-provided by Holly Krouse, Registered Dietitian

Changes in Chew/Swallow

There are several reasons why our ability to chew and swallow change as we get older. Dental issues such as missing teeth, dry mouth, mouth pain and poor-quality teeth make it harder to chew foods that are tough. Many older adults wear dentures that don't fit as well as they once did and this also makes it harder to chew food.

The ability to swallow also declines. This is because the muscles in the mouth and throat weaken as we age. Sometimes swallowing takes longer. When chewing and swallowing become difficult, it is important to change how and what we eat to keep us healthy. Eating poorly can cause weight loss, muscle loss, choking and aspiration pneumonia.

There are ways to make food easier to chew and swallow. First, avoid foods that are difficult to handle. This might include raw fruits and vegetables or fibrous foods. Foods that are over cooked or dry can cause problems. Meat should be cooked well and tough cuts of meat should be avoided. Alternating bites of foods with sips of fluid can help moisten the mouth. Adding gravies and sauces will also keep foods soft. Cutting foods into uniform ¼" pieces can also help. Avoid foods that stay separate in your mouth like rice and corn.

If you find yourself coughing, choking or having a runny nose while eating, be sure to let your doctor know!

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

October The Scoop

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

WHAT'S NEWS

October 2	Magician Dave Wallen will visit Ratekin Towers at noon.
November 6	Holly Krouse, our registered dietitian, will visit Fruita Rec Center to teach about food safety and healthy eating habits.
November 25	Thanksgiving - We will be partnering with local churches again to provide a Thanksgiving Eve meal. Look for forms coming out at the end of this month.

VOLUNTEER SPOTLIGHT

KELLY SNYDER

Kelly is one of our wonderful Fruita Dining Site servers. She's been a dependable and committed volunteer with us for over 20 years! We appreciate her friendly face and manner and her consistent care of our diners over the years.

THANK YOU, KELLY!!

