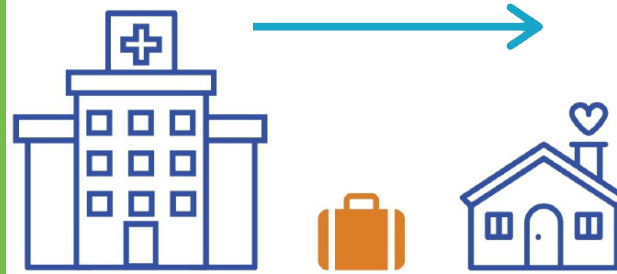


## Good Nutrition helps you heal!

From regaining strength to pharmaceutical efficacy, good nutrition is essential to one's health and post-surgical recovery process, and can even reduce hospital readmissions and other post-discharge costs.



If you're going home from any hospital to...

### **Boulder, Gunbarrel or Eldorado Springs**

Contact Meals on Wheels of Boulder  
Phone: 720-780-3380  
Email: [info@mowboulder.org](mailto:info@mowboulder.org)  
Website: [mowboulder.org](http://mowboulder.org)

### **Erie, Lafayette, Louisville or Superior**

Contact Coal Creek Meals on Wheels  
Phone: 303-665-0566  
Email: [info@coalcreekmow.org](mailto:info@coalcreekmow.org)  
Website: [coalcreekmow.org](http://coalcreekmow.org)

### **Longmont or Niwot**

Contact Longmont Meals on Wheels  
Phone: 303-772-0540  
Email: [info@lmow.org](mailto:info@lmow.org)  
Website: [longmontmeals.org](http://longmontmeals.org)

### **Lyons or Hygiene**

Contact Lyons Emergency & Assistance Fund (LEAF)  
Phone: 720-310-8479  
Email: [mow@leaflyons.org](mailto:mow@leaflyons.org)  
Website: [leaflyons.org](http://leaflyons.org)

coal creek  
**Meals on Wheels**

Lafayette, Louisville, Erie & Superior



## Project Homecoming





# Project Homecoming

Individuals living in Boulder County are eligible to receive five free meals delivered to their home after being released from the hospital for any reason (i.e. following childbirth, an accident, surgery, or illness). Project Homecoming is available to anyone regardless of age, documentation status, or income level.

When you sign up for Project Homecoming, volunteer drivers will deliver your meal each day at lunchtime. Each meal includes an entrée, vegetable, carbohydrate, salad, and fruit or dessert. We can also meet specialized dietary or medical restrictions too.

## Cost

When you enroll in Project Homecoming, your meals are free for the first five days. However, if you want to extend the service beyond the first five days, the cost of meals is based on a sliding scale determined by the client's self-reported monthly income and household size.

## Sign Up

Call 303-665-0566 or complete an intake form online at [www.coalcreekmow.org/meal-application](http://www.coalcreekmow.org/meal-application).



"I have to be in bed because I have a spinal fluid leak. When I'm upright, my brain starts to misfire because there is so much pressure on my brain stem. My medical condition can be really isolating and so it's nice to have somebody come here every day checking on me and having some human interaction.

They said they could provide meals for myself and my children. When I don't have to prepare the meals and clean up the meals, it allows me to spend my upright time with my family sitting down and enjoying a meal."

**Tiffany, CCMOW Project Homecoming Client**