

Meals on Wheels of Boulder
mowboulder.org



Longmont Meals on Wheels
longmontmeals.org



Coal Creek Meals on Wheels
coalcreekmow.org



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For Immediate Release

WHEN IT COMES TO FOOD SECURITY, REMEMBER MEALS ON WHEELS
The three Meals on Wheels in Boulder County are part of the solution for healthier lives.

Boulder County – September is Hunger Action month. When it comes to solutions for food insecurity, remember your three local Meals on Wheels in Boulder County who serve thousands of your Boulder County neighbors.

“Our Meals on Wheels organizations serve neighbors who are not able to prepare meals for themselves due to a variety of physical and/or mental health challenges they face daily,” says Shoshana Fanizza, Development and Marketing Manager of Meals on Wheels of Boulder.

The three Meals on Wheels in Boulder County deliver over 975 prepared, nutritious meals each weekday with options for frozen meals on the weekends. **The total is more than 275,000 delivered meals per year!** They also serve a combined total of over 175 meals per day at their community cafes, where you can get a full meal for under \$8 and social time with your fellow community members.

The friendly volunteer delivery drivers and the three respective community cafes provide opportunities for social interaction for Boulder County residents who may not see or speak to anyone during their day. According to the U.S. Surgeon General, loneliness poses health risks as deadly as smoking.

“Each day, our organizations deliver more than just a meal. We provide social connection opportunities for our neighbors who are isolated, sometimes being their only connection to the community. The meals we deliver often save lives,” says Brittany Vital, Development and Marketing Director of Coal Creek Meals on Wheels.

Due to the undue burden it would cause, none of the Meals on Wheels in Boulder County receive Federal or State funding. This means individual donations and corporate support are even more important funding resources.

“Meals on Wheels cannot do what we do for our older neighbors, neighbors with disabilities and neighbors returning from a hospital stay without the support of our community. We rely on funding from individual and corporate donors, and when donations are down, we realize we may have some hard choices to make,” explains Katie Wiser, Development and Communications Director of Longmont Meals on Wheels.

Support through donations and volunteer hours is always needed for your local Meals on Wheels to continue their missions. Donate or volunteer for your local Meals on Wheels today. Visit any of the Meals on Wheels organizations’ websites or mail a check to their offices. Your neighbors will be grateful for your support.

“I thank Meals on Wheels for being one of the constants that I can count on in my life.” – Robert, a client.

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About Meals on Wheels of Boulder

Celebrating 55 years of meal delivery! Since 1969, Meals on Wheels of Boulder has been serving the lonely, isolated, often invisible members of our community who are not able to shop for or prepare their own meals. Meals on Wheels of Boulder provides nutritious meals and a daily wellbeing check-in to Boulder/Gunbarrel neighbors who might not otherwise have access to good nutrition, and who can go days without the warmth of human interaction. We deliver over 300 meals each weekday with the support of around 365 volunteers per year. Over 2.7 million meals have been delivered since 1969 through our Meal Delivery Program and Project Homecoming. For more information about Meals on Wheels of Boulder, please visit mowboulder.org, call 720-780-3380, or email info@mowboulder.org. Meals on Wheels of Boulder accepts SNAP.

About Coal Creek Meals on Wheels

The mission of Coal Creek Meals on Wheels is to support independence and quality of life for Lafayette, Louisville, Erie & Superior residents by providing nutritious meals and social connection opportunities through the following programs: Meal Delivery Program, Coal Creek Cafe, Plates for Pets, and Project Homecoming. Each year, we serve over 60,000 meals to more than 400 of our neighbors impacted by hunger and isolation. For more information, visit coalcreekmow.org.

About Longmont Meals on Wheels

Longmont Meals on Wheels, celebrating its 55th anniversary this year and 3,000,000th meal last year, is an independent, local nonprofit, providing nutritious, ready-to-eat meals and wellness checks for older adults, people with disabilities and people returning from a hospital stay in Longmont, Niwot, Lyons and Hygiene. Nobody else in those communities is providing sound nutrition and wellness checks for older people and people who cannot stand long enough to cook for themselves. Meals are offered on a sliding scale, without a waitlist and as soon as the next business day. Doctor's notes or prescriptions are not required for older adults or people returning from a hospital stay. To learn more visit longmontmeals.org or call 303-772-0540.

To find a Meals on Wheels outside of these areas, please visit:

<https://www.mealsonwheelsamerica.org/find-meals>

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