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 165º 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
	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. · 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.	**CHEF SALAD** 1 TOMATO SOUP WARM SPICED APPLES WHOLE WHEAT DINNER ROLL Cal: 860 Carb: 91g Sod: 1315mg Fat: 39g Fiber: 12g Pro: 43g	**SHEPHERD'S PIE** 2 CHOPPED SPINACH COTTAGE CHEESE WITH MANDARIN ORANGES MULTIGRAIN BREAD Magician at Ratekin Towers at noon! Cal: 671 Carb: 57g Sod: 1104mg Fat: 33g Fiber: 7g Pro: 41g
CLAM CHOWDER 5 BUTTERED CARROTS BROCCOLI RAISIN WALNUT SALAD FRUIT COCKTAIL WHOLE WHEAT CRACKERS Cal: 622 Carb: 105g Sod: 857mg Fat: 14g Fiber: 12g Pro: 23g	**HERBED CHICKEN** 6 BAKED POTATO/ SOUR CREAM PEAS MANDARIN ORANGES CINNAMON RAISIN BREAD Cal: 787 Carb: 113g Sod: 496mg Fat: 18g Fiber: 16g Pro: 49g	**BEEF TIPS AND GRAVY** 7 MASHED POTATOES GREEN BEANS COLESLAW FRESH ORANGE MULTIGRAIN BREAD Cal: 742 Carb: 79g Sod: 909mg Fat: 23g Fiber: 11g Pro: 59g	**STUFFED BELL PEPPER CASSEROLE** 8 PARSLIED CARROTS LAYERED SALAD PEACHES WHOLE WHEAT BREAD Cal: 558 Carb: 70g Sod: 590mg Fat: 20g Fiber: 12g Pro: 30g	**EGG ROLLS / SWEET & SOUR** 9 STEAMED BROWN RICE ORIENTAL VEGETABLES FRUIT AMBROSIA FORTUNE COOKIE Cal: 834 Carb: 132g Sod: 884mg Fat: 21g Fiber: 7g Pro: 33g
CHICKEN PARMESAN 12 FETTUCCINE NOODLES ITALIAN VEGETABLES APPLE BREADSTICK Cal: 737 Carb: 92g Sod: 538mg Fat: 24g Fiber: 9.5g Pro: 41g	**SAUERBRATEN** 13 HOT GERMAN POTATO SALAD RED CABBAGE SALAD GERMAN CHOCOLATE CAKE RYE BREAD Cal: 1089 Carb: 122g Sod: 808mg Fat: 31g Fiber: 11g Pro: 77g	**BEEF CHILI** 14 BRUSSELS SPROUTS TOSSED SALAD / RANCH DRESSING ORANGE CORNBREAD Cal: 739 Carb: 93g Sod: 1210mg Fat: 26g Fiber: 16g Pro: 37g	**TURKEY CASSEROLE** 15 SPINACH TOSSED SALAD FRUIT COCKTAIL WHEAT ROLL Cal: 643 Carb: 80g Sod: 609mg Fat: 20g Fiber: 8g Pro: 38g	**TUNA SALAD SANDWICH** 16 VEGETABLE SOUP PEANUT RAISIN CUP BERRIES Cal: 703 Carb: 85g Sod: 1177mg Fat: 25g Fiber: 14g Pro: 42g
PORK FRIED RICE 19 ORIENTAL VEGEABLES ASIAN BROCCOLI SLAW FRUIT COCKTAIL MULTIGRAIN BREAD FORTUNE COOKIE Cal: 622 Carb: 97g Sod: 938mg Fat: 14g Fiber: 11g Pro: 28g	**TATOR TOT CASSEROLE** 20 SEASONED GREEN BEANS CARROT RAISIN SALAD FRESH ORANGE WHOLE WHEAT BREAD Cal: 768 Carb: 103g Sod: 962mg Fat: 27g Fiber: 15g Pro: 36g	**CHICKEN POT PIE WITH A BISCUIT** 21 SCANDINAVIAN VEGETABLES CRANBERRY APPLE SALAD UNDER THE SEA GELATIN Cal: 831 Carb: 122g Sod: 851mg Fat: 19g Fiber: 13g Pro: 43g	**LEMON PARMESAN FISH** 22 CREAMY COLESLAW WINTER MIX VEGETABLES STRAWBERRY SHORTCAKE PITA BREAD Cal: 1021 Carb: 108g Sod: 994mg Fat: 38g Fiber: 11g Pro: 66g	**CHICKEN SALAD SANDWICH** 23 ALBONDIGAS SOUP CHATEAU VEGETABLES COTTAGE CHEESE & PEACHES Cal: 657 Carb: 73g Sod: 1190mg Fat: 19g Fiber: 12g Pro: 52g
ORANGE CHICKEN 26 WHITE RICE SEASONED ASPARAGUS BLUSHING PEARS MULTIGRAIN BREAD Cal: 866 Carb: 130g Sod: 583mg Fat: 14g Fiber: 8.5g Pro: 57g	**PORK RIBLET** 27 SWEET POTATOES SPINACH BANANA CORN BREAD / HONEY Cal: 838 Carb: 110g Sod: 889mg Fat: 24g Fiber: 12g Pro: 45g	**BAGEL PIZZA** 28 CAESAR SALAD STRAWBERRIES BUTTERSCOTCH PUDDING Cal: 694 Carb: 84g Sod: 928mg Fat: 29g Fiber: 6g Pro: 29g	**MACARONI AND CHEESE** 29 BROCCOLI TROPICAL FRUIT LEMON CUSTARD DESSERT MULTIGRAIN BREAD Cal: 710 Carb: 94g Sod: 819mg Fat: 28g Fiber: 11g Pro: 25g	**HAPPY HALLOWEEN** 30 **MONSTER EYE MEATBALLS** BUTTERED NOODLES HONEY-GLAZED CARROTS CINNAMON APPLESAUCE MULTIGRAIN BREAD HALLOWEEN SUGAR COOKIE Cal: 452 Carb: 80g Sod: 575mg Fat: 10g Fiber: 8.4g Pro: 15g