

Everyone can take part in bringing color, comfort, and connection to older adults! Whether you're near or far, your thoughtful artwork helps brighten the day of an older adult in Nourish's community. We can't wait to see your creative works of art!

How to Participate

1. Download & Print 2. Color & Create 3. Share

1. **Download and Print** a page from the choices at: NourishMealsonWheels.org/Coloring or draw your own fun and cheerful image.
2. **Color** the page using your favorite supplies. Let your creativity shine through. (Optional) Sign the drawing with your **FIRST** name and **AGE**. (please **NO DATES**)
3. **Mail or Drop Off** the cheerful drawings to:
Nourish Meals on Wheels, 92 E. Arapahoe Rd., Littleton, CO 80122

If dropping off, office hours are 8am-2:30pm Mon-Fri
(It is OK to fold the drawings to fit them in an envelope.)

Getting involved in Nourish's Coloring Kindness Program is simple—just print, color, and mail your artwork to us. That's it!

A few helpful tips:

- Please avoid "Get Well" messages—we're simply sharing a warm connection with our clients along with their meals.
- Seasonal themes are welcome year-round—there are no deadlines, so send your artwork whenever you're ready

Your creativity, at your own pace, can bring comfort to someone who truly needs it.

Coloring Kindness is more than a coloring activity—it's a meaningful way to connect with older adults served by Nourish Meals on Wheels. Each page you create is hand-delivered alongside a hot meal and a warm hello by our volunteers.

We serve more than 230,000 meals each year to older and homebound adults across South Metro Denver, providing more than food—we offer connection, dignity, and care.

Your artwork may be included in: daily meal deliveries, holiday and birthday gift bags, wellness kits, monthly grocery deliveries, and other similar deliveries.

A simple drawing can become the brightest moment in someone's day.

Colorful Meadows,



Butterfly Hellos

Nourish
Meals on Wheels

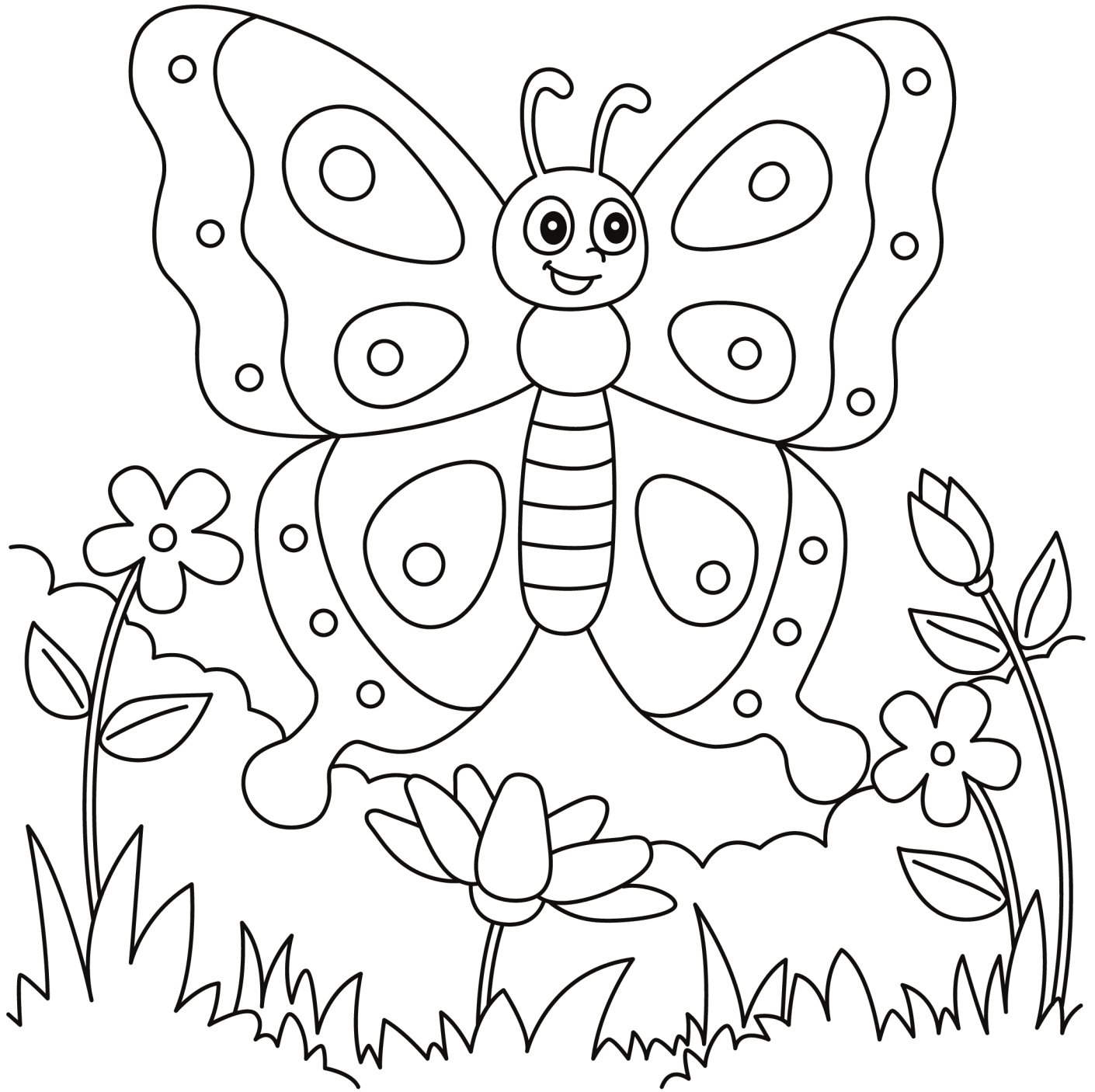
Name: _____ Age: _____

Coloring Kindness Program

92 E. Arapahoe Rd.
Littleton, CO 80122

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Floral Fantasia



Nourish
Meals on Wheels

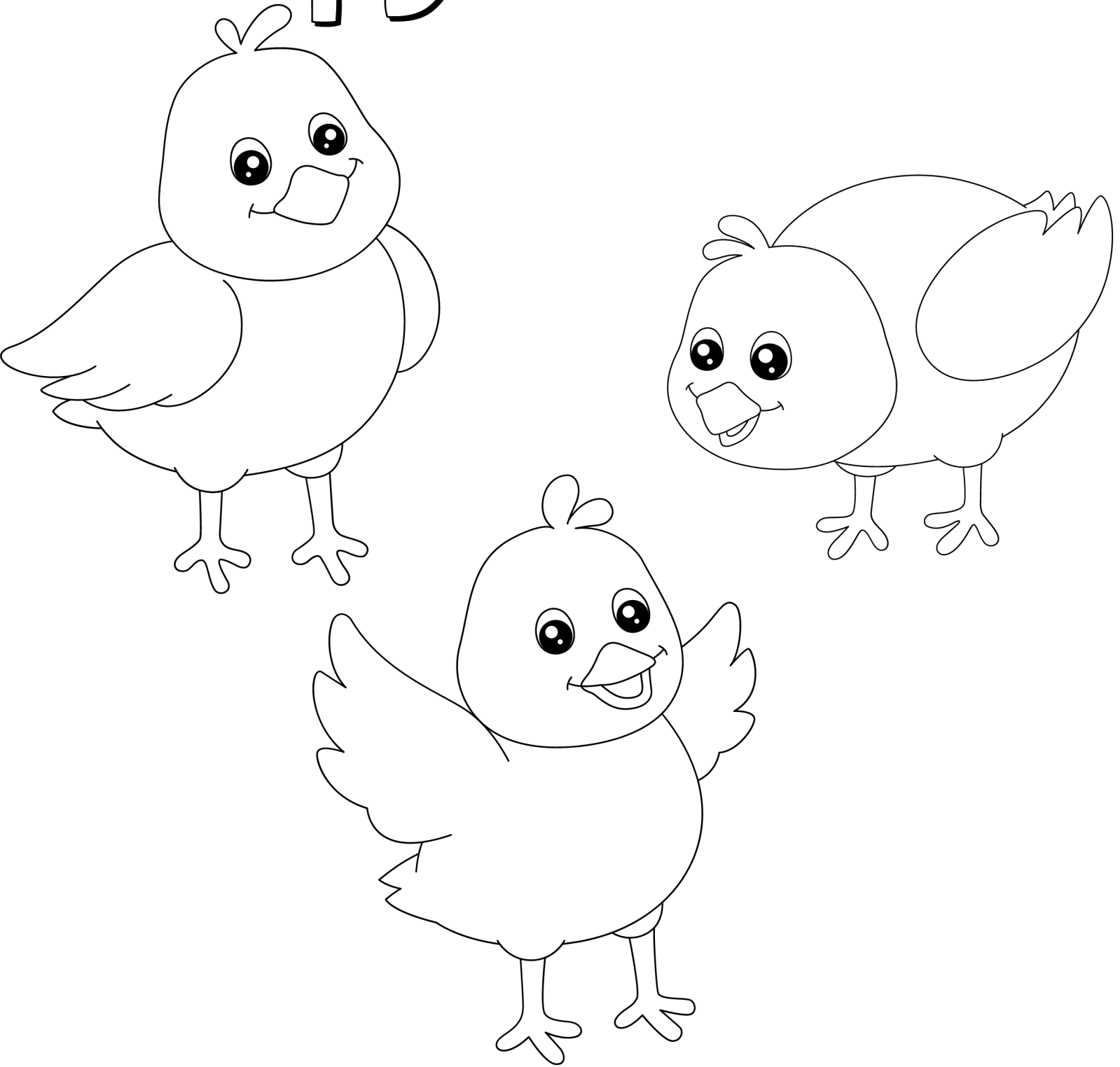
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Chirpy Moments



Nourish
Meals on Wheels

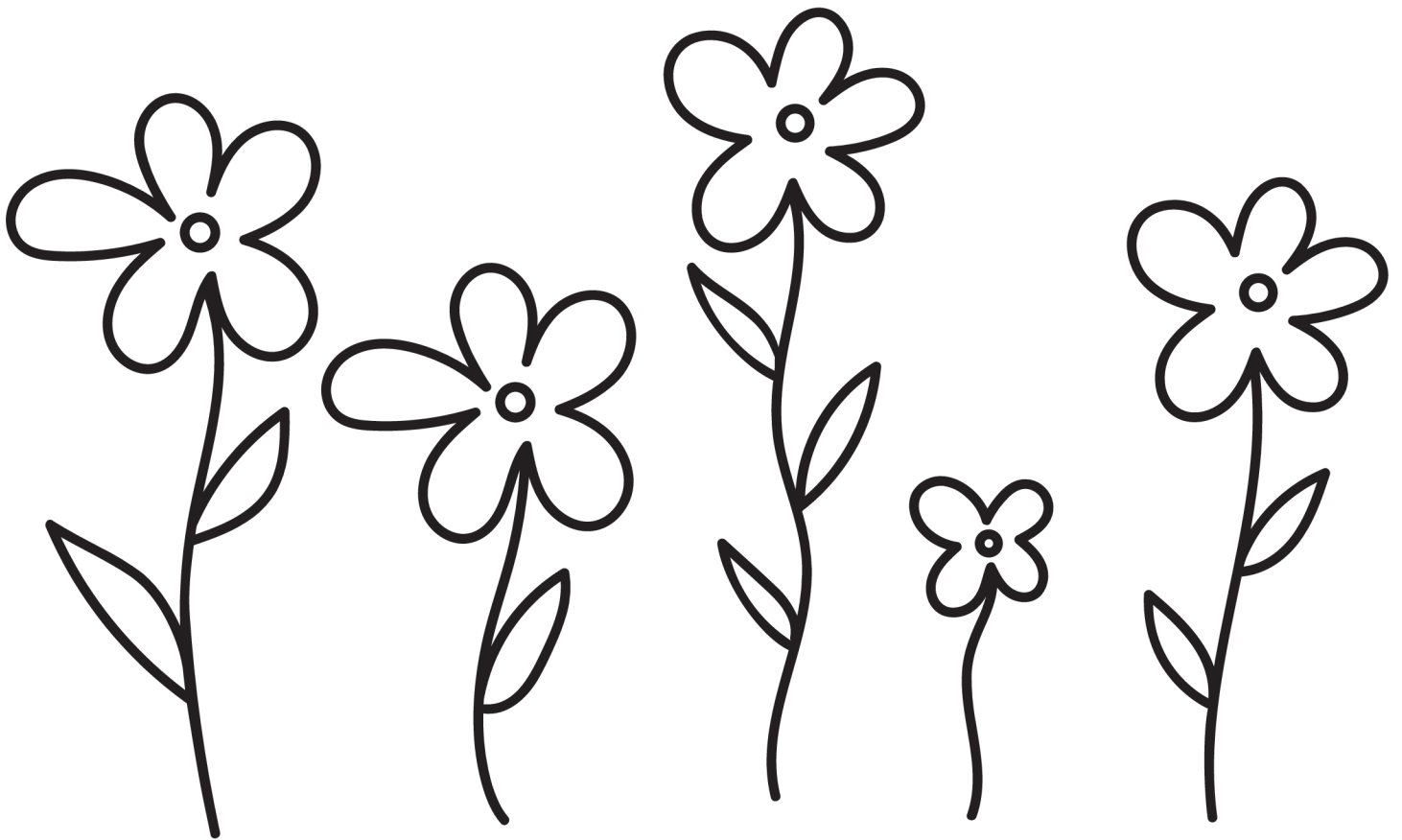
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Springtime Sprouts



