

# Fresh and healthy meals

delivered to your door.



We deliver meals five days a week with frozen meals available over the weekend for anyone confined to their home.

Our no-contact deliveries adhere to social distancing guidelines and ensure public safety.

We deliver to those who are elderly, ill, injured, recovering from surgery, or cannot otherwise provide at least one hot, nutritious meal for themselves.

We are able to serve anyone, regardless of age or income. Fees are on a sliding scale.



For more information, call (720)780-3380 or visit us at [mowboulder.org](http://mowboulder.org)

