



Fat sometimes gets a bad rap. The truth is your body needs fat. Fat is used as a fuel source and of course is the major storage site of energy. It helps support cell growth and protects your organs from injury. Fats also help your body absorb nutrients and hormones. The problem with fat is that sometimes we eat too much, or we eat the wrong kind. That is when fat becomes harmful instead of helpful. There are different kinds of fats:

- ♥ **Monounsaturated fats** are good fats when eaten in moderation. They lower bad cholesterol and are found in olive oil, canola oil, peanuts and avocados.
- ♥ **Polyunsaturated fats** are also good fats and help reduce bad cholesterol and increase good cholesterol. They are found in soybeans, corn oil and sunflower oil.
- ♥ **Saturated fats** are not healthy fats and increase bad cholesterol. They are found in fatty meat, lard, whole milk butters, cream and coconut oil.
- ♥ **Trans fats** are vegetable fats that are hydrogenated to become solid and are the worst kinds of fats to eat. They not only increase bad cholesterol but also reduce good cholesterol. Trans fats are found in many prepared foods and should be avoided.

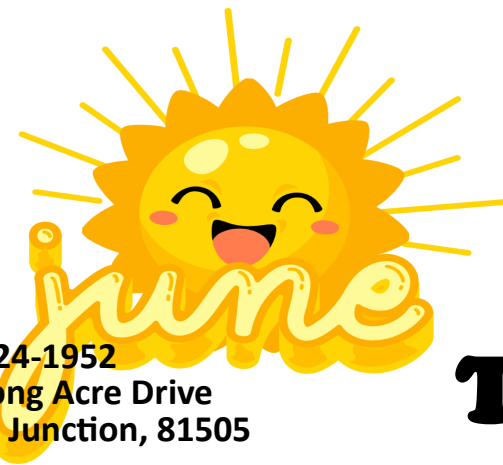
Knowing your fats and how they affect your body will help you make great choices for healthy living!

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



2026



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

## The Scoop

### Food Safety for Meals on Wheels

- ◆ **Hot Foods:** If you don't plan to eat immediately, refrigerate your meals. You can reheat your food when you're ready to eat. When you reheat food, divide it into smaller portions, cover, and heat to 165° degrees.
- ◆ **Cold Foods:** Eat these right away or refrigerate food and milk immediately if you plan to eat it later.
- ◆ **Frozen Meals:** Place in freezer right away to preserve freshness. Follow heating instructions on package.











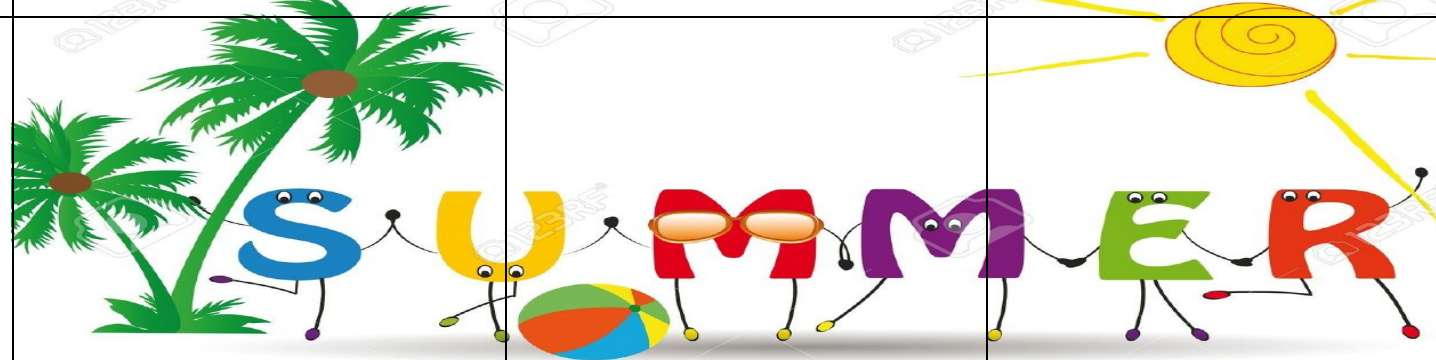

**DISCARD ANY FOOD THAT HAS BEEN LEFT AT ROOM TEMPERATURE LONGER THAN 2 HOURS**

Use a thermometer to keep your refrigerator at 40° or below; freezer at 0° or less. Label all leftovers with the date, so you know when to discard them. Be sure to always check the expiration date on milk stored after delivery.

We want you to enjoy your meals and practice these safety guidelines. Questions? Call **970-424-1952**.

