



Tasty Tidbits

March 2020



Our Office is Moving

Meals on Wheels of Boulder is moving to its new building in April (date TBD).

Café Classico

Café Classico will remain in the Age Well Center West (Senior Center) and continue to be managed and run by Meals on Wheels of Boulder.

Heart Health

A healthy diet and lifestyle are the best ways to protect your heart, and prevent current heart disease from worsening. Following a healthy eating plan, maintaining a healthy weight, being physically active, quitting smoking and managing stress can all benefit your heart.

Tips for Eating for Heart Health

- Choose fiber-rich whole grains
- Eat a variety of fish, especially those high in Omega-3's like salmon and trout.
- Eat a variety of fruits and vegetables.
- Reduce sodium intake.
- Avoid food containing partially hydrogenated oil or trans fat.
- Limit saturated fat and replace with heart healthy monounsaturated and polyunsaturated fat.
- Cut back on sugary foods and beverages.
- If you drink alcohol, do so in moderation.
- Select low-fat and fat-free dairy products.

Meals on Wheels of Boulder
909 Arapahoe Ave, Suite 121
Boulder, CO 80302
mowboulder.org

Tuesday Night Dinners at Café Classico

*Dinner offered between 5:00 pm – 6:00 pm
~only \$7/person or 10 meal punch card for \$63*

March 3rd

Bone in Roast Pork

or

Chicken Piccata w/ Artichoke

From Chef Kirk

March 10th

Pork Roast

or

Roasted Chicken

From Chef Bear

March 17th

Corned Beef & Cabbage

From Chef Kirk

March 24th

Shrimp & Grits Jambalaya

From Chef Todd & Joey

March 31st

Bacon Wrapped Jalapeno Pork Loin

or

Fish Tacos

From Chef Bear

*Reservations Required
Please call 303-441-3148*

If you have questions, please don't
hesitate to call
Lehshel or Janean at:
Meals on Wheels of Boulder.
303-441-3908