Nourish
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Purr—fect Nap



Nourish
Meals on Wheels

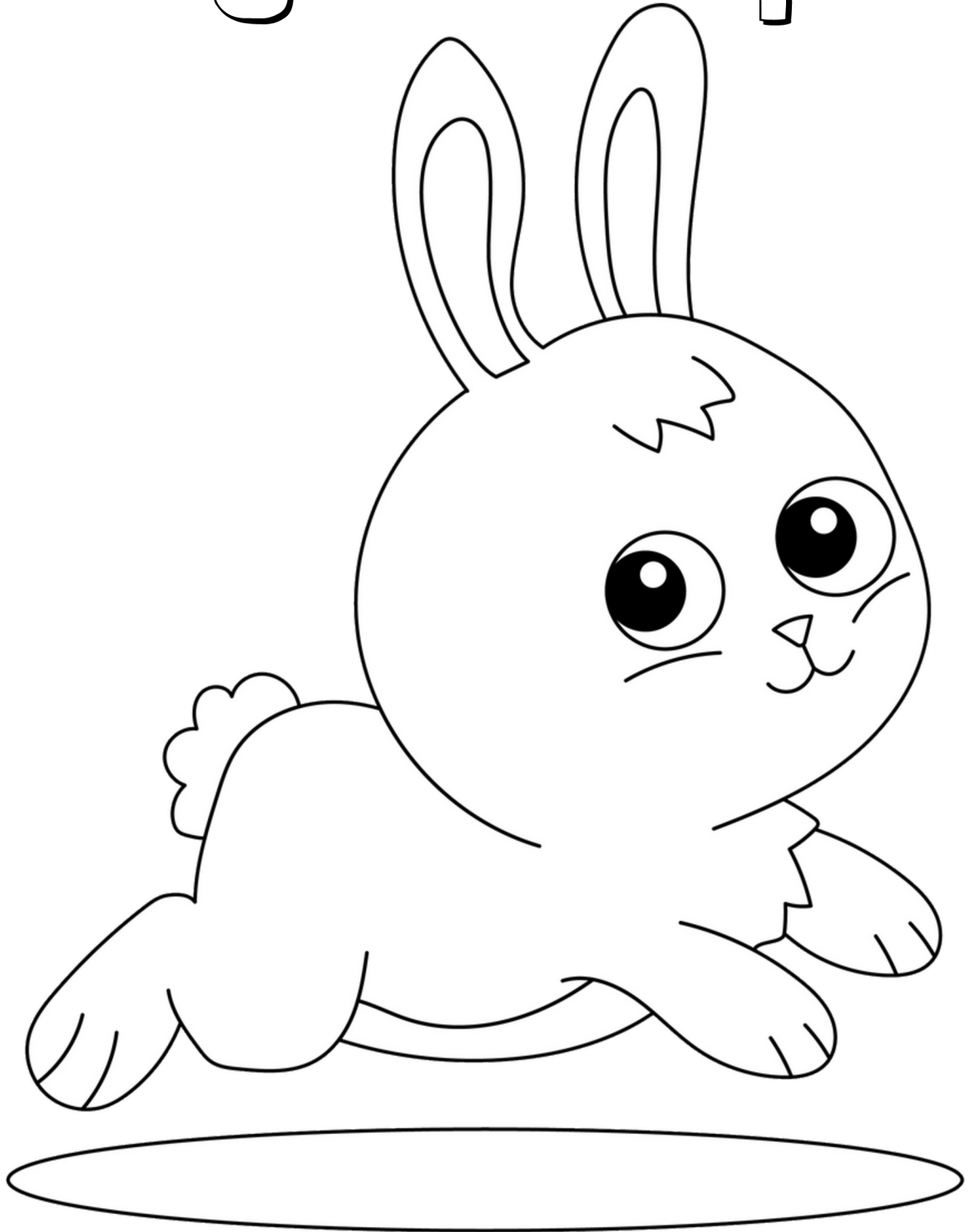
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Springtime Spirit



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Petals of Peace



Nourish
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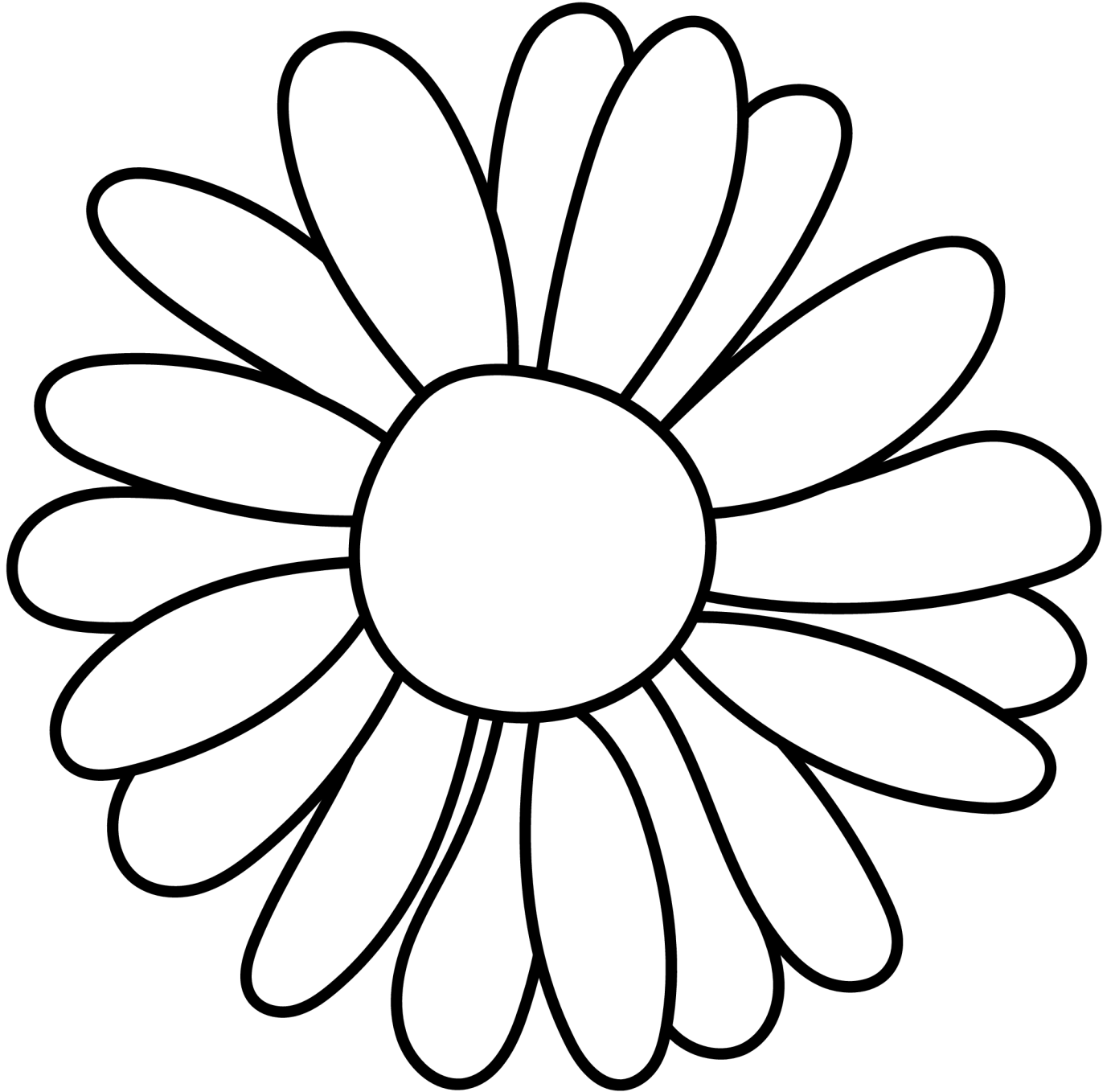
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Daisy Delight



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Daffodil Delight



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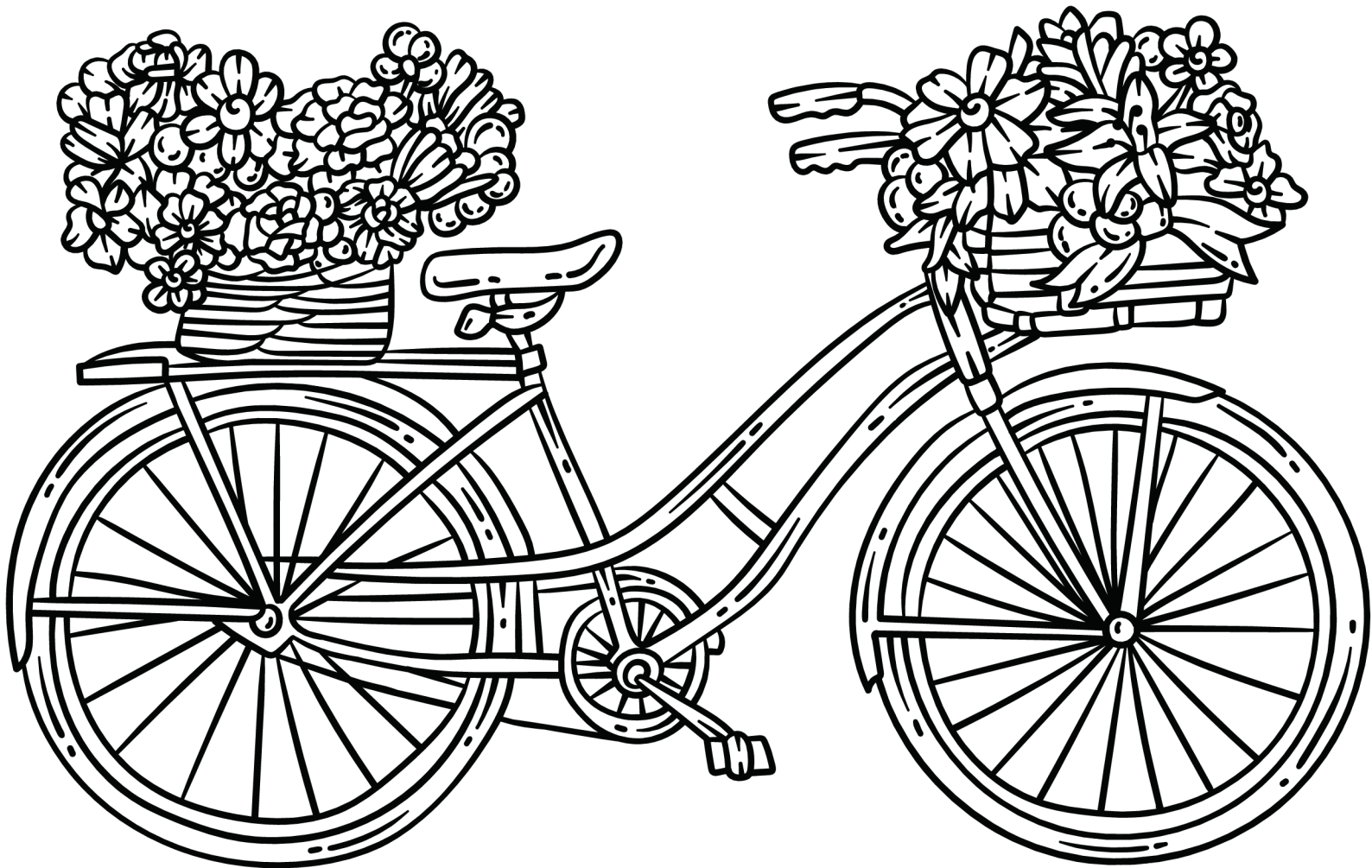
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Pedals and Petals



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Puddle-Jumping



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Springtime Fun!



