

Tasty Tidbits

October 2022



think  goodness
— FOODS™ —

Get Ready for Fall With QUICHE! PIE! SOUP!

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

To place an order:

Call 720-780-3380. We accept all major credit cards.

Pricing (includes tax):

Quiche — \$15.58
Soup (quart) — \$10.39
Pie (whole) — \$15.58
Pie (6") — \$7.79

Heating instructions are included with each purchase.

All products are based on availability.

Coming soon! Pumpkin pie for the holidays!



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



Email Scams

An email or popup looks as if it comes from your bank, credit card company, Netflix, Microsoft, Apple, etc.

- * Never provide payment or personal or financial information in response
- * Never reply, never click a link, never open an attachment
- * Take a closer look. Some email scams look legitimate, but bad grammar and spelling can tip you off that it is a scam

Romance and Companion Scams

Scammers create fake profiles on dating or caregiver websites to take advantage of those looking for love or companionship. You might converse with them online for a long time, then they ask you for money; it might be for a plane ticket, a family member's medical needs, a new business opportunity, or an emergency.

- * Never send money or gifts to someone you haven't met in person
- * Tell a friend/family member about any contact that is suspicious

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



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