

# Tasty Tidbits

August 2024



**REMINDER!**  
We are closed  
Monday, Sept. 2  
for Labor Day.

If you want a frozen meal for the holiday, please call 720-780-3380 by noon on Wednesday, Aug. 21st.

## Help Us Reduce Costs

It seems costs are rising everywhere, and Meals on Wheels of Boulder is not immune to the impact.

Postage costs continue to rise, and with the following small changes, you may be able to help cut costs:

- Receive your monthly statement via email by providing your email address to us, if you have one.
- Pay your monthly statement via credit card. We can safely and securely store your card number and email a receipt.
- If you don't have email, use your credit card statement as your 'receipt' instead of requesting a receipt to be mailed.

If you are able to help in these ways, please call us. If you're already doing so, thank you!

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

## Tips to Prevent Scams and Identity Theft via Mobile and Home Phones

- Don't pick up the phone from unknown, anonymous or blocked numbers, or when you don't recognize the number on caller ID.
- Share as little information as possible:
- NEVER share personal information like your Social Security number or bank or credit card information with anyone who calls you out of the blue, no matter who they say they are.
- Provide sensitive information over the phone only when you initiate the contact and are certain whom you're calling.
- Ask your phone providers about call-blocking. Many landline and cell phone providers offer features for free.
- Make sure you're on the national and Colorado no-call lists for your home and cell phones.

## Reminder Fans are Available

Will still have some fans available, if you have a need for one!

Please call or email us at:  
720-780-3380  
[info@mowboulder.org](mailto:info@mowboulder.org)

If you have questions, please don't hesitate to call Lehshel or Christie at:



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

