

# Tasty Tidbits

March 2024



Reminder that Daylight Savings begins **Sunday, March 10**.  
Spring forward 1 hour!

## Not Sure How to Dispose of Your Meals Containers?

We receive many questions about how to dispose of your meal containers.

Follow these quick guidelines:

- All the plastic containers (salads, desserts...) can be recycled.
- The off-white, "paperboard" entrée containers are compostable.
- The plastic film on top of the entrée containers is trash.



## Happy St. Patrick's Day March 17th!

"Never iron a four-leaf clover, because you never want to press your luck."

- Irish Proverb

"May the blessings of each day be the blessings you need the most."

- Irish Blessing

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



## Important Reminder

Please remember to **always** check your side bags (salad/dessert) when your meal is delivered.

- Remove the monthly meal schedule (with "Tasty Tidbits" on the other side), any fliers, cards or notices and read them as soon as possible!
- We send things in your bags to make sure you receive them as well as to save Meals on Wheels of Boulder the cost of postage.

## Price Increase

- Meals on Wheels of Boulder had not increased the contribution price towards meals in over four years.
- In November 2023, we changed our sliding scale for new clients from \$1.25-\$7.00 per meal to \$1.50-\$8.00 per meal.
- Please look for a letter in your side bag in late February which will detail plans for a slight price increase for clients receiving service prior to November 2023.

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



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

