-provided by Holly Krouse, Registered Dietitian



Prediabetes

Prediabetes is a condition that indicates your blood sugar is higher than usual, but not high enough to have a diagnosis of diabetes. Typically, if your blood sugar is >125 your physician might order an additional lab called a Hemoglobin A1C (HgbA1C). This lab will measure your blood sugar over the last two to three months and is often a better indicator of diabetes than a random blood sugar alone.

If your HgbA1C is greater than 5.6% you may be told you have prediabetes. The good news is that prediabetes can be treated easily. Your physician might suggest lifestyle changes that include increasing your activity or adjusting your diet to avoid foods with a high glycemic index (sugar, refined carbohydrates).

If your level is higher than 6.5% you may be started on medication to help bring the level down. Some risk factors for prediabetes include a family history, genetics, lack of exercise, poor diet and obesity.

Knowing what your HgbA1C level is can help you make changes to your health if needed.

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.
GRAND JUNCTION

RATEKIN TOWERS APARTMENTS
M-F 12:00-12:30

AVAILABLE UPON REQUEST:
COLLBRAN CONGREGATIONAL CHURCH
MESA COMMUNITY CENTER

November 2026 The Scoop

MEALS on WHEELS
MESA COUNTY
970-424-1952
698 Long Acre Drive
Grand Junction, 81505

WHAT'S NEWS

November 6	Holly Krouse, our registered dietitian, will visit Fruita Rec Center to teach about food safety and healthy eating habits.
November 9	Last day to sign up for Thanksgiving meals.
November 23,24,25	Dining sites Holiday Activity Day
November 25	Thanksgiving - We will be partnering with local churches again to provide a Thanksgiving Eve meal.
November 26 & 27	Office is closed. No meal deliveries.

HOLIDAY REMINDERS



Home delivery customers should receive their reservation form for Thanksgiving meals on November 2nd. **Meals on Wheels is closed November 26th & 27th**. The deadline for getting your forms back to us is **Monday, November 9th**. We can't take reservations after that date.
Be sure to cut off the bottom part of your reservation sheet, which you can give to your driver to return to us. **Hang on** to the top part for yourselves. You may need the phone number listed on your form on Thanksgiving Eve. If you haven't received your meal, and it is close to 7:00 pm on the 26th, call the number on your reservation form.

Right after Thanksgiving, we will be sending forms out for the Christmas Eve meals.

KITCHEN CORNER

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.

Visit our website: mealsonwheelsmesacounty.org
Follow us on Facebook

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 TACO SALAD SPANISH RICE FRESH ORANGE VANILLA PUDDING Cal: 803 Carb: 104g Sod: 934mg Fat: 29g Fiber: 9.5g Pro: 35g	**3 ITALIAN ZITI** ITALIAN SALAD MIXED VEGETABLES MIXED BERRIES BREAD STICK Cal: 671 Carb: 95g Sod: 879mg Fat: 15g Fiber: 14g Pro: 31g	**4 CHICKEN WITH MUSHROOM SAUCE** MASHED POTATOES CALIFORNIA VEGETABLES CARROT RAISIN SALAD - APPLE MULTIGRAIN BREAD Cal: 615 Carb: 94g Sod: 1078mg Fat: 14g Fiber: 13g Pro: 35g	**5 SPLIT PEA SOUP** HAM SANDWICH BRUSSELS SPROUTS PINEAPPLE MANDARIN COMPOTE Cal: 697 Carb: 96g Sod: 947mg Fat: 20g Fiber: 18g Pro: 40g	**6 TUNA NOODLE CASSEROLE** GARDEN VEGETABLES TROPICAL FRUIT MULTIGRAIN BREAD Cal: 678 Carb: 79g Sod: 613mg Fat: 22g Fiber: 9g Pro: 44g
9 BISCUITS AND GRAVY ASPARAGUS SPINACH MANDARIN SALAD BERRIES Cal: 713 Carb: 69g Sod: 1160mg Fat: 31g Fiber: 9g Pro: 42g	**10 CRUNCHY BAKED FISH** SWEET POTATOES SEASONED BROCCOLI FRUIT COCKTAIL MULTIGRAIN BREAD Cal: 650 Carb: 94g Sod: 543mg Fat: 15g Fiber: 9g Pro: 38g	**11 BAKED CHICKEN** SCALLOPED POTATOTES STEAMED CARROTS MANDARINS MULTIGRAIN BREAD Cal: 808 Carb: 73g Sod: 680mg Fat: 35g Fiber: 11g Pro: 53g	**12 STUFFED POTATO WITH CHILI AND CHEESE** BUTTERED CAULIFLOWER TOSSED SALAD & RANCH STRAWBERRIES Cal: 533 Carb: 77g Sod: 766mg Fat: 16g Fiber: 12g Pro: 25g	**13 BLACK BEAN LENTIL SOUP** CALIFORNIA BLEND VEGETABLES SAUCY FRUIT SALAD CRACKERS PEANUT BUTTER COOKIE Cal: 676 Carb: 105g Sod: 687mg Fat: 20g Fiber: 15g Pro: 27g
16 WHITE CHICKEN CHILI SPINACH MANDARIN SALAD PEACHES CORNBREAD / HONEY Cal: 812 Carb: 105g Sod: 1107mg Fat: 26g Fiber: 12g Pro: 44g	**17 BEEF TOMATO CASSEROLE** MONTE CARLO VEGETABLES TOSSED SALAD COTTAGE CHEESE WITH MANDARIN ORANGES WHOLE WHEAT BREAD Cal: 753 Carb: 106g Sod: 892mg Fat: 21g Fiber: 12g Pro: 38g	**18 CHICKEN ALA KING** ISLAND VEGETABLES VEGETABLE PATCH SALAD APPLE CHOCOLATE PUDDING Cal: 817 Carb: 125g Sod: 763mg Fat: 17g Fiber: 12g Pro: 45g	**19 BEEF SOFT TACO** LETTUCE / TOMATO SALSA / SOUR CREAM REFRIED BEANS SPANISH RICE TROPICAL FRUIT Cal: 910 Carb: 98g Sod: 985mg Fat: 32g Fiber: 14g Pro: 56g	**20 BROCCOLI AND CHEESE SOUP** HAM SANDWICH SPINACH SALAD WITH EGG MANDARIN ORANGES WARMED SPICED APPLES Cal: 632 Carb: 82g Sod: 1278mg Fat: 17g Fiber: 9g Pro: 40g
23 SLICED TURKEY SWEET POTATOES BRUSSELS SPROUTS APPLESAUCE - DINNER ROLL PUMPKIN DESSERT SQUARES Cal: 892 Carb: 142g Sod: 1017mg Fat: 17g Fiber: 16g Pro: 46g	**24 SEAFOOD PASTA SALAD** BUTTERED BROCCOLI FRUIT SALAD PITA BREAD LEMON CHERRY CAKE Cal: 596 Carb: 109g Sod: 771mg Fat: 8g Fiber: 13g Pro: 28g	**25 HONEY BBQ CHICKEN** MASHED POTATOES COLESLAW BANANA WHEAT DINNER ROLL Cal: 728 Carb: 109g Sod: 749mg Fat: 15g Fiber: 11g Pro: 44g	**27 CLOSED** 	**28 CLOSED**
30 HAMBURGER ON A BUN BAKED BEANS CHATEAU VEGETABLES APPLESAUCE-CHOCOLATE PUDDING Cal: 778 Carb: 117g Sod: 855mg Fat: 19g Fiber: 18g Pro: 41g	**November 2026**		**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.	· **Meals include 1% milk.** · **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.**