### FUN FOOD FACTS

- ◆ The only fruit that has its seeds on the outer skin is the strawberry. A strawberry isn't an actual berry, but watermelons and bananas are!
- ◆ The only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any form other than fresh, is lettuce.
- ◆ Almonds are members of the peach family and they are seeds, not nuts.
- ◆ Tomatoes are a fruit. And so are pistachios!
- ◆ Kiwi is neither a fruit nor a vegetable. It's a flightless bird native to New Zealand. However, kiwifruit, the proper name, is a fruit.
- ◆ Bananas, mangoes, peaches and avocados are pollinated by bats.
- ◆ Pumpkins and avocados are fruits, not vegetables, and avocados are technically a berry!
- ◆ Lemons float, but limes sink.
- ◆ Raspberries are a member of the rose family.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
<b>1</b> CLAM CHOWDER 4-WAY VEGETABLES PEACH ROYALE WHOLE WHEAT CRACKERS CHOCOLATE CHIP COOKIE  <table border="1"> <tr> <td>Cal:</td> <td>811</td> <td>Carb:</td> <td>139 g</td> <td>Sod:</td> <td>895 mg</td> </tr> <tr> <td>Fat:</td> <td>20 g</td> <td>Fiber:</td> <td>12 g</td> <td>Pro:</td> <td>25 g</td> </tr> </table>	Cal:	811	Carb:	139 g	Sod:	895 mg	Fat:	20 g	Fiber:	12 g	Pro:	25 g	<b>2</b> CHICKEN FAJITAS WITH SALSA TOSSED SALAD PINTO BEANS TROPICAL FRUIT   <table border="1"> <tr> <td>Cal:</td> <td>661</td> <td>Carb:</td> <td>73 g</td> <td>Sod:</td> <td>952 mg</td> </tr> <tr> <td>Fat:</td> <td>17 g</td> <td>Fiber:</td> <td>10 g</td> <td>Pro:</td> <td>49 g</td> </tr> </table>	Cal:	661	Carb:	73 g	Sod:	952 mg	Fat:	17 g	Fiber:	10 g	Pro:	49 g	<b>3</b> MACARONI AND CHEESE BRUSSELS SPROUTS SPINACH SALAD BANANA ORANGE GELATIN MULTIGRAIN BREAD  <table border="1"> <tr> <td>Cal:</td> <td>851</td> <td>Carb:</td> <td>122 g</td> <td>Sod:</td> <td>946 mg</td> </tr> <tr> <td>Fat:</td> <td>28 g</td> <td>Fiber:</td> <td>16 g</td> <td>Pro:</td> <td>37 g</td> </tr> </table>	Cal:	851	Carb:	122 g	Sod:	946 mg	Fat:	28 g	Fiber:	16 g	Pro:	37 g	<b>4</b> FRITO PIE TOSSED SALAD 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	<b>5</b> HAM SANDWICH  BROCCOLI CHEESE SOUP PEA SALAD MANDARIN ORANGES PEANUT BUTTER COOKIE  <table border="1"> <tr> <td>Cal:</td> <td>759</td> <td>Carb:</td> <td>104 g</td> <td>Sod:</td> <td>1578 mg</td> </tr> <tr> <td>Fat:</td> <td>22 g</td> <td>Fiber:</td> <td>13 g</td> <td>Pro:</td> <td>41 g</td> </tr> </table>	Cal:	759	Carb:	104 g	Sod:	1578 mg	Fat:	22 g	Fiber:	13 g	Pro:	41 g
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<b>8</b> SHEPHERD'S PIE CHOPPED SPINACH COTTAGE CHEESE WITH MANDARIN ORANGES FRESH APPLE MULTIGRAIN BREAD  <table border="1"> <tr> <td>Cal:</td> <td>766</td> <td>Carb:</td> <td>82 g</td> <td>Sod:</td> <td>1105 mg</td> </tr> <tr> <td>Fat:</td> <td>33 g</td> <td>Fiber:</td> <td>12 g</td> <td>Pro:</td> <td>41 g</td> </tr> </table>	Cal:	766	Carb:	82 g	Sod:	1105 mg	Fat:	33 g	Fiber:	12 g	Pro:	41 g	<b>9</b> SALISBURY STEAK MASHED POTATOES ASPARAGUS PEACHES WHEAT DINNER ROLL  <table border="1"> <tr> <td>Cal:</td> <td>969</td> <td>Carb:</td> <td>102 g</td> <td>Sod:</td> <td>891 mg</td> </tr> <tr> <td>Fat:</td> <td>43 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>48 g</td> </tr> </table>	Cal:	969	Carb:	102 g	Sod:	891 mg	Fat:	43 g	Fiber:	11 g	Pro:	48 g	<b>10</b> CHILI RELLANO REFRIED BEANS MEXICAN CORN MANDARIN ORANGES WHOLE WHEAT TORTILLA  <table border="1"> <tr> <td>Cal:</td> <td>882</td> <td>Carb:</td> <td>124 g</td> <td>Sod:</td> <td>959 mg</td> </tr> <tr> <td>Fat:</td> <td>26 g</td> <td>Fiber:</td> <td>23 g</td> <td>Pro:</td> <td>46 