

# Tasty Tidbits

February 2023

## this **MONTH** in history

February was added to the Roman calendar in 713 BC. The length of the month changed over time and, at one time, it had as few as 23 days. When Julius Caesar remade the Roman calendar, the month was assigned 28 days during normal years and 29 days during leap years which occurred every four years.



## valentine Tidbit

**St. Valentine**, the patron saint of love, was born in modern-day Italy around 175 AD.



## Project Homecoming

Project Homecoming is offered by Meals on Wheels of Boulder to help recently discharged patients (regardless of age or income) make the transition from hospital to home.

After you return home, you will receive 5 free nutritious meals, making it easier for you to focus on your healing process and recovery.

If you or anyone you know is interested in Project Homecoming, please call us at 720-780-3380 or email us at [info@mowboulder.org](mailto:info@mowboulder.org).



## Cherry Pie Sale!

*"Pie love you!"*

Cherry pies are **15% off**  
February 6-14

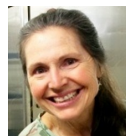
A perfect Valentine's Day treat for yourself or someone special!

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



Meals on Wheels of Boulder  
3701 Canfield St  
Boulder, CO 80301  
[mowboulder.org](http://mowboulder.org)

If you have questions, please call  
Lehshel or Janean at:



Meals on Wheels  
of Boulder  
**720-780-3380**  
9 a.m.—2 p.m.