SERVICES

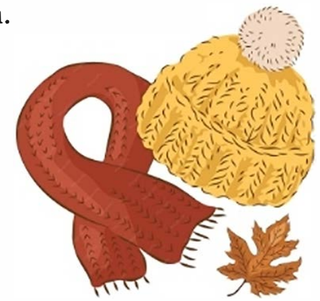
LEAP

The Colorado Low-income Emergy Assistance Program (LEAP) is a federally funded program that helps eligible hard-working Colorado families, **seniors** and individuals pay a portion of their winter home heating costs. Our goal is to help bring warmth, comfort and safety to your home and family by assisting with heating costs.

The LEAP program works to keep our communities warm during the winter (November through April) by providing assistance with heating cost, equipment repair and/or replacement of inoperable heating tools. While the program is not intended to pay the entire cost of home heating, we aim to help alleviate some of the burdens that come with Colorado's colder months.

In most cases, the energy assistance benefit is paid directly to the household energy supplier. If you are approved for LEAP, payments are made directly to your primary heating fuel vendor, and a notice will be sent to you informing you of the benefit amount. Other benefits provided by LEAP include repairs or replacement of a home's primary heating system, such as a furnace or wood-burning stove. The program does not provide financial assistance for any type of temporary or portable heating.

If you would like to apply, contact Meals on Wheels Mesa County at 970-424-1952 and we will send you the application.



EMERGENCY FOOD BOXES ARE HERE!

The Emergency Boxes have been, or are currently being, delivered. These boxes hold 6 shelf stable meals that do not need to be refigerated and are good for one year.

Since we never know when circumstances could arise which could interrup our service, it is a very good idea to keep these boxes on hand. This is the best way to be prepared for those emergencies.

You will be given an opportunity to donate toward your box, but you do not have to pay for it. Please know that you do not have to accept this box if you don't want it.

MEALS on WHEELS
MESA COUNTY

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

EMPLOYEE SPOTLIGHT



PET FRIENDS

If you have a pet, you may remember us going over the Meals On Wheels Pet Policy when you were first getting started with services. Every so often, we like to send out a reminder to everyone to refresh your memories of what is expected during delivieries.

Pets are required to be restrained and are not allowed to greet delivery drivers for the safety of our drivers.
Small pets can get underfoot and trip a delivery driver.
Large pets can be intimidating. You will only receive one warning in regard to your pet, and if problems continue, delivery services will be stopped. All dog bites are reported to authorities and service is terminated.

This pet policy was put in place to keep your Volunteer and your pet safe during delivery. We don't want anyone's pets to get accidentally stepped on or get loose in the neighborhood. We also don't want any of the Volunteers to get hurt accidentally, whether it be a scratch from an excited pet, or a bite from an aggressive one.

Thank you to all you who already restrain your pets. We appreciate you!