



**A PROJECT OF
MEALS ON WHEELS
PROGRAMS IN
LONGMONT,
BOULDER, AND
EAST BOULDER COUNTY**

**IN PARTNERSHIP
WITH BOULDER
COUNTY AREA
HOSPITALS,
REHABILITATION
CENTERS, CLINICS AND
HEALTH AGENCIES**



Project *Home coming*

Longmont Meals on Wheels
303.772.0540
910 Longs Peak Ave.
Longmont, CO 80501
www.lmow.org
Email: info@lmow.org

Meals on Wheels of Boulder
909 Arapahoe Ave.
Boulder, CO 80302
303.441.3908
www.mowboulder.org
Email: info@mowboulder.org

Coal Creek Meals on Wheels
303.665.0566
455 N Burlington Ave.
Lafayette, CO 80026
www.coalcreekmow.org

*Project Homecoming –
building partnerships
for your good health*

**Longmont United Hospital
FOUNDATION**
Leading. Giving. Caring.



**A meal program
designed to help
patients-regardless of
age or income-make
the transition from
hospital to home**

A project of Meals on
Wheels Programs in
Longmont, Boulder, and
East Boulder County

In partnership with Boulder
County and area hospitals,
rehabilitation centers, clinics
and health agencies



Who: Patients being discharged from the hospital who do not have immediate plans to provide themselves with at least one hot, nutritious meal each day for the first five days.

What: Ready-to-eat nutritious meals, delivered for five weekdays, at noon, prepared to meet any dietary restrictions. Frozen meals can be created to meet special dietary needs for weekend use.

When: Delivered weekdays between 11:30 a.m. and 12:30 p.m.

Where: Meals on Wheels drivers will deliver to homes of patients being released from hospitals or rehabilitation facilities to their homes in service areas in Boulder County.

Project Homecoming - No Strings!

A special partnership project of Longmont Meals on Wheels, Meals on Wheels of Boulder, and Coal Creek Meals on Wheels, for patients being released from hospitals to their homes in Boulder County.

Five meals, delivered to your home for five week days at noontime following release from an area hospital to Boulder County. **Free...No Strings Attached!**

Why: Because as many as 50% of all patients being discharged from the hospital may not know where their first meals will come from once they are home,

- Because many patients are sent home from the hospital with new dietary restrictions which are unfamiliar and difficult to meet,
- Because this may cause anxiety to those individuals, thereby slowing the healing process,
- Because good nutrition is an important part of the recovery process
- Because healthy meals can reduce the number of health care visits, thereby reducing overall health care costs.
- Because this may help keep people from having to return to the hospital

How Much:

FREE for five days—no strings attached!

If you are going home from any hospital to:

Longmont, Lyons, and Niwot

Call Longmont Meals on Wheels

303.772.0540

Boulder, Gunbarrel, Eldorado Springs

Call Meals on Wheels of Boulder

303.441.3908

Erie, Lafayette, Louisville, and Superior

Call Coal Creek Meals on Wheels

303.665.0566

