored and prepared in such a way to prevent food borne illness.

But, how can you keep food safe at home? There are some basic rules that you can follow:

- First, be sure to wash your hands when touching food and wash all fresh produce.
- Second, make sure to put away groceries that need to be refrigerated quickly. Check to see if your refrigerator is at 41 degrees or lower.
- Next, watch expiration dates. The closer food gets to the expiration date, the more bacteria it has. If you plan on using frozen foods, thaw items in the refrigerator for a few days instead of leaving it on the counter or using a microwave.
- Finally, make sure you are heating foods to the appropriate temperature. Store left-overs in small containers and refrigerate quickly after your meal. Most bacteria are killed by storing food at the right temperature and preparing it in the right way. We all have the ability to keep ourselves safe if we follow these general rules.

-provided by Holly Krouse, Registered Dietitian



Visit our website: mealsonwheelsmesacounty.org
Follow us on Facebook



2026



970-424-1952
698 Long Acre Drive
Grand Junction, 81505

The Scoop

A quick note from your Home Delivery Program Coordinator

While many of you may know this, some of our newer clients may not. The State of Colorado requires that we assess each one of our customers at least one time every year.

How does this happen?

Both staff and volunteers help contact customers via phone and ask them the questions. These are the same questions you answered when you started services with Meals on Wheels. You don't need to be surprised if someone calls to complete the form. There may be times when assessments are completed in person either in the home or at a dining site.

Why does the State require this?

There are many reasons, but here are just a few:

- We want to be sure we have updated information and know who to call if there is an emergency.
- Sometimes we are able to direct customers to additional programs if their needs have increased.
- The State of Colorado is looking at trends among seniors to see where they need to shift resources to best fit the community.
- It gives you a chance to let us know if there are any issues with food or deliveries.

How can you help?








Please be sure that staff always has the most updated phone number for you. If you change your phone number, let Meals on Wheels staff know. If we can't reach you, your services may end up on hold. Also, please answer when we call. We want to continue serving you, so help us, help you.

Thanks for your cooperation. I know many of you have had some meaningful conversations with those who called to complete the reassessment.

Have a vehicle just taking up space?

Do you have a vehicle you'd like to get rid of? You can DONATE it to Meals on Wheels Mesa County! We'll take care of getting it removed from your property at no charge to you. If this sounds like something you might be interested in, please call 970-424-1952 on Wheels and ask for Amanda de Bock.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
				1  ALBONDIGAS SOUP CHICKEN SALAD SANDWICH CHATEAU VEGETABLES PEACHES & COTTAGE CHEESE <table border="1" style="font-size: small;"> <tr> <td>Cal:</td><td>655</td><td>Carb:</td><td>73 g</td><td>Sod:</td><td>1186 mg</td> </tr> <tr> <td>Fat:</td><td>19 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>52 g</td> </tr> </table>	Cal:	655	Carb:	73 g	Sod:	1186 mg	Fat:	19 g	Fiber:	12 g	Pro:	52 g																																																
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4 CHICKEN STRIPS WITH HONEY MUSTARD SAUCE BAKED SWEET POTATO CUCUMBER TOMATO SALAD MANDARIN ORANGES WHOLE WHEAT DINNER ROLL <table border="1" style="font-size: small;"> <tr> <td>Cal:</td><td>726</td><td>Carb:</td><td>101 g</td><td>Sod:</td><td>908 mg</td> </tr> <tr> <td>Fat:</td><td>23 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>32 g</td> </tr> </table>	Cal:	726	Carb:	101 g	Sod:	908 mg	Fat:	23 g	Fiber:	12 g	Pro:	32 g	5 CINCO DE MAYO STEAK FAJITAS REFRIED BEANS TOSSED SALAD TROPICAL FRUIT CHURRO  <table border="1" style="font-size: small;"> <tr> <td>Cal:</td><td>865</td><td>Carb:</td><td>117 g</td><td>Sod:</td><td>1603 mg</td> </tr> <tr> <td>Fat:</td><td>26 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>40 g</td> </tr> </table>	Cal:	865	Carb:	117 g	Sod:	1603 mg	Fat:	26 g	Fiber:	13 g	Pro:	40 g	6 TATOR TOT CASSEROLE CARROT RAISIN SALAD GREEN BEANS ORANGE WHOLE WHEAT BREAD <table border="1" style="font-size: small;"> <tr> <td>Cal:</td><td>768</td><td>Carb:</td><td>103 g</td><td>Sod:</td><td>962 mg</td> </tr> <tr> <td>Fat:</td><td>27 g</td><td>Fiber:</td><td>15 g</td><td>Pro:</td><td>36 g</td> </tr> </table>	Cal:	768	Carb:	103 g	Sod:	962 mg	Fat:	27 g	Fiber:	15 g	Pro:	36 g	7 MONTEREY CHICKEN BAKED SWEET POTATO SNAP PEAS BLUSHING PEARS MULTIGRAIN BREAD <table border="1" style="font-size: small;"> <tr> <td>Cal:</td><td>821</td><td>Carb:</td><td>107 g</td><td>Sod:</td><td>1011 mg</td> </tr> <tr> <td>Fat:</td><td>24 g</td><td>Fiber:</td><td>14 g</td><td>Pro:</td><td>47 g</td> </tr> </table>	Cal:	821	Carb:	107 g	Sod:	1011 mg	Fat:	24 g	Fiber:	14 g	Pro:	47 g	8  TURKEY FETTUCCINE MIXED VEGETABLES PINEAPPLE MULTIGRAIN BREAD <table border="1" style="font-size: small;"> <tr> <td>Cal:</td><td>801</td><td>Carb:</td><td>107 g</td><td>Sod:</td><td>879 mg</td> </tr> <tr> <td>Fat:</td><td>24 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>44 g</td> </tr> </table>	Cal:	801	Carb:	107 g	Sod:	879 mg	Fat:	24 g	Fiber:	11 g	Pro:	44 g
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Home Delivery Customers

- Meals delivered between 10:30 a.m. and 12:30 p.m.
- Call 970-424-1952 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. 970-424-1952

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

M-F 12:00-12:30 Ratekin Towers Apartments 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.