



Project Homecoming

Making the Transition from Hospital to Home

A Special Project created by Meals on Wheels programs in Boulder County, in partnership with all area hospitals, clinics, and health facilities.

For patients of any age, coming home from hospitals or other health care facilities to the Boulder, Longmont, and East Boulder County areas.

Why: Because as many as 54% of all patients being discharged from a hospital or health facility may not know where their first meals will come from once they are home. Many patients are sent home with new dietary restrictions which are unfamiliar and difficult to comply with. Nutrition is an important part of recovery for patients being released from the hospital, and sometimes, patients just aren't able to provide this for themselves.

Who: ANY patient (any age, any income) being discharged from a hospital, day surgery, clinic, or other health facility who does not have plans to provide at least one nutritious meal each day for the first five days.

What: A nutritious, flavorful meal, delivered at noon, prepared to meet any dietary restrictions physicians and/or the hospital dietician has prescribed.

When: Delivered weekdays between 11:30 a.m. and 12:30 p.m. Frozen meals are available for weekends.

Where: Meals on Wheels drivers will deliver to homes of patients being released from area hospitals to Meals on Wheels delivery areas in Boulder County.

The Cost: **FREE** to each patient for five days — no strings attached!

**If you are coming home to these areas,
please call to arrange for your meals to be delivered**

**Boulder Meals on Wheels - 303-441-3908
Longmont Meals on Wheels - 303-772-0540
Coal Creek Meals on Wheels - 303-665-0566**