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Flower Fun



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Dance in the Rain



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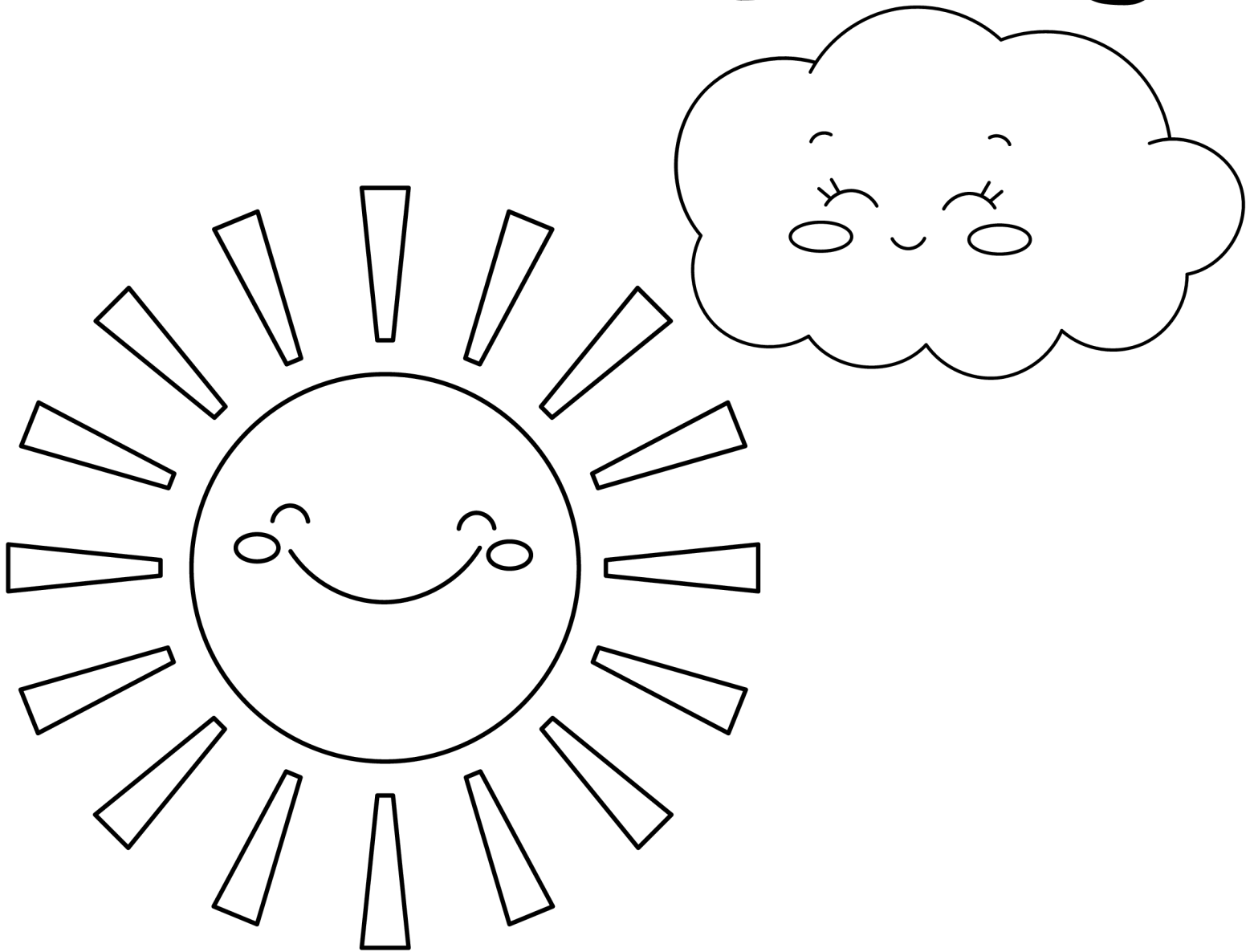
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Radiant Rays and Cloudy Hugs



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April Showers, May Flowers!



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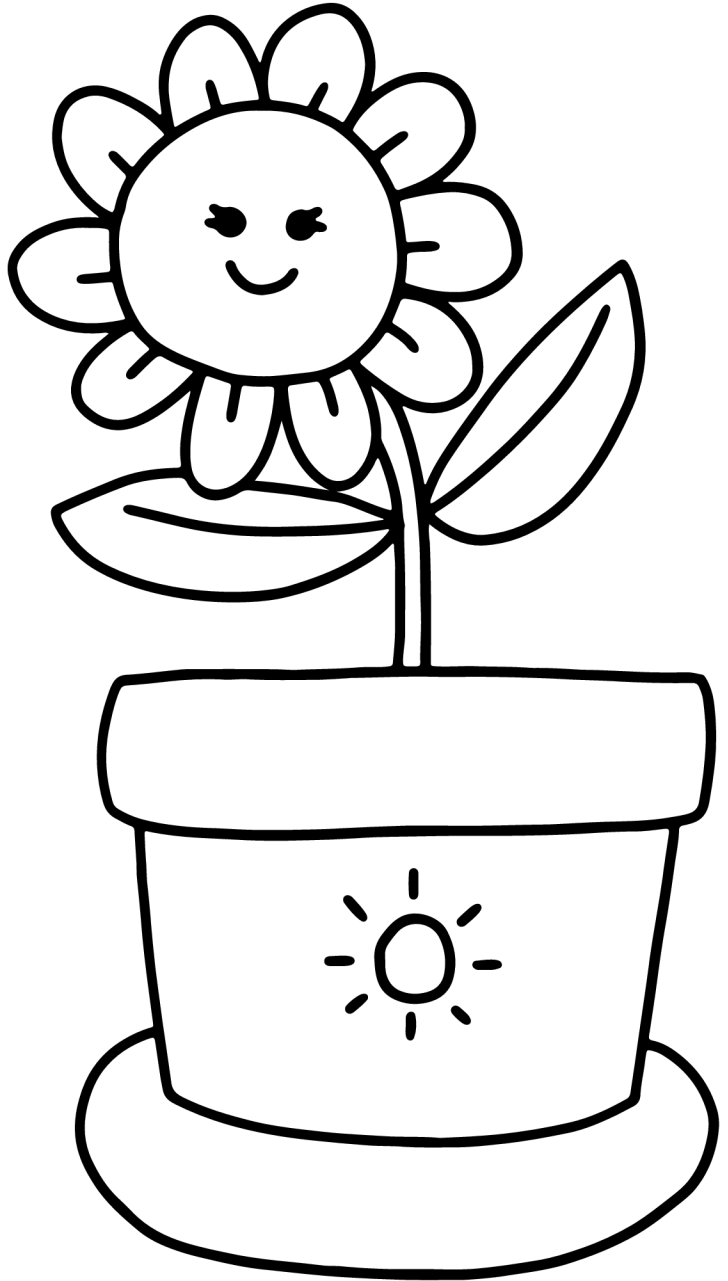
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Bugs, Blooms, and Bright Days!



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Meals on Wheels

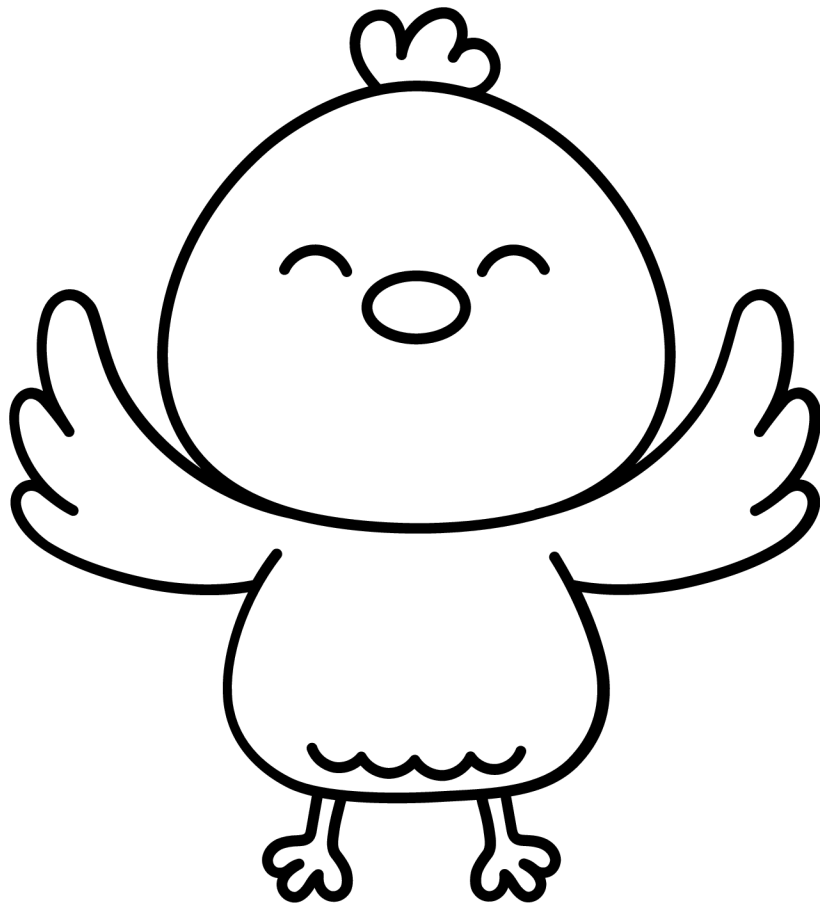
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Hoppin' into Spring!



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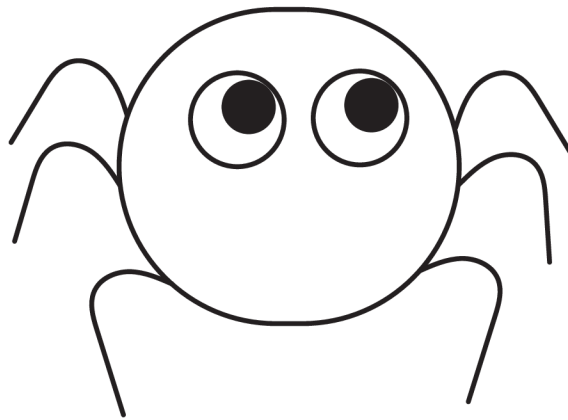
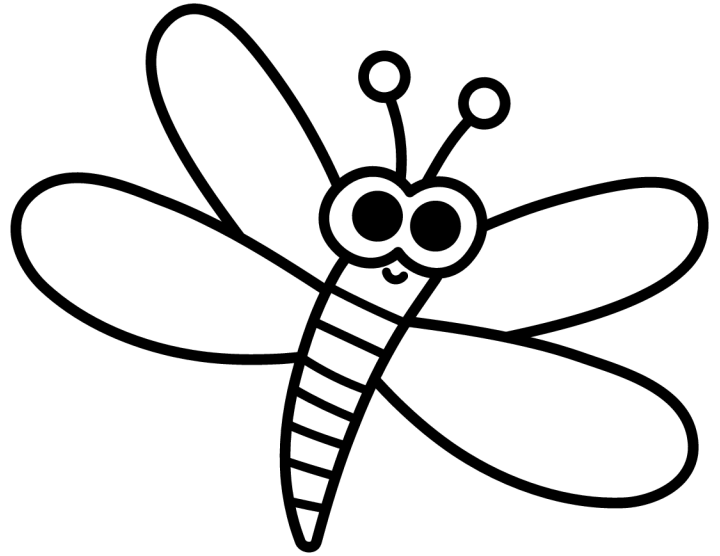
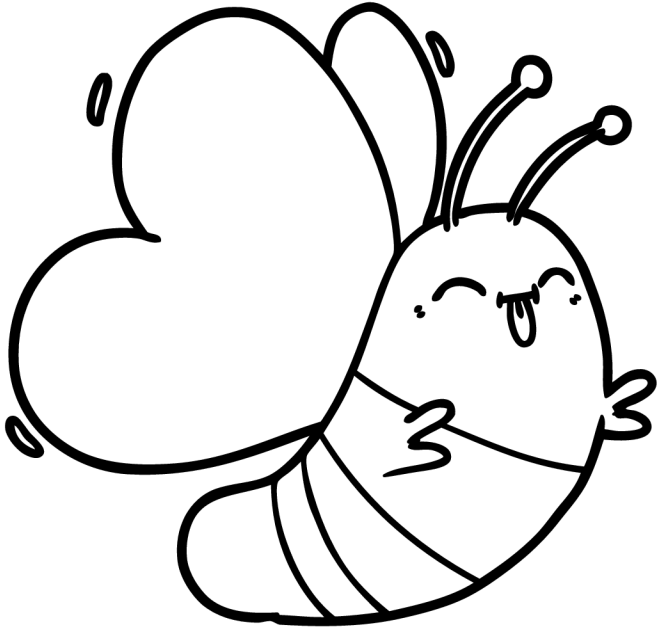
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Spread Your Wings!



