

# 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.**