



The Benefits of Probiotics

Probiotics are good microorganisms that help restore balance to your gut. They increase natural bacteria that might be missing because of a poor diet or illness. Sometimes antibiotics can reduce the natural flora in your stomach and taking probiotics can help those flora flourish again. They help with digestion and increase immunity.

The two most commonly used probiotics are Lactobacillus and Bifidobacterium. These can be found in fermented foods like yogurt and sauerkraut. Some aged cheeses and buttermilk also contain probiotics. They can also be taken over the counter in the form of a supplement.

If you suffer from diarrhea, irritable bowel syndrome or frequent urinary tract infections, consider using probiotics. They have also been shown to help with skin conditions like eczema.

Consider giving probiotics a try!

-provided by Holly Krouse, Registered Dietitian

Fun Facts about summer....

- ⇒ In the summer heat, the iron in France's Eiffel Tower expands, making the tower grow more than 6 inches.
- ⇒ Popsicles were accidentally invented by an 11-year-old boy in 1905. He left a glass of soda outside on a cold night. By the next morning his soda had frozen. He began selling them at an amusement park. In the U.S., cherry is the number one flavor.
- ⇒ July, the hottest summer month in the Northern Hemisphere, is National Ice Cream Month, not surprisingly. Americans eat an average 20 quarts of ice cream a year. Vanilla is the most popular flavor, with chocolate coming in a distant second.
- ⇒ Between Memorial Day and Labor Day, Americans eat over 7 billion hot dogs. Yikes!



Visit our website: mealsonwheelsmesacounty.org
Follow us on Facebook

2026 July



MEALS on WHEELS
MESA COUNTY

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



The Scoop

Meals on Wheels Mesa County will be **closed on July 3rd** to observe the birthday of our great nation. Those who are scheduled to receive **frozen meals** on July 3rd will instead be getting them on **July 1st**.

Our dining site patrons will enjoy "**Fourth of July**" festivities at Fruita Community Center on **July 1st** and at Clifton Community Campus, Grand View Apartments, Palisade Community Center and Ratekin Towers on **July 2nd**.



The following simple precautions are recommended to avoid heat-related illnesses

Drink Plenty of Water. It is important to drink fluids, especially if you are out in the sun. Water is the best beverage. Fruit juices and iced tea are also good.



Avoid Alcohol. A cold beer may sound inviting but may actually speed up dehydration. Beer, wine, and liquor on a hot day can double the risks you face from the heat.

Use a Circulation Fan even if you have air conditioning. A fan which keeps the air moving will let you push up the thermostat several degrees and still be comfortable.

Use Your Basement During the Hottest Hours. If you do not have air conditioning but you have a basement, set up housekeeping there for the duration. Basements are usually 10 degrees cooler than upstairs.

Be A Good Neighbor. Check on your neighbors several times during the day. Senior citizens living without air conditioning should spend the hottest hours of the day at air conditioned facilities such as shopping malls, movie theatres, or senior centers.