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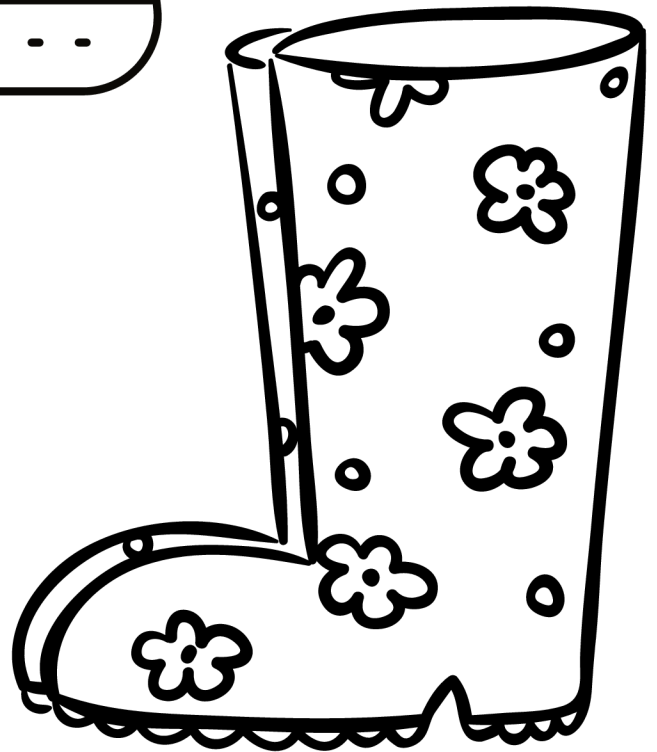
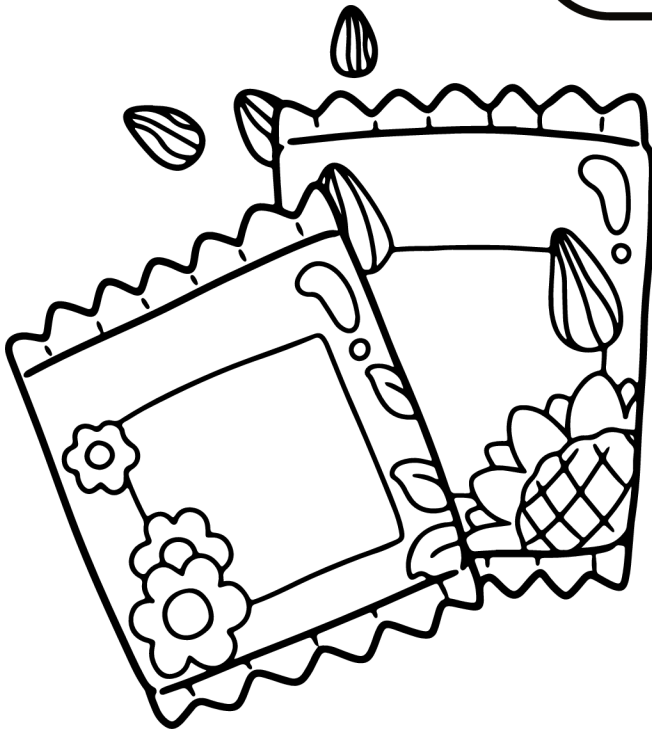
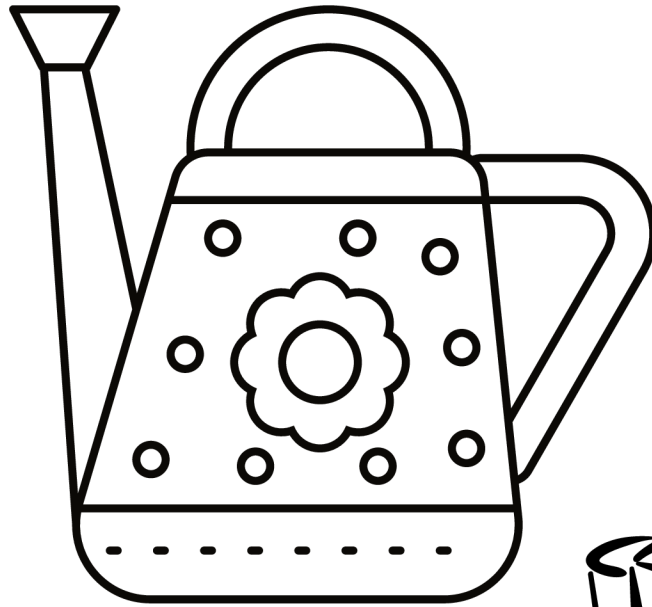
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Sprout Happiness!



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Bloom & Grow!



Nourish
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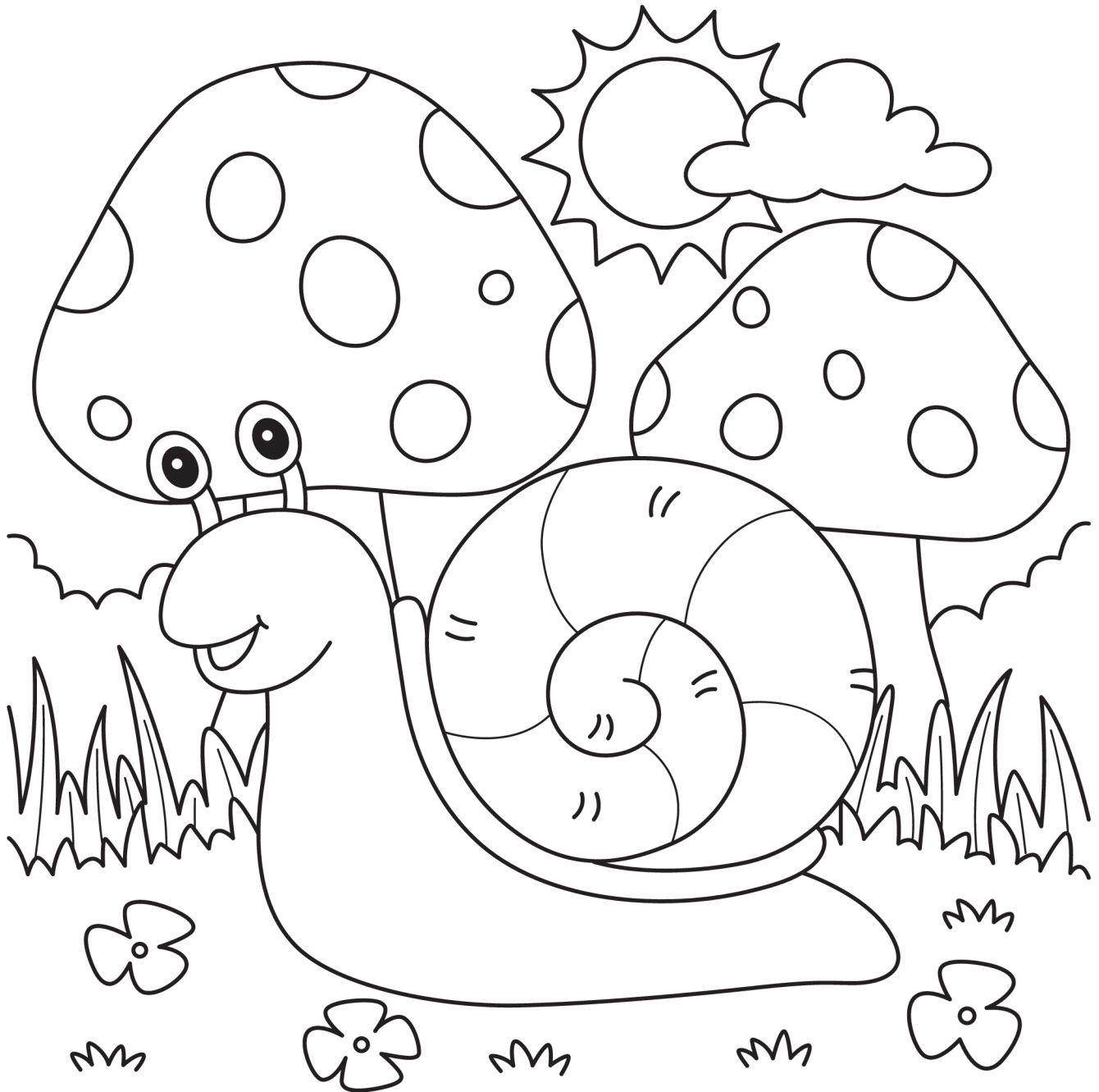
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Creepy, Crawly, Cute!



Nourish
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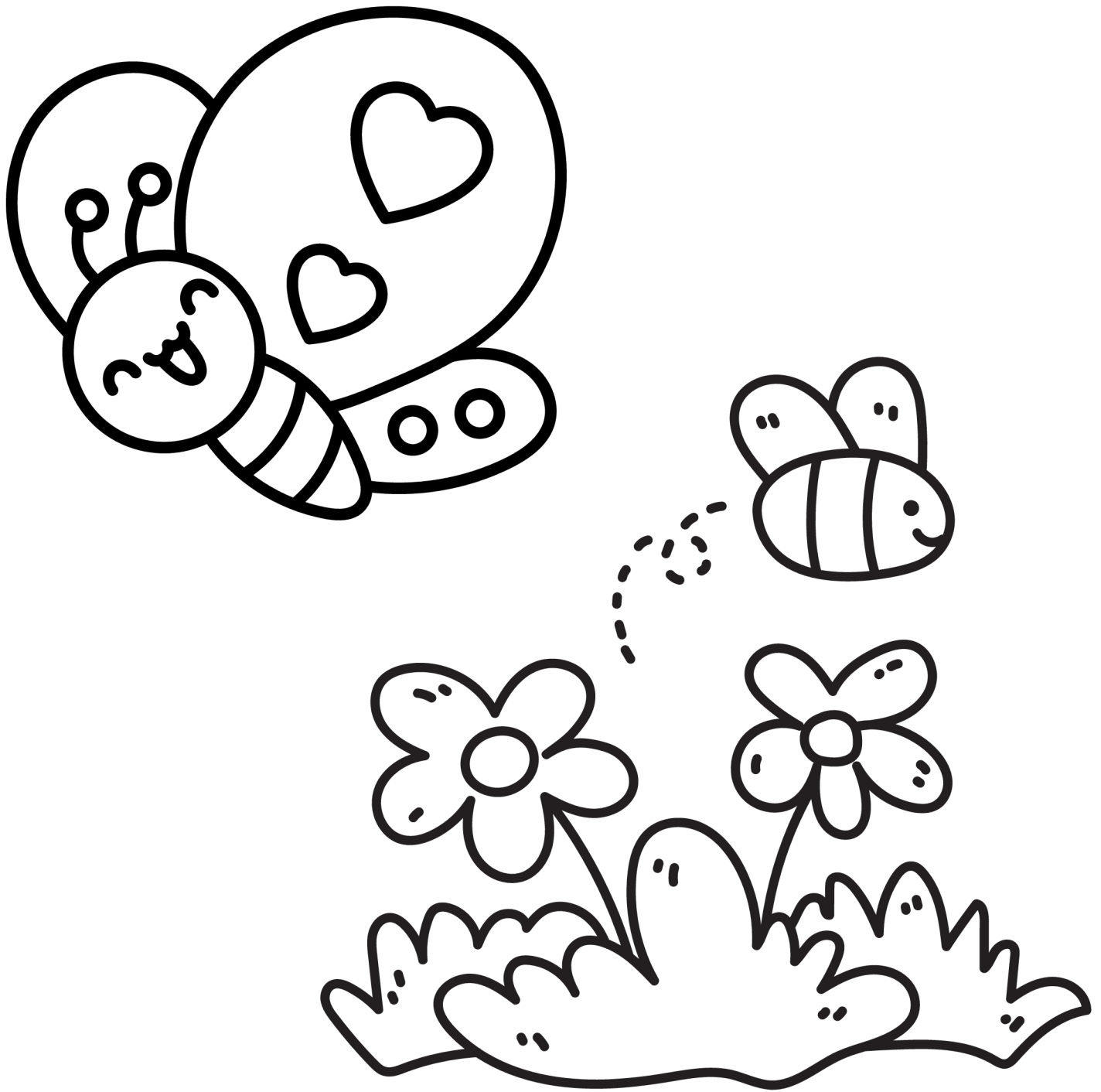
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Buzzing with Joy!



