

# Tasty Tidbits

December 2023



There will be NO Home Delivery on:  
Monday, December 25th  
Monday, January 1st

If you would like frozen meals for either 3-day weekend, please call us by 2 pm Thursday, Dec. 14th.

## Holiday Closures

Clients who regularly receive frozen meals for the weekends will be scheduled to receive a frozen meal for each holiday closure, so there is no need to call us.

Clients who don't regularly receive frozen meals for the weekends will need to call us to order extra meals for the holiday closures.

## Did You Know We Have A Little Market?

The Niche Market is located on the first floor of our Meals on Wheels of Boulder building, offering many convenience items, Grab & Go fare for breakfast, lunch, and dinner, as well as our delicious Think Goodness Foods quiches, homemade soups, fruit pies, and more!

The focus is on convenience to make ones life easier with a variety of quick, easy, and tasty food choices.

*100% of proceeds benefit Meals on Wheels of Boulder*, so you can know your purchases are making a difference.

Come Visit Us!

Monday - Friday, 9 a.m. - 6 p.m.  
Saturday, 10 a.m. - 4 p.m.

3701 Canfield St., Boulder 80301

## Boulder County Area Agency on Aging

### Nutrition Programs!

Eating well is vital for health, longevity, and quality of life. Getting the right nutrients and fresh, quality food is an important component in preventing and managing chronic diseases that older adults may experience. Older adults can access good food through senior lunch programs, Meals on Wheels of Boulder and other area organizations.

BCAAA nutrition program provides education, counseling and support to older adults and their caregivers to assist them with their healthy living goals.

For information and resources, contact BCAA at 303-441-3570.

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

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



Meals on Wheels  
of Boulder  
720-780-3380  
9am - 2pm