Be Kind to Your Pets at the Same Time. Pets suffer from the heat as much as you do. Provide them with shade and plenty of cool water.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
	<p>Life Liberty Pursuit of Happiness</p>	<p>1 CHICKEN SALAD SANDWICH CHATEAU VEGETABLES BAKED BEANS FRUIT COCKTAIL Fourth of July Festivities 11:30am Fruita Community Center</p> <table border="1"> <tr> <td>Cal:</td> <td>656</td> <td>Carb:</td> <td>101 g</td> <td>Sod:</td> <td>989 mg</td> </tr> <tr> <td>Fat:</td> <td>10 g</td> <td>Fiber:</td> <td>20 g</td> <td>Pro:</td> <td>45 g</td> </tr> </table>	Cal:	656	Carb:	101 g	Sod:	989 mg	Fat:	10 g	Fiber:	20 g	Pro:	45 g	<p>2 CHILI DOG ON A BUN CALIFORNIA BLEND VEGETABLES PEA AND CHEESE SALAD WALDORF GELATIN Fourth of July Festivities 11:30am Grand View, Ratekin, Clifton & Palisade</p> <table border="1"> <tr> <td>Cal:</td> <td>651</td> <td>Carb:</td> <td>92 g</td> <td>Sod:</td> <td>1158 mg</td> </tr> <tr> <td>Fat:</td> <td>19 g</td> <td>Fiber:</td> <td>15 g</td> <td>Pro:</td> <td>33 g</td> </tr> </table>	Cal:	651	Carb:	92 g	Sod:	1158 mg	Fat:	19 g	Fiber:	15 g	Pro:	33 g	<p>3 CLOSED</p> 																																				
Cal:	656	Carb:	101 g	Sod:	989 mg																																																											
Fat:	10 g	Fiber:	20 g	Pro:	45 g																																																											
Cal:	651	Carb:	92 g	Sod:	1158 mg																																																											
Fat:	19 g	Fiber:	15 g	Pro:	33 g																																																											
<p>6 ORANGE CHICKEN FRIED RICE GREEN BEANS WITH ALMONDS FRESH APPLE</p> <table border="1"> <tr> <td>Cal:</td> <td>700</td> <td>Carb:</td> <td>91 g</td> <td>Sod:</td> <td>556 mg</td> </tr> <tr> <td>Fat:</td> <td>16 g</td> <td>Fiber:</td> <td>10 g</td> <td>Pro:</td> <td>52 g</td> </tr> </table>	Cal:	700	Carb:	91 g	Sod:	556 mg	Fat:	16 g	Fiber:	10 g	Pro:	52 g	<p>7 ROAST BEEF MASHED POTATOES & GRAVY RED CABBAGE TOSS FRUIT SALAD WHOLE WHEAT BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>778</td> <td>Carb:</td> <td>108 g</td> <td>Sod:</td> <td>777 mg</td> </tr> <tr> <td>Fat:</td> <td>22 g</td> <td>Fiber:</td> <td>12 g</td> <td>Pro:</td> <td>42 g</td> </tr> </table>	Cal:	778	Carb:	108 g	Sod:	777 mg	Fat:	22 g	Fiber:	12 g	Pro:	42 g	<p>8 SEAFOOD PASTA SALAD BROCCOLI LEMON CHERRY CUSTARD CAKE WHOLE WHEAT PITA BREAD CHOCOLATE MILK</p> <table border="1"> <tr> <td>Cal:</td> <td>596</td> <td>Carb:</td> <td>109 g</td> <td>Sod:</td> <td>773 mg</td> </tr> <tr> <td>Fat:</td> <td>8 g</td> <td>Fiber:</td> <td>13 g</td> <td>Pro:</td> <td>28 g</td> </tr> </table>	Cal:	596	Carb:	109 g	Sod:	773 mg	Fat:	8 g	Fiber:	13 g	Pro:	28 g	<p>9 TURKEY TACOS BLACK BEANS WITH CILANTRO SPANISH RICE LETTUCE, TOMATO & CHEESE SALSA MIXED FRUIT</p> <table border="1"> <tr> <td>Cal:</td> <td>757</td> <td>Carb:</td> <td>90 g</td> <td>Sod:</td> <td>876 mg</td> </tr> <tr> <td>Fat:</td> <td>23 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>52 g</td> </tr> </table>	Cal:	757	Carb:	90 g	Sod:	876 mg	Fat:	23 g	Fiber:	11 g	Pro:	52 g	<p>10 CHICKEN NUGGETS</p> <p>BAKED SWEET POTATO CUCUMBER SALAD FRUIT COCKTAIL MULTIGRAIN BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>789</td> <td>Carb:</td> <td>101 g</td> <td>Sod:</td> <td>1171 mg</td> </tr> <tr> <td>Fat:</td> <td>31 g</td> <td>Fiber:</td> <td>12 g</td> <td>Pro:</td> <td>31 g</td> </tr> </table>	Cal:	789	Carb:	101 g	Sod:	1171 mg	Fat:	31 g	Fiber:	12 g	Pro:	31 g
