

# Tasty Tidbits

## November 2020



There will be NO Home Deliveries on:  
Thursday, November 26th &  
Friday, November 27th

If you would like frozen meals for the 4-day weekend, please call us by 2 pm Tuesday, November 17th.

think  goodness  
— FOODS™ —

**QUICHE! PIE! SOUP!**  
Plan Ahead For The Holiday!

Get your wholesome ready-to-bake quiches, savory soups and homemade pies!

**To place an order:**  
Call 720-780-3380. We accept all major credit cards.

**Pricing (tax included):**

Quiche — \$15.58

Soup — \$10.39

Pie (whole) — \$12.46

Pie (6") — \$5.18

Heating instructions are included with each purchase.

All products are based on availability.

Meals on Wheels of Boulder  
3701 Canfield St  
Boulder, CO 80301  
mowboulder.org

## Cultivate Helps Seniors Flourish

Do you need someone to shop for your groceries and deliver them to your home? Maybe you need a handyperson to fix things around your home or to help you with yard work?

Cultivate helps seniors flourish by connecting them—as recipients and contributors—with their surrounding communities.

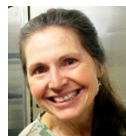
Cultivate offers six core programs:

- **Carry-Out Caravan:** Grocery shopping and delivery
- **VetsGo:** Rides for veterans and their family members to medical appointments
- **Fix-It:** Minor home repairs
- **SnowBusters:** Snow removal
- **YardBusters:** Yard work and clean up
- **RSVP:** Volunteer matching for individuals ages 55+

All services are free of cost to Boulder County residents. To learn more, visit [www.cultivate.ngo](http://www.cultivate.ngo) or call 303-443-1933.

  
seniors flourishing in every community

If you have questions, please don't hesitate to call Lehshel or Janean at:



Meals on Wheels  
of Boulder  
720-780-3380