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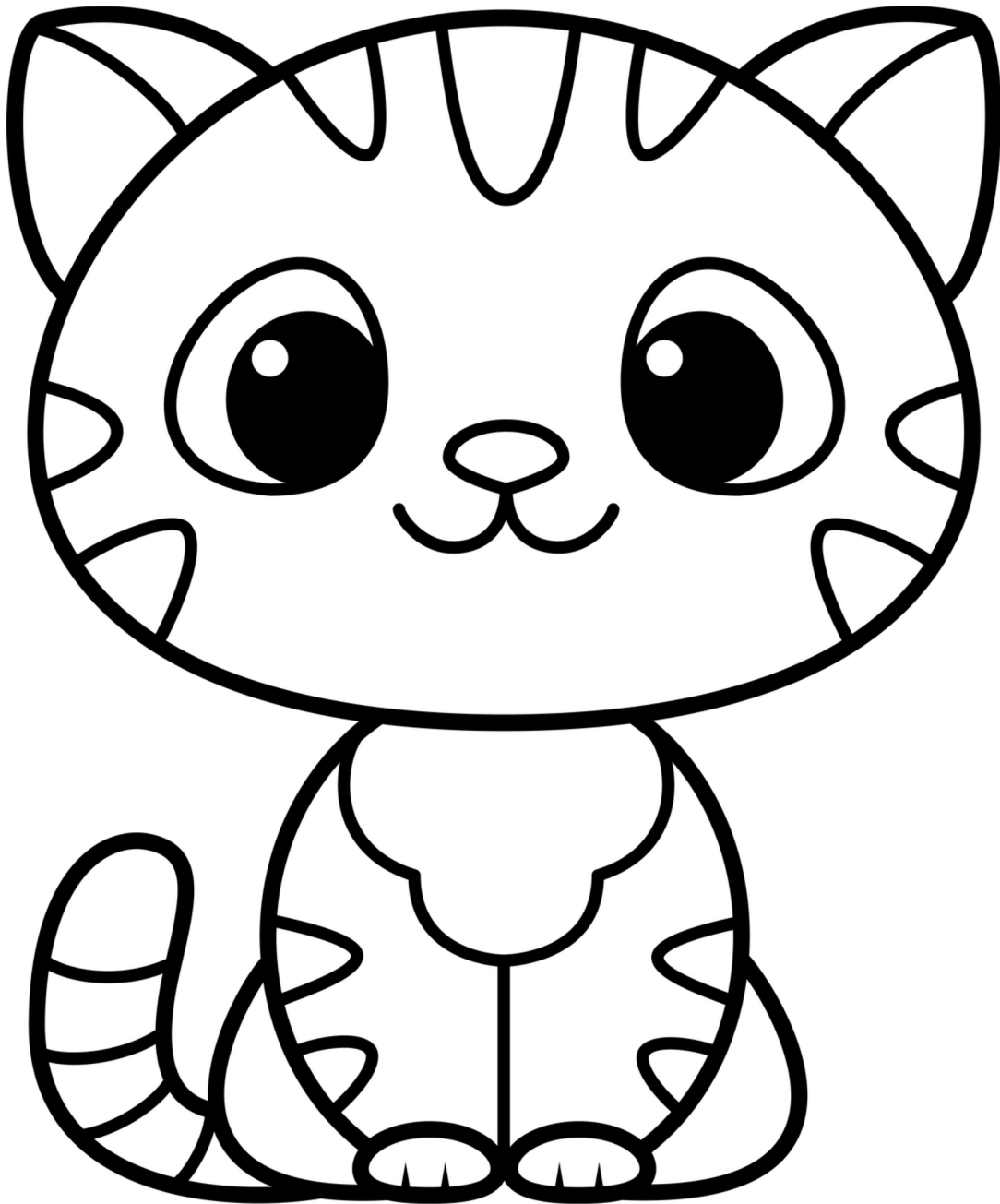
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Purr-fectly Cute



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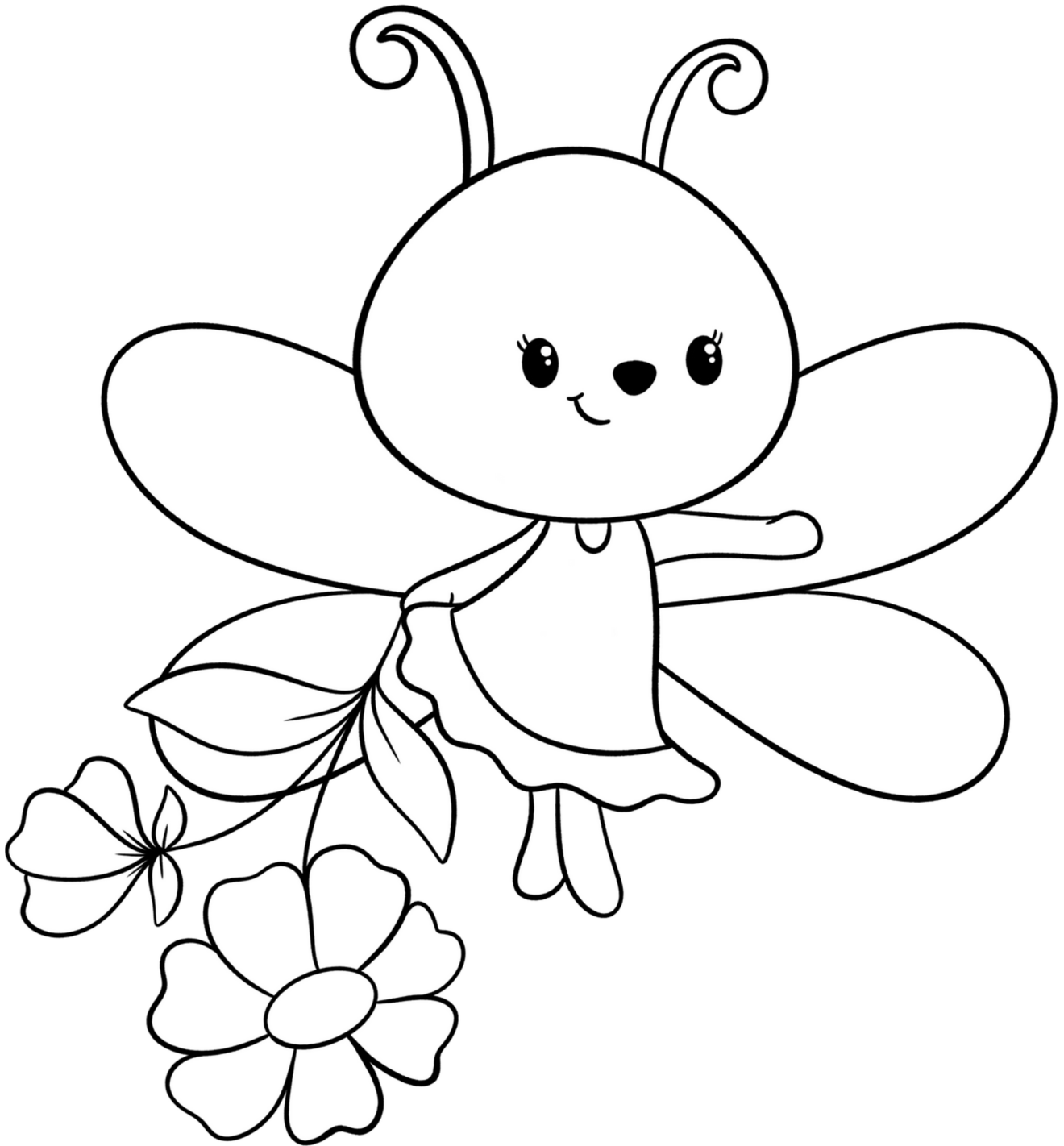
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Bee Happy!



Nourish
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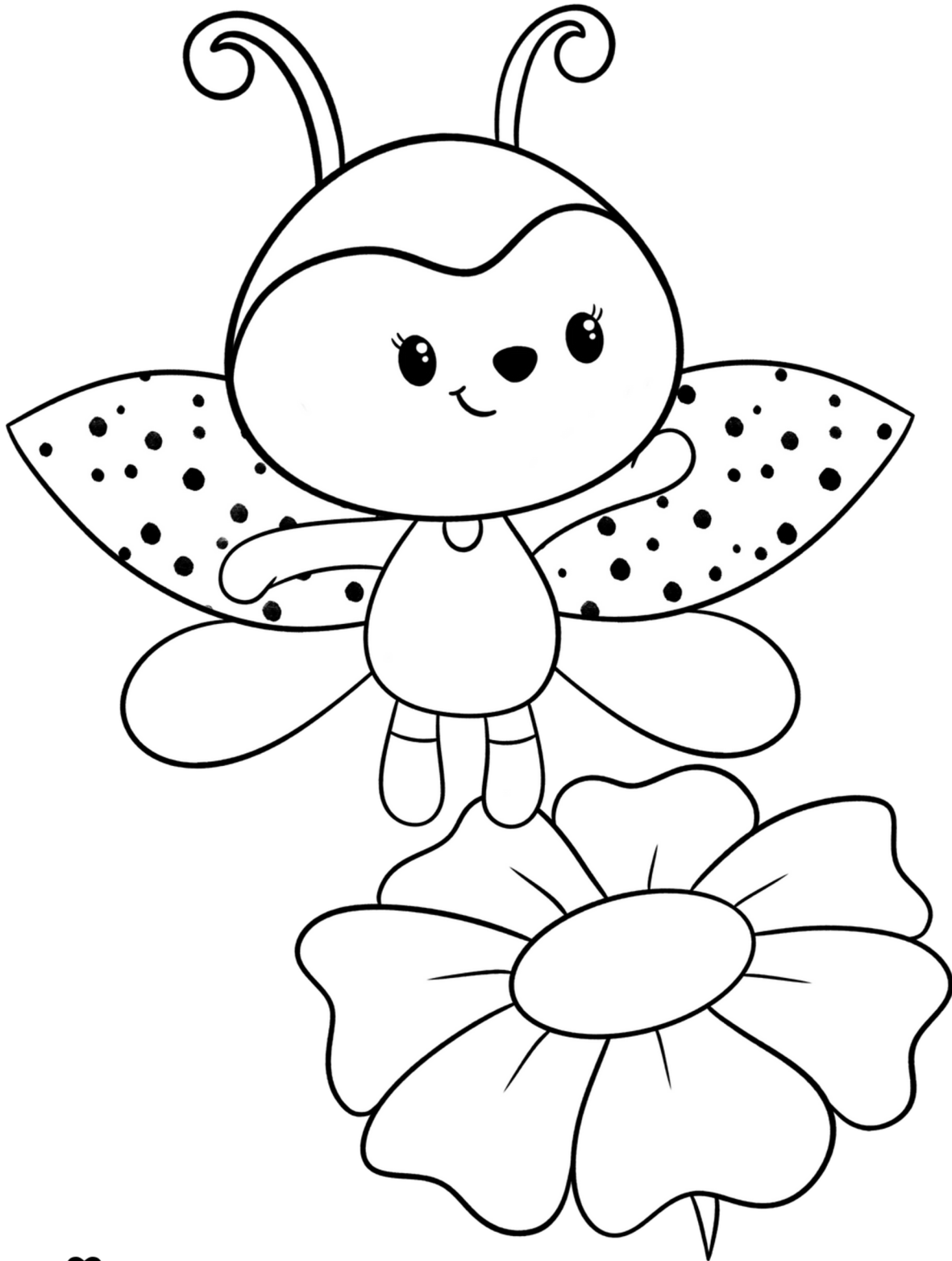
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Flutter into Fun!



