

Tasty Tidbits

December 2024



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

If you would like frozen meals for either holiday, please call us by 2 pm Thursday, Dec. 12th.

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.



Merry Quichemas!

Build your holiday meal with our 10" frozen, ready-to-bake quiches.

Dec 9th - 23rd
(while supplies last)

Available in 7 Delicious Flavors!
\$17.99, plus tax

- Ham and Cheese
- Italiano with Italian Sausage
- Florentine with Spinach & Bacon
- Mexicana-Meatless
- Mediterranean-Meatless
- Margherita-Meatless
- Mushroom & Leek-Meatless

Purchase at this location:

The Niche Market
3701 Canfield St, Boulder
M-F 9am-6pm

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 Kim at:



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