Cal:	700	Carb:	91 g	Sod:	556 mg																																																											
Fat:	16 g	Fiber:	10 g	Pro:	52 g																																																											
Cal:	778	Carb:	108 g	Sod:	777 mg																																																											
Fat:	22 g	Fiber:	12 g	Pro:	42 g																																																											
Cal:	596	Carb:	109 g	Sod:	773 mg																																																											
Fat:	8 g	Fiber:	13 g	Pro:	28 g																																																											
Cal:	757	Carb:	90 g	Sod:	876 mg																																																											
Fat:	23 g	Fiber:	11 g	Pro:	52 g																																																											
Cal:	789	Carb:	101 g	Sod:	1171 mg																																																											
Fat:	31 g	Fiber:	12 g	Pro:	31 g																																																											
<p>13 TUNA SALAD SANDWICH GARDEN VEGETABLE SOUP MIXED BERRIES RAISIN NUT CUP</p> <table border="1"> <tr> <td>Cal:</td> <td>703</td> <td>Carb:</td> <td>85 g</td> <td>Sod:</td> <td>1177 mg</td> </tr> <tr> <td>Fat:</td> <td>25 g</td> <td>Fiber:</td> <td>14 g</td> <td>Pro:</td> <td>42 g</td> </tr> </table>	Cal:	703	Carb:	85 g	Sod:	1177 mg	Fat:	25 g	Fiber:	14 g	Pro:	42 g	<p>14 MEATLOAF & BROWN GRAVY BAKED POTATO & SOUR CREAM HERBED GREEN BEANS CITRUS SURPRISE MULTIGRAIN BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>901</td> <td>Carb:</td> <td>105 g</td> <td>Sod:</td> <td>795 mg</td> </tr> <tr> <td>Fat:</td> <td>30 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>55 g</td> </tr> </table>	Cal:	901	Carb:	105 g	Sod:	795 mg	Fat:	30 g	Fiber:	11 g	Pro:	55 g	<p>15 CHEF SALAD TOMATO SOUP CINNAMON APPLE SLICES WHOLE WHEAT DINNER ROLL</p> <table border="1"> <tr> <td>Cal:</td> <td>860</td> <td>Carb:</td> <td>91 g</td> <td>Sod:</td> <td>1315 mg</td> </tr> <tr> <td>Fat:</td> <td>39 g</td> <td>Fiber:</td> <td>12 g</td> <td>Pro:</td> <td>43 g</td> </tr> </table>	Cal:	860	Carb:	91 g	Sod:	1315 mg	Fat:	39 g	Fiber:	12 g	Pro:	43 g	<p>16 BEEF STEW SPINACH ORANGE SALAD FRUIT COCKTAIL PINEAPPLE UPSIDE DOWN CAKE BISCUIT WITH HONEY</p> <table border="1"> <tr> <td>Cal:</td> <td>1076</td> <td>Carb:</td> <td>188 g</td> <td>Sod:</td> <td>1079 mg</td> </tr> <tr> <td>Fat:</td> <td>22 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>36 g</td> </tr> </table>	Cal:	1076	Carb:	188 g	Sod:	1079 mg	Fat:	22 g	Fiber:	11 g	Pro:	36 g	<p>17 BAKED CHICKEN</p> <p>PEAS AND CARROTS GARBANZO BEAN PASTA SALAD BLUSHING PEAR MULTIGRAIN BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>1016</td> <td>Carb:</td> <td>96 g</td> <td>Sod:</td> <td>559 mg</td> </tr> <tr> <td>Fat:</td> <td>46 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>56 g</td> </tr> </table>	Cal:	1016	Carb:	96 g	Sod:	559 mg	Fat:	46 g	Fiber:	11 g	Pro:	56 g
Cal:	703	Carb:	85 g	Sod:	1177 mg																																																											
Fat:	25 g	Fiber:	14 g	Pro:	42 g																																																											