Nourish
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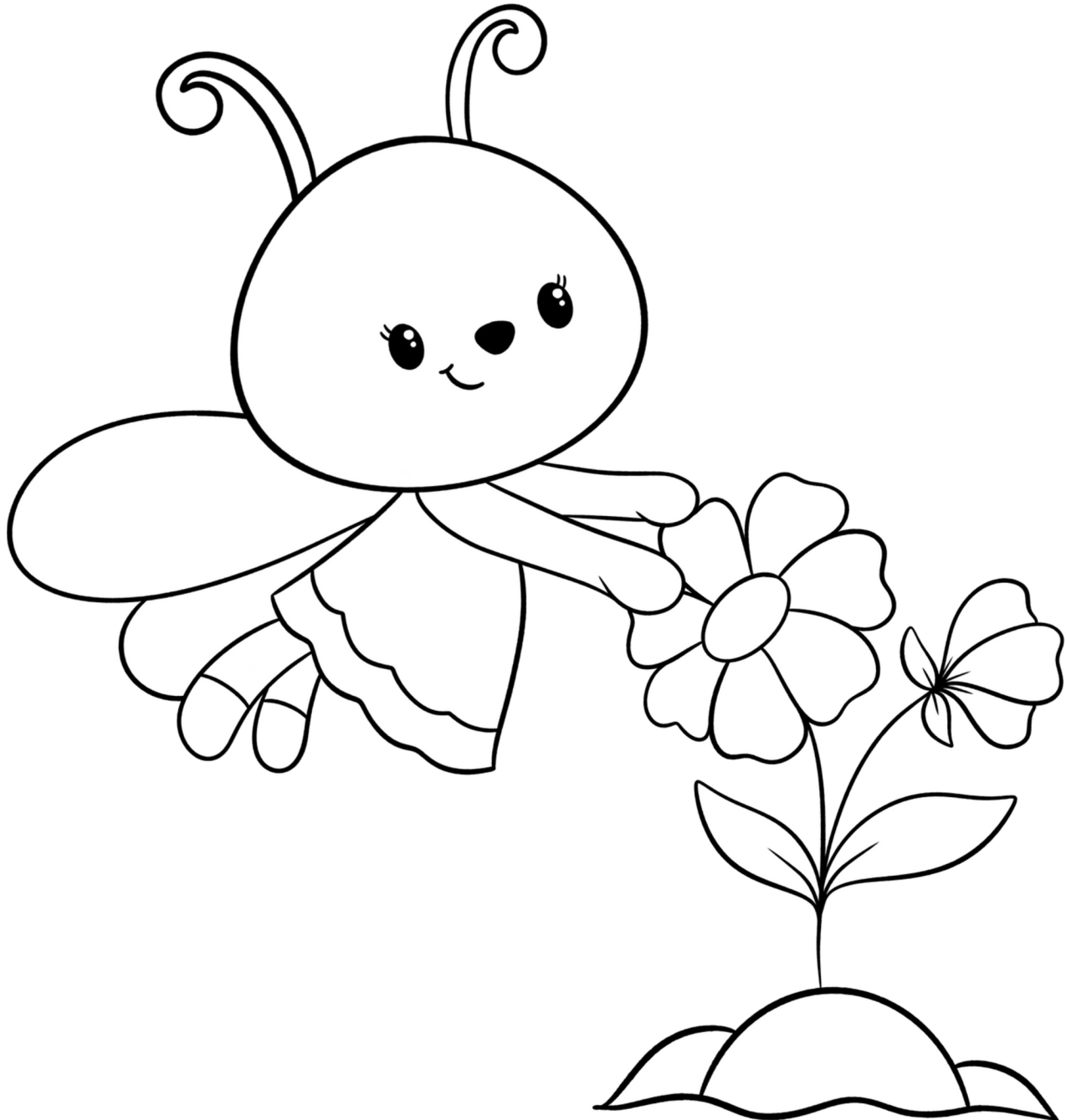
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Time to Bloom!



Nourish
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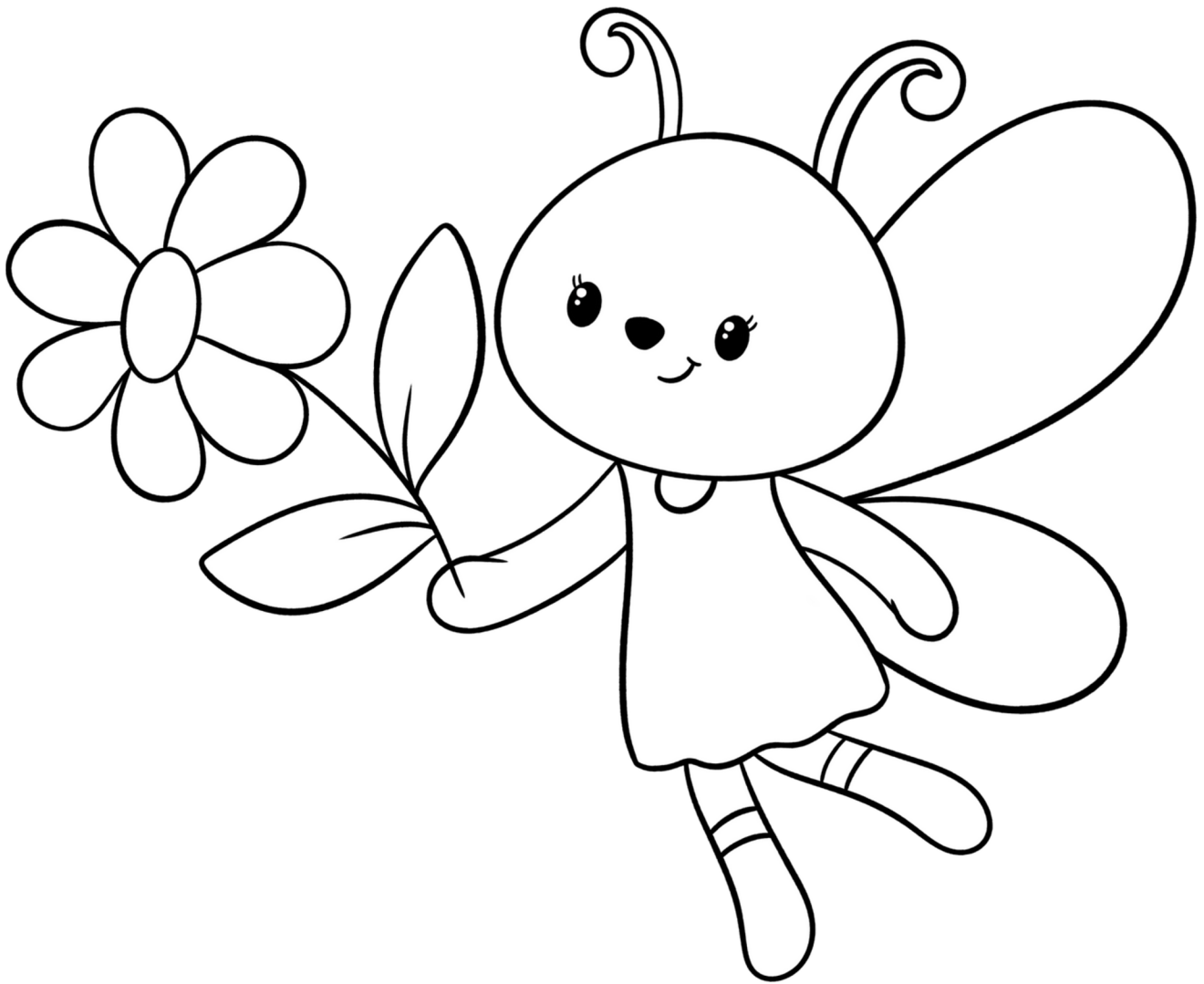
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Petals & Positivity!



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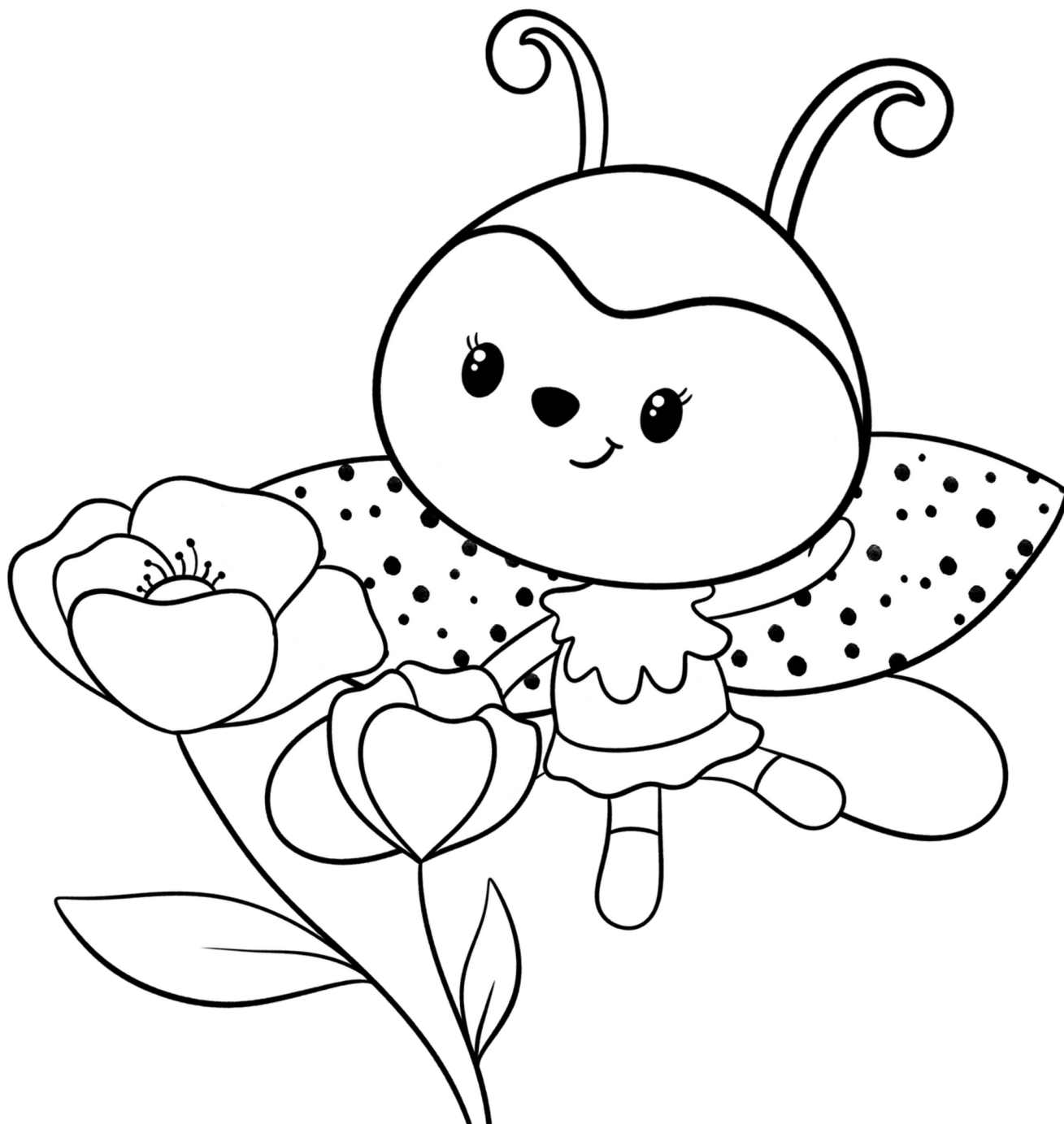
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Spring is in the Air!



Nourish
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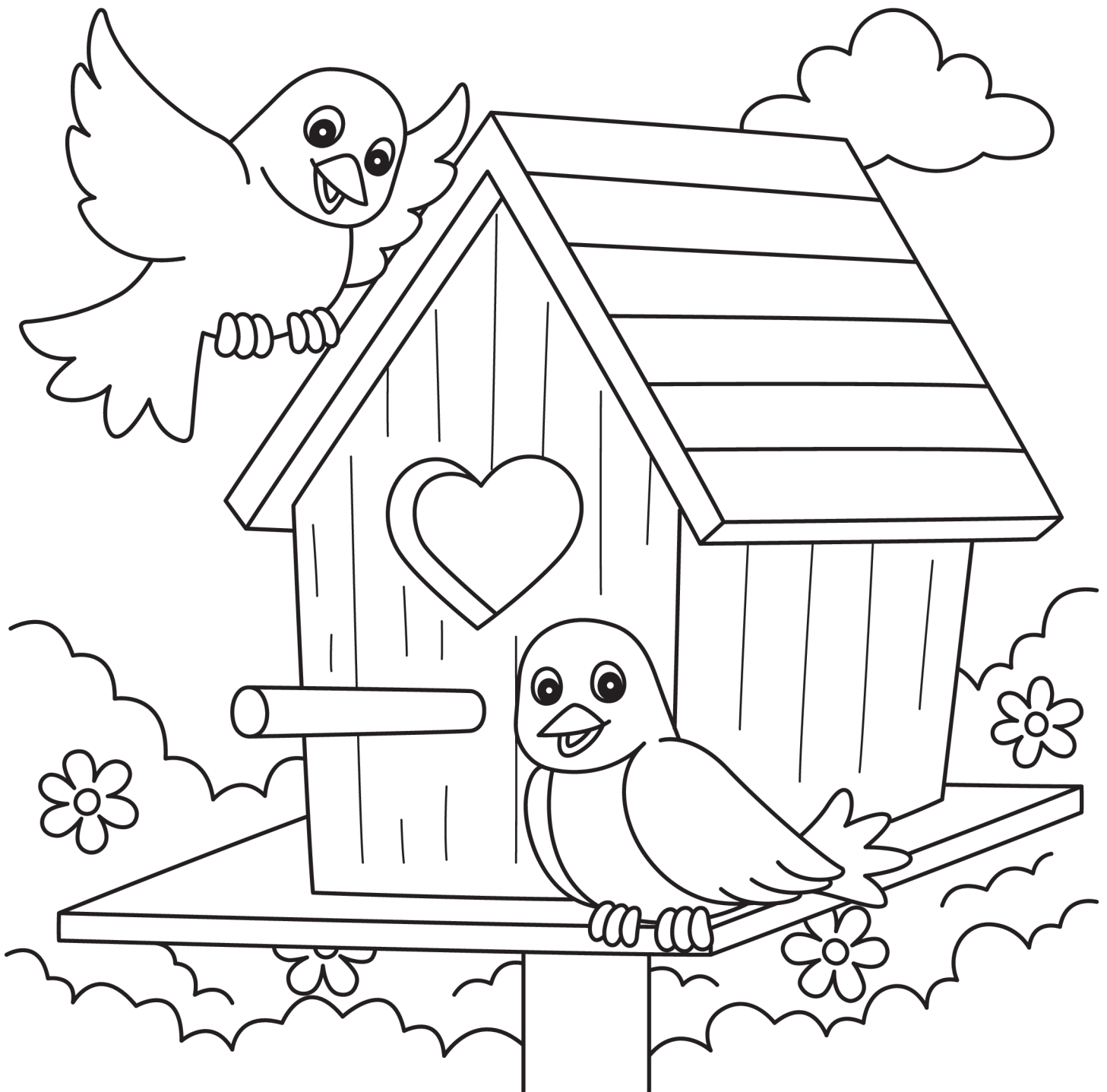
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Chirp, Chirp, Hooray!



