

# **TWO Nutritious Meals for Seniors just \$7.50 a day!\***

\*If you or someone you know  
is homebound or can't prepare  
their own meals, we can help.

# **716-636-3065**

[AmherstMealsOnWheels.org](http://AmherstMealsOnWheels.org)



**Amherst  
Meals on Wheels**  
  
**eat well.**