

Tasty Tidbits

April 2024



Thank You To Our Sponsor!

Thank you for our route sponsor, **Bowman Custom Landscaping, Inc.** Their benevolent gift has enabled us to make a lasting impact on those in our community.



Tidbits from Chef Todd

- Approximately 90% of our meals are low sodium. We do not cook with salt.
- Every meal is nutritionally balanced with the three food groups.
- We alternate protein types every week to provide variety.
- Summer salads are on the way!

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



Price Increase Reminder

- Clients enrolled for meal service during November 2023 and all clients since, are on our new sliding scale of \$1.50 - \$8.00 per meal. You do **not** need to call us.
- If you enrolled **prior** to Nov 2023 and have already spoken with us about your meal prices, you do **not** need to call us.
- If you enrolled **prior** to Nov 2023 and have not spoken with Lehshel or Christie, we will apply your new meal price, **unless you call us by Monday, March 25th at the latest!** The new prices will go into effect April 1st, 2024.
- We are very grateful for all our clients! We appreciate you working with us regarding the new pricing which enables us to continue supporting our community!



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



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