Nourish
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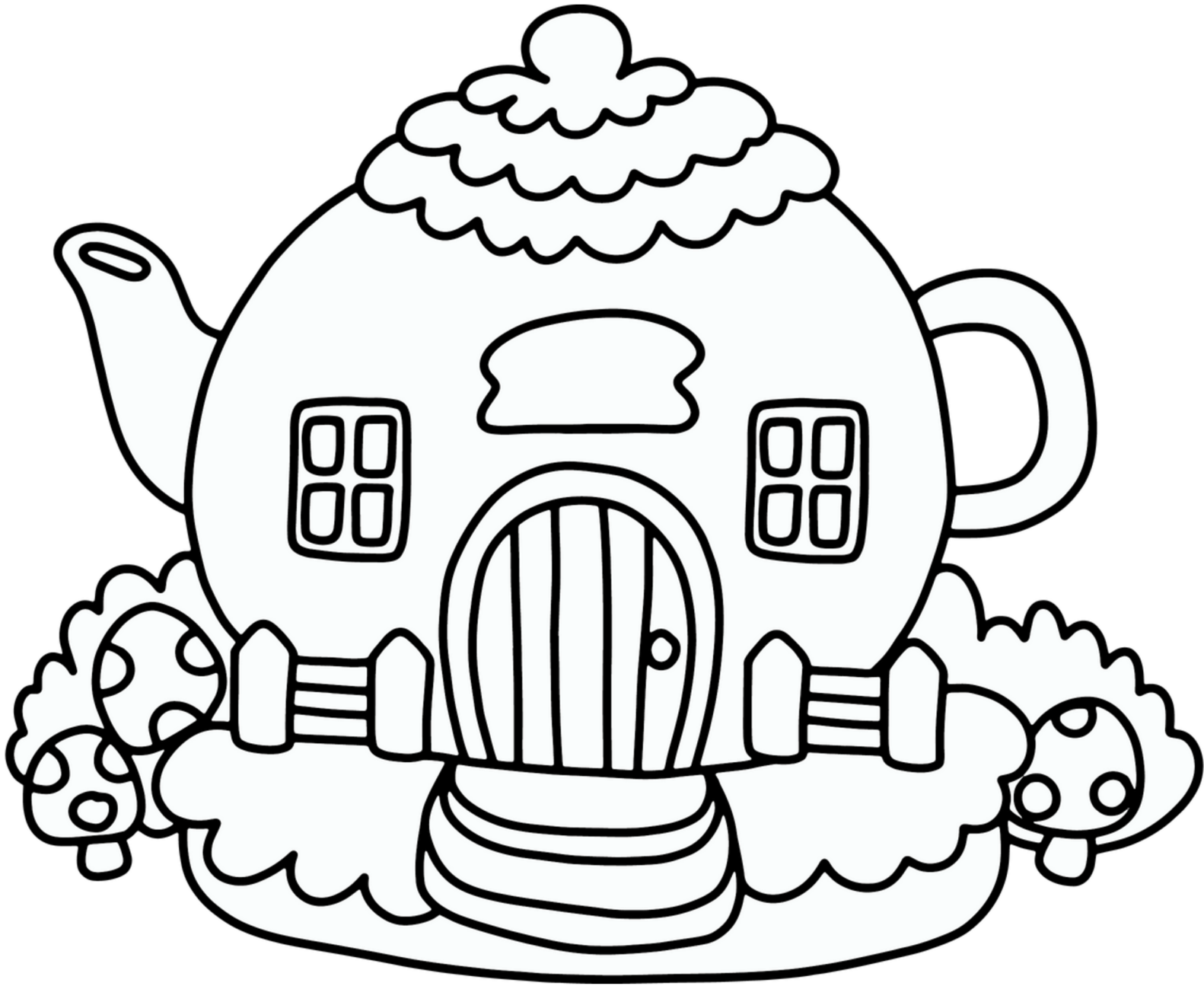
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Spring Fever!



Nourish
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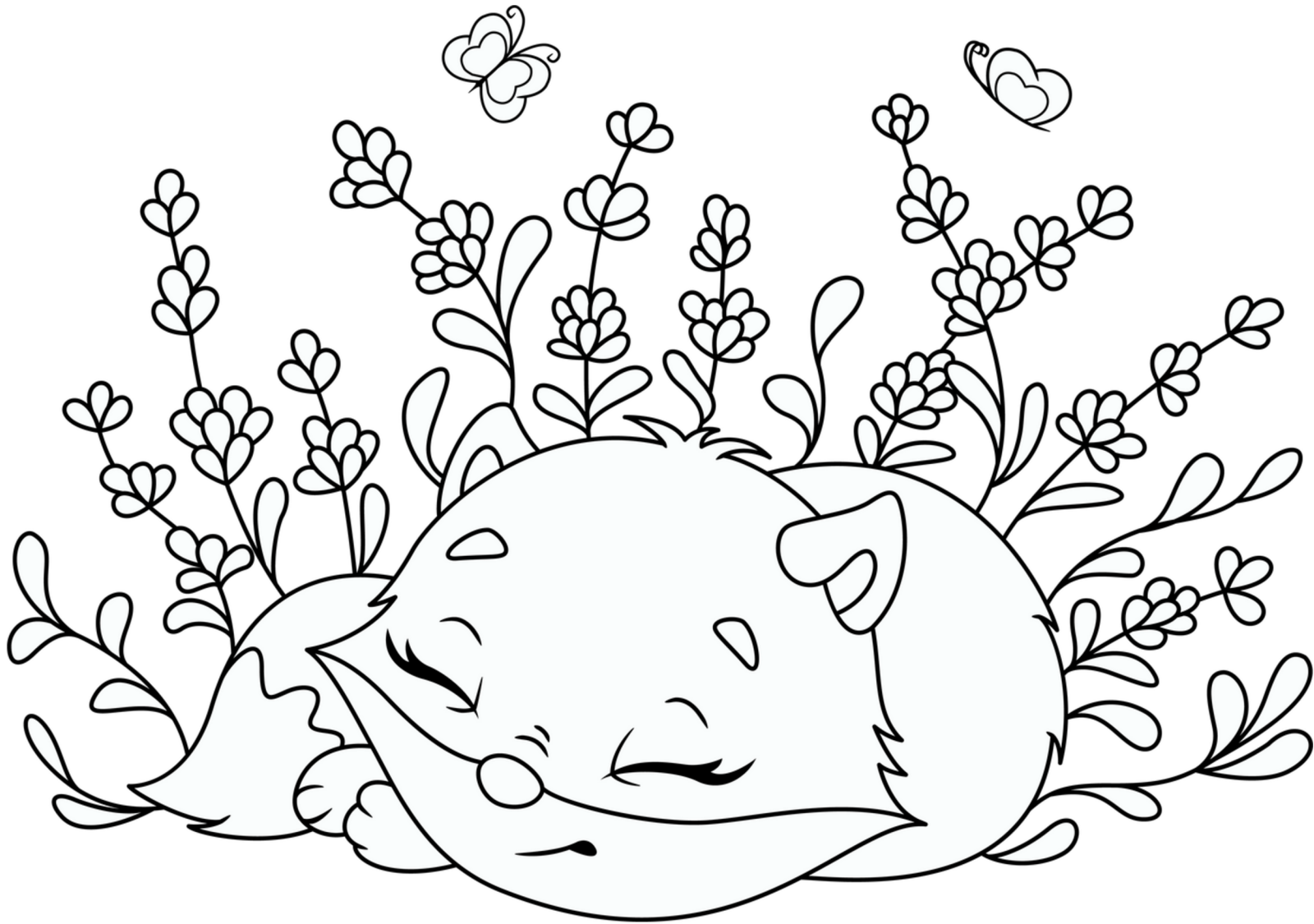
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Sunny Days Ahead!



Nourish
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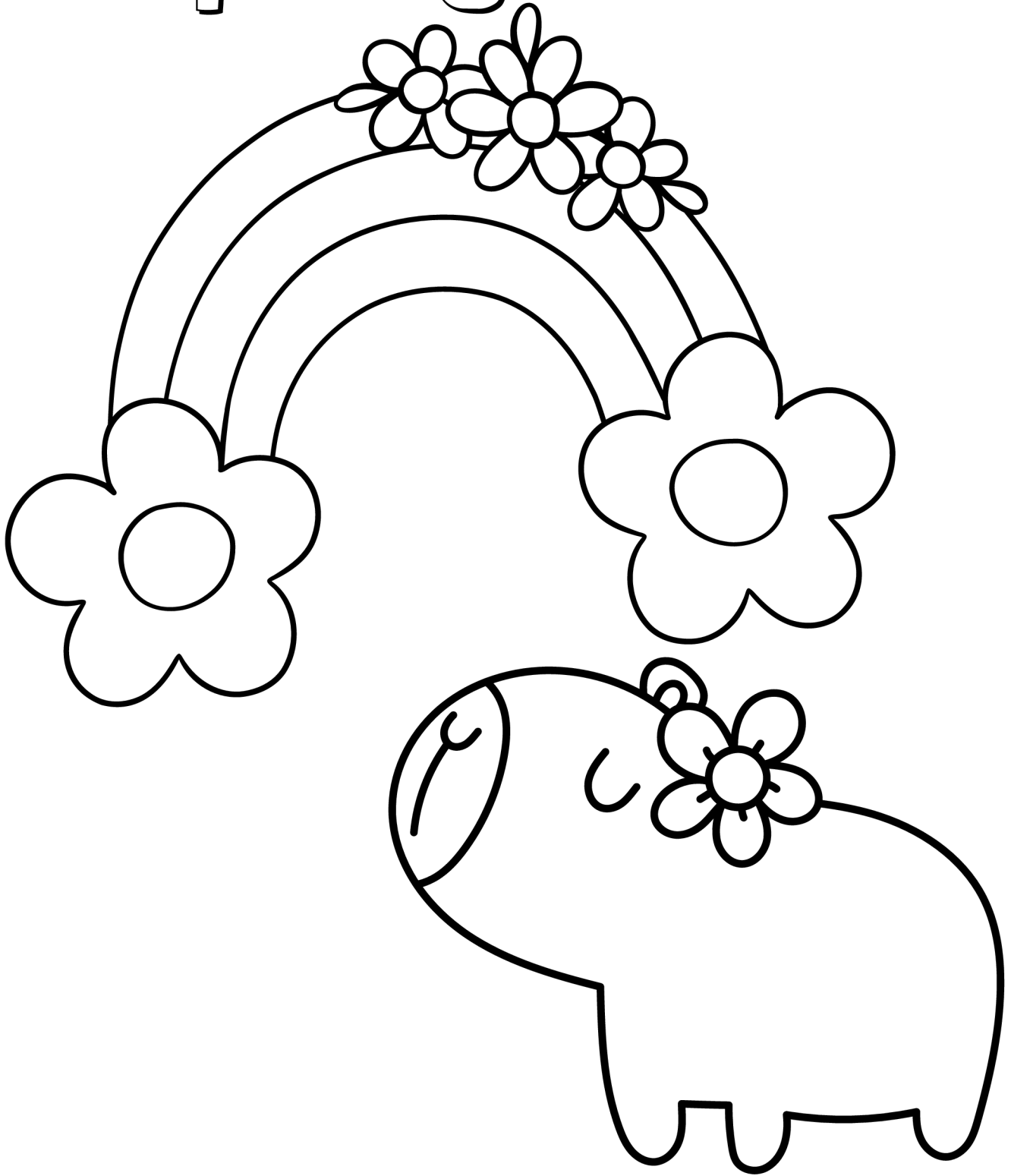
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Spring Fever!



