

Tasty Tidbits

September 2023

REMINDER!

We are closed
Monday, September 4
in observance of Labor Day.
NO HOME DELIVERY



Project Homecoming

Project Homecoming is a program designed by Meals on Wheels of Boulder to provide you (or someone you know) with **five free meals** after transitioning home from a hospital, rehabilitation facility, or another medical facility.

Did you know?

- As many as 50% of patients coming home from the hospital don't know where their first meal will come from once they are home.
- Many go home with new dietary restrictions.
- Good nutrition is an important part of the recovery process.
- Healthy nutrition can reduce the number of healthcare visits and reduce overall healthcare costs.

Allow us to support your recovery with delicious and nutritious meals...so you can focus on getting better!

Call us to sign up at 720-780-3380.

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



A big **THANK YOU** goes to Insomnia Cookies who has been donating hundreds of cookies twice a week, since May, for our clients. That's a lot of cookies!



Cooler Reminder

If you place a cooler outside for your meal delivery, please do not put ice or ice pack in the cooler. We want your meal to remain hot. Thank you!

If you have questions or feedback, please call Lehshel or Christie at:



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

