

Tasty Tidbits

November 2022

REMINDER!

There will be **NO Home Delivery** on
Thursday, November 24th
&
Friday, November 25th

If you would like frozen meals for
the 4-day weekend, please call us
by 2 pm, Tuesday, Nov 15th.



A New Step for Sealing Meals

We want to inform you we have
added a new step to sealing our
meals due to a recent change in
regulations from the FDA.

We are now required to put pin
holes in the film to vent each
compartment. You may or may not
even notice the holes.

If you have any questions or
feedback, please call us at
720-780-3380.



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

think  goodness
— FOODS™ —

Pumpkin Pie Sale
November 14th - 23rd
(while supplies last)

15% OFF
Regular price \$15

The Niche Market
3701 Canfield St, Boulder
Mon-Sat 9am-6pm
Mon-Fri 9am-1pm

cultivate
seniors flourishing in every community

Do you need someone to shop for
your groceries? Maybe you need a
handyperson to do minor home re-
pairs or to help you with yard work?

Cultivate can help!

- **Carry-Out Caravan:** Grocery shop-
ping and delivery
- **Fix-It:** Minor home repairs
- **SnowBusters:** Snow removal
- **YardBusters:** Yard work and clean
up

**All services are free of cost to
Boulder County residents.** To learn
more, visit www.cultivate.ngo or call
303-443-1933.

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



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of Boulder
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