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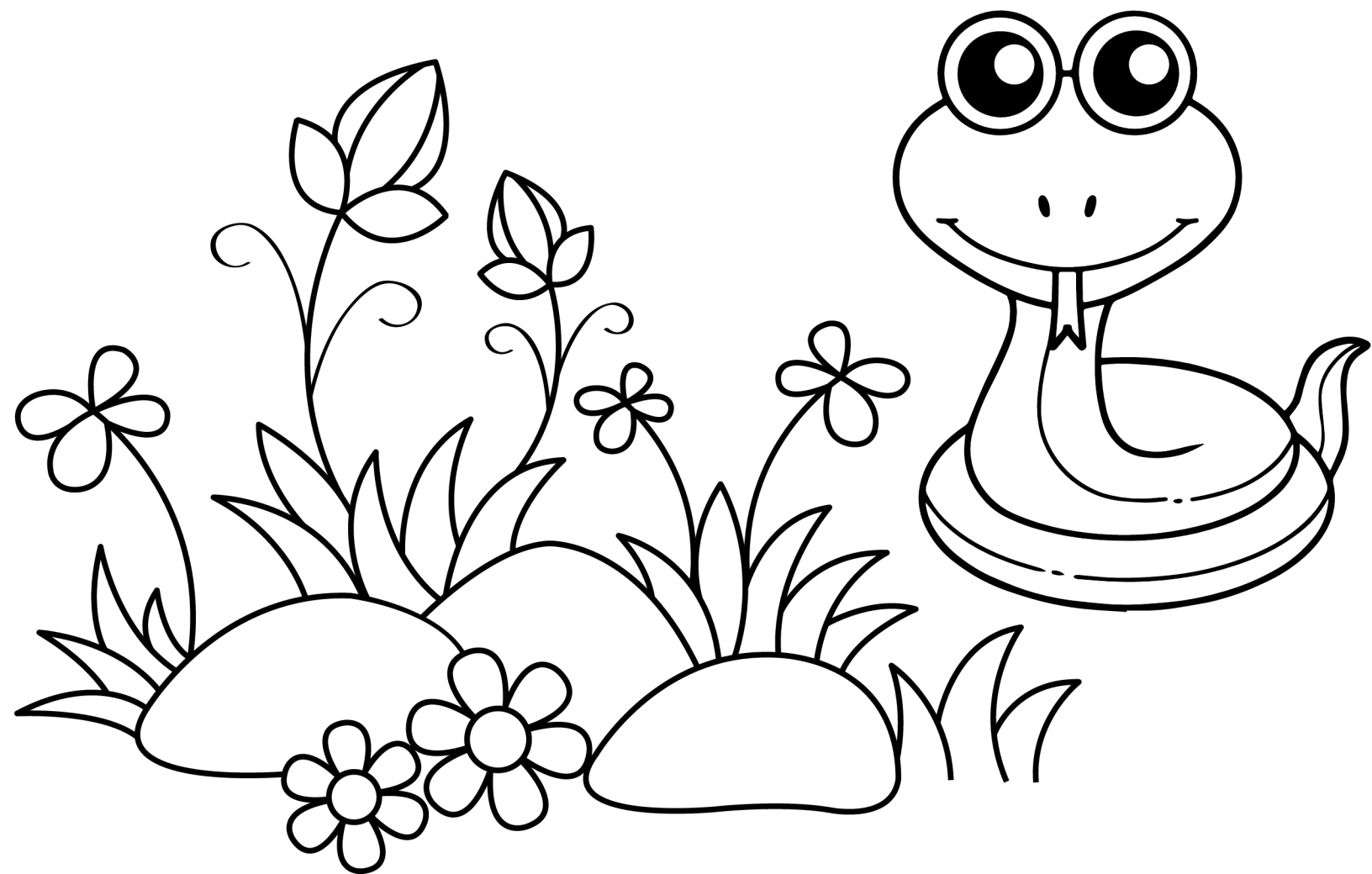
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Sssunshine & Sssmiles!



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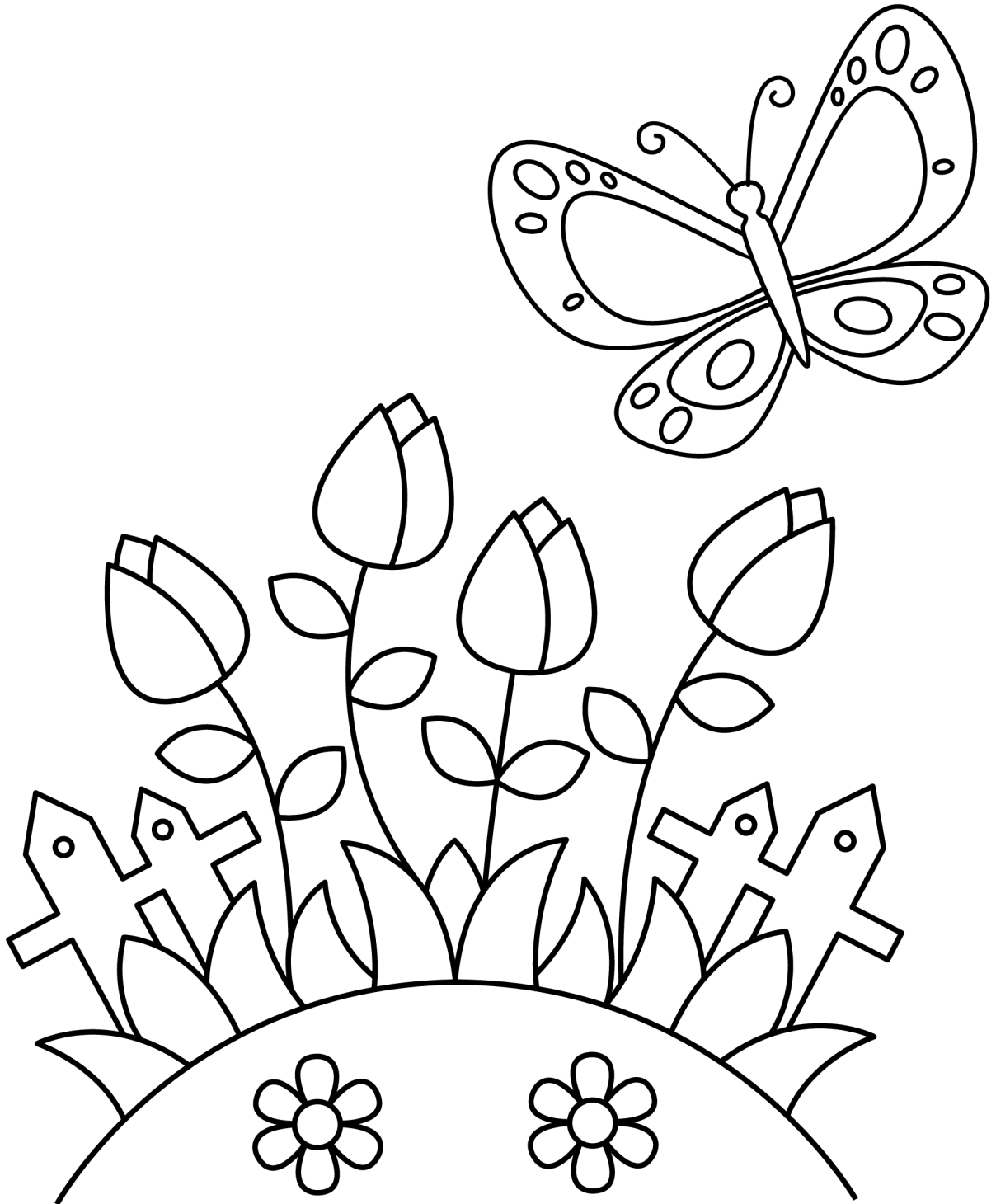
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Flutter into Fun!



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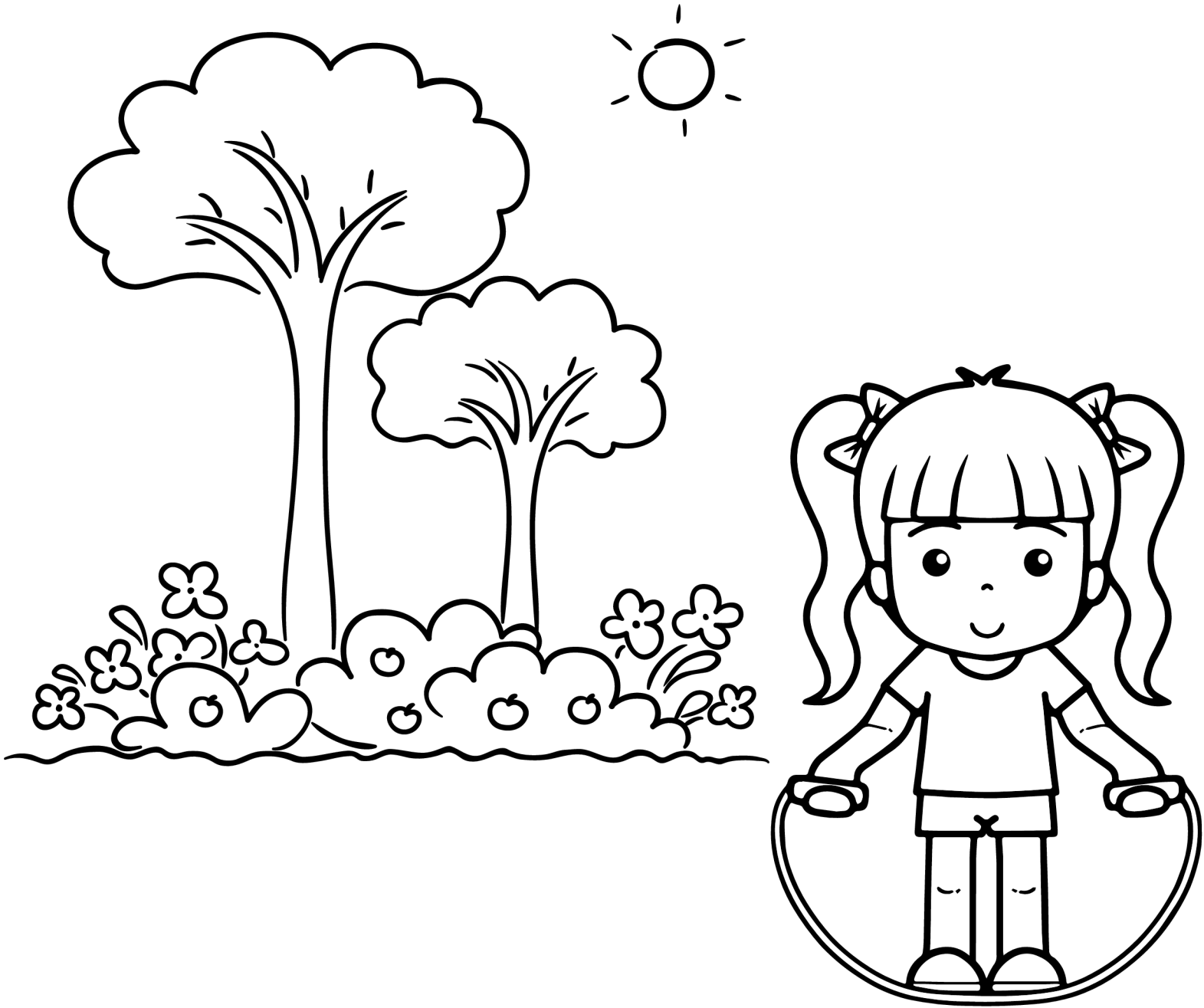
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Fresh Air, Fresh Start!



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Chirp, Chirp, Hooray!



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