Cal:	901	Carb:	105 g	Sod:	795 mg																																																											
Fat:	30 g	Fiber:	11 g	Pro:	55 g																																																											
Cal:	860	Carb:	91 g	Sod:	1315 mg																																																											
Fat:	39 g	Fiber:	12 g	Pro:	43 g																																																											
Cal:	1076	Carb:	188 g	Sod:	1079 mg																																																											
Fat:	22 g	Fiber:	11 g	Pro:	36 g																																																											
Cal:	1016	Carb:	96 g	Sod:	559 mg																																																											
Fat:	46 g	Fiber:	11 g	Pro:	56 g																																																											
<p>20 TAMALES TOSSED SALAD WITH RANCH DRESSING TROPICAL FRUIT ORANGE WHOLE WHEAT TORTILLA</p> <table border="1"> <tr> <td>Cal:</td> <td>991</td> <td>Carb:</td> <td>143 g</td> <td>Sod:</td> <td>1155 mg</td> </tr> <tr> <td>Fat:</td> <td>29 g</td> <td>Fiber:</td> <td>13 g</td> <td>Pro:</td> <td>43 g</td> </tr> </table>	Cal:	991	Carb:	143 g	Sod:	1155 mg	Fat:	29 g	Fiber:	13 g	Pro:	43 g	<p>21 BEEF STROGANOFF PENNE PASTA SCANDINAVIAN VEGETABLES RED CABBAGE SALAD APPLESAUCE WHOLE WHEAT BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>793</td> <td>Carb:</td> <td>104 g</td> <td>Sod:</td> <td>470 mg</td> </tr> <tr> <td>Fat:</td> <td>27 g</td> <td>Fiber:</td> <td>13 g</td> <td>Pro:</td> <td>37 g</td> </tr> </table>	Cal:	793	Carb:	104 g	Sod:	470 mg	Fat:	27 g	Fiber:	13 g	Pro:	37 g	<p>22 DIJON CHICKEN RICE PILAF BRUSSELS SPROUTS RAINBOW SALAD PINEAPPLE MULTIGRAIN BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>1099</td> <td>Carb:</td> <td>87 g</td> <td>Sod:</td> <td>1111 mg</td> </tr> <tr> <td>Fat:</td> <td>40 g</td> <td>Fiber:</td> <td>10 g</td> <td>Pro:</td> <td>97 g</td> </tr> </table>	Cal:	1099	Carb:	87 g	Sod:	1111 mg	Fat:	40 g	Fiber:	10 g	Pro:	97 g	<p>23 HAM SALAD SANDWICH MIXED VEGETABLES CITRUS GELATIN CHOCOLATE CHIP COOKIE</p> <table border="1"> <tr> <td>Cal:</td> <td>650</td> <td>Carb:</td> <td>104 g</td> <td>Sod:</td> <td>1354 mg</td> </tr> <tr> <td>Fat:</td> <td>14 g</td> <td>Fiber:</td> <td>9 g</td> <td>Pro:</td> <td>31 g</td> </tr> </table>	Cal:	650	Carb:	104 g	Sod:	1354 mg	Fat:	14 g	Fiber:	9 g	Pro:	31 g	<p>24 FISH ON A BUN GARBANZO BEAN SALAD BRUSSELS SPROUTS MANDARIN ORANGES AND COTTAGE CHEESE RICE KRISPIE TREAT</p> <table border="1"> <tr> <td>Cal:</td> <td>614</td> <td>Carb:</td> <td>93 g</td> <td>Sod:</td> <td>1121 mg</td> </tr> <tr> <td>Fat:</td> <td>16 g</td> <td>Fiber:</td> <td>14 g</td> <td>Pro:</td> <td>31 g</td> </tr> </table>	Cal:	614	Carb:	93 g	Sod:	1121 mg	Fat:	16 g	Fiber:	14 g	Pro:	31 g
Cal:	991	Carb:	143 g	Sod:	1155 mg																																																											
Fat:	29 g	Fiber:	13 g	Pro:	43 g																																																											
Cal:	793	Carb:	104 g	Sod:	470 mg																																																											
Fat:	27 g	Fiber:	13 g	Pro:	37 g																																																											
Cal:	1099	Carb:	87 g	Sod:	1111 mg																																																											
Fat:	40 g	Fiber:	10 g	Pro:	97 g																																																											