g</td> </tr> </table>	Cal:	882	Carb:	124 g	Sod:	959 mg	Fat:	26 g	Fiber:	23 g	Pro:	46 g	<b>11</b> LEMON BAKED FISH CAULIFLOWER AND BROCCOLI COLESLAW STRAWBERRY SHORTCAKE WHOLE WHEAT PITA BREAD  Ratekin Towers Game Day 11:30-12:00  <table border="1"> <tr> <td>Cal:</td> <td>1021</td> <td>Carb:</td> <td>108 g</td> <td>Sod:</td> <td>994 mg</td> </tr> <tr> <td>Fat:</td> <td>38 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>66 g</td> </tr> </table>	Cal:	1021	Carb:	108 g	Sod:	994 mg	Fat:	38 g	Fiber:	11 g	Pro:	66 g	<b>12</b> POTATO SOUP  EGG SALAD SANDWICH PICKLED BEETS APPLESAUCE   <table border="1"> <tr> <td>Cal:</td> <td>624</td> <td>Carb:</td> <td>104 g</td> <td>Sod:</td> <td>1054 mg</td> </tr> <tr> <td>Fat:</td> <td>15 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>24 g</td> </tr> </table>	Cal:	624	Carb:	104 g	Sod:	1054 mg	Fat:	15 g	Fiber:	11 g	Pro:	24 g
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<b>15</b> BEEF TACO SALAD SALSA / SOUR CREAM SPANISH RICE FRESH ORANGE VANILLA PUDDING  <table border="1"> <tr> <td>Cal:</td> <td>803</td> <td>Carb:</td> <td>104 g</td> <td>Sod:</td> <td>934 mg</td> </tr> <tr> <td>Fat:</td> <td>29 g</td> <td>Fiber:</td> <td>10 g</td> <td>Pro:</td> <td>35 g</td> </tr> </table>	Cal:	803	Carb:	104 g	Sod:	934 mg	Fat:	29 g	Fiber:	10 g	Pro:	35 g	<b>16</b> PORK PATTY WITH GRAVY MASHED SWEET POTATOES SPINACH APPLE WALDORF SALAD CITRUS GELATIN WHOLE WHEAT BREAD  <table border="1"> <tr> <td>Cal:</td> <td>835</td> <td>Carb:</td> <td>110 g</td> <td>Sod:</td> <td>1070 mg</td> </tr> <tr> <td>Fat:</td> <td>30 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>36 g</td> </tr> </table>	Cal:	835	Carb:	110 g	Sod:	1070 mg	Fat:	30 g	Fiber:	11 g	Pro:	36 g	<b>17</b> CHILI STUFFED POTATOES CAULIFLOWER TOSSED SALAD STRAWBERRIES  <table border="1"> <tr> <td>Cal:</td> <td>534</td> <td>Carb:</td> <td>78 g</td> <td>Sod:</td> <td>770 mg</td> </tr> <tr> <td>Fat:</td> <td>16 g</td> <td>Fiber:</td> <td>12 g</td> <td>Pro:</td> <td>25 g</td> </tr> </table>	Cal:	534	Carb:	78 g	Sod:	770 mg	Fat:	16 g	Fiber:	12 g	Pro:	25 g	<b>18</b> SPINACH LASAGNA CARROT RAISIN SALAD ITALIAN BLEND VEGETABLES FRUIT AMBROSIA ITALIAN BREAD  Clifton Comm Center Game Day 11:30-12:00  <table border="1"> <tr> <td>Cal:</td> <td>715</td> <td>Carb:</td> <td>113 g</td> <td>Sod:</td> <td>784 mg</td> </tr> <tr> <td>Fat:</td> <td>17 g</td> <td>Fiber:</td> <td>12 g</td> <td>Pro:</td> <td>33 g</td> </tr> </table>	Cal:	715	Carb:	113 g	Sod:	784 mg	Fat:	17 g	Fiber:	12 g	Pro:	33 g	<b>19</b> <div style="text-align: center;">  <p><b>CLOSED</b></p> </div>												
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<b>29</b> TURKEY ALA KING OVER A BISCUIT VEGETABLE PATCH SALAD ISLAND VEGETABLES FRESH APPLE CHOCOLATE PUDDING  <table border="1"> <tr> <td>Cal:</td> <td>817</td> <td>Carb:</td> <td>125 g</td> <td>Sod:</td> <td>763 mg</td> </tr> <tr> <td>Fat:</td> <td>17 g</td> <td>Fiber:</td> <td>12 g</td> <td>Pro:</td> <td>45 g</td> </tr> </table>	Cal:	817	Carb:	125 g	Sod:	763 mg	Fat:	17 g	Fiber:	12 g	Pro:	45 g	<b>30</b> SWEDISH BEEF OVER RICE CABBAGE AND CARROTS APPLESAUCE & RAISINS ORANGE WHEAT BREAD  <table border="1"> <tr> <td>Cal:</td> <td>969</td> <td>Carb:</td> <td>135 g</td> <td>Sod:</td> <td>517 mg</td> </tr> <tr> <td>Fat:</td> <td>31 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>39 g</td> </tr> </table>	Cal:	969	Carb:	135 g	Sod:	517 mg	Fat:	31 g	Fiber:	11 g	Pro:	39 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

**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.