Cal:	650	Carb:	104 g	Sod:	1354 mg																																																											
Fat:	14 g	Fiber:	9 g	Pro:	31 g																																																											
Cal:	614	Carb:	93 g	Sod:	1121 mg																																																											
Fat:	16 g	Fiber:	14 g	Pro:	31 g																																																											
<p>27 MEATBALLS OVER NOODLES BROCCOLI CORN CASSEROLE SPINACH SALAD WITH EGG FRUIT AMBROSIA MULTIGRAIN BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>569</td> <td>Carb:</td> <td>78 g</td> <td>Sod:</td> <td>836 mg</td> </tr> <tr> <td>Fat:</td> <td>19 g</td> <td>Fiber:</td> <td>7 g</td> <td>Pro:</td> <td>27 g</td> </tr> </table>	Cal:	569	Carb:	78 g	Sod:	836 mg	Fat:	19 g	Fiber:	7 g	Pro:	27 g	<p>28 BREAKFAST SANDWICH ASPARAGUS CARROT RAISIN SALAD BANANA PEANUT BUTTER COOKIE</p> <table border="1"> <tr> <td>Cal:</td> <td>816</td> <td>Carb:</td> <td>112 g</td> <td>Sod:</td> <td>1179 mg</td> </tr> <tr> <td>Fat:</td> <td>26 g</td> <td>Fiber:</td> <td>10 g</td> <td>Pro:</td> <td>36 g</td> </tr> </table>	Cal:	816	Carb:	112 g	Sod:	1179 mg	Fat:	26 g	Fiber:	10 g	Pro:	36 g	<p>29 POT ROAST MASHED POTATOES/ GRAVY RED CABBAGE TOSS FRUIT SALAD APPLE WHOLE WHEAT BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>777</td> <td>Carb:</td> <td>108 g</td> <td>Sod:</td> <td>776 mg</td> </tr> <tr> <td>Fat:</td> <td>22 g</td> <td>Fiber:</td> <td>12 g</td> <td>Pro:</td> <td>42 g</td> </tr> </table>	Cal:	777	Carb:	108 g	Sod:	776 mg	Fat:	22 g	Fiber:	12 g	Pro:	42 g	<p>30 SESAME CHICKEN LO MEIN NOODLES ASIAN BROCCOLI SALAD PINEAPPLE MULTIGRAIN BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>792</td> <td>Carb:</td> <td>97 g</td> <td>Sod:</td> <td>1524 mg</td> </tr> <tr> <td>Fat:</td> <td>25 g</td> <td>Fiber:</td> <td>8.5 g</td> <td>Pro:</td> <td>52 g</td> </tr> </table>	Cal:	792	Carb:	97 g	Sod:	1524 mg	Fat:	25 g	Fiber:	8.5 g	Pro:	52 g	<p>31 BEEF ENCHILADA LETTUCE/TOMATO PINTO BEANS MANDARIN ORANGES TAPIOCA PUDDING</p> <table border="1"> <tr> <td>Cal:</td> <td>832</td> <td>Carb:</td> <td>104 g</td> <td>Sod:</td> <td>883 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:	883 mg	Fat:	29 g	Fiber:	12 g	Pro:	43 g
Cal:	569	Carb:	78 g	Sod:	836 mg																																																											
Fat:	19 g	Fiber:	7 g	Pro:	27 g																																																											
Cal:	816	Carb:	112 g	Sod:	1179 mg																																																											
Fat:	26 g	Fiber:	10 g	Pro:	36 g																																																											
Cal:	777	Carb:	108 g	Sod:	776 mg																																																											
Fat:	22 g	Fiber:	12 g	Pro:	42 g																																																											
Cal:	792	Carb:	97 g	Sod:	1524 mg																																																											
Fat:	25 g	Fiber:	8.5 g	Pro:	52 g																																																											
Cal:	832	Carb:	104 g	Sod:	883 mg																																																											
Fat:	29 g	Fiber:	12 g	Pro:	43 g																																																											

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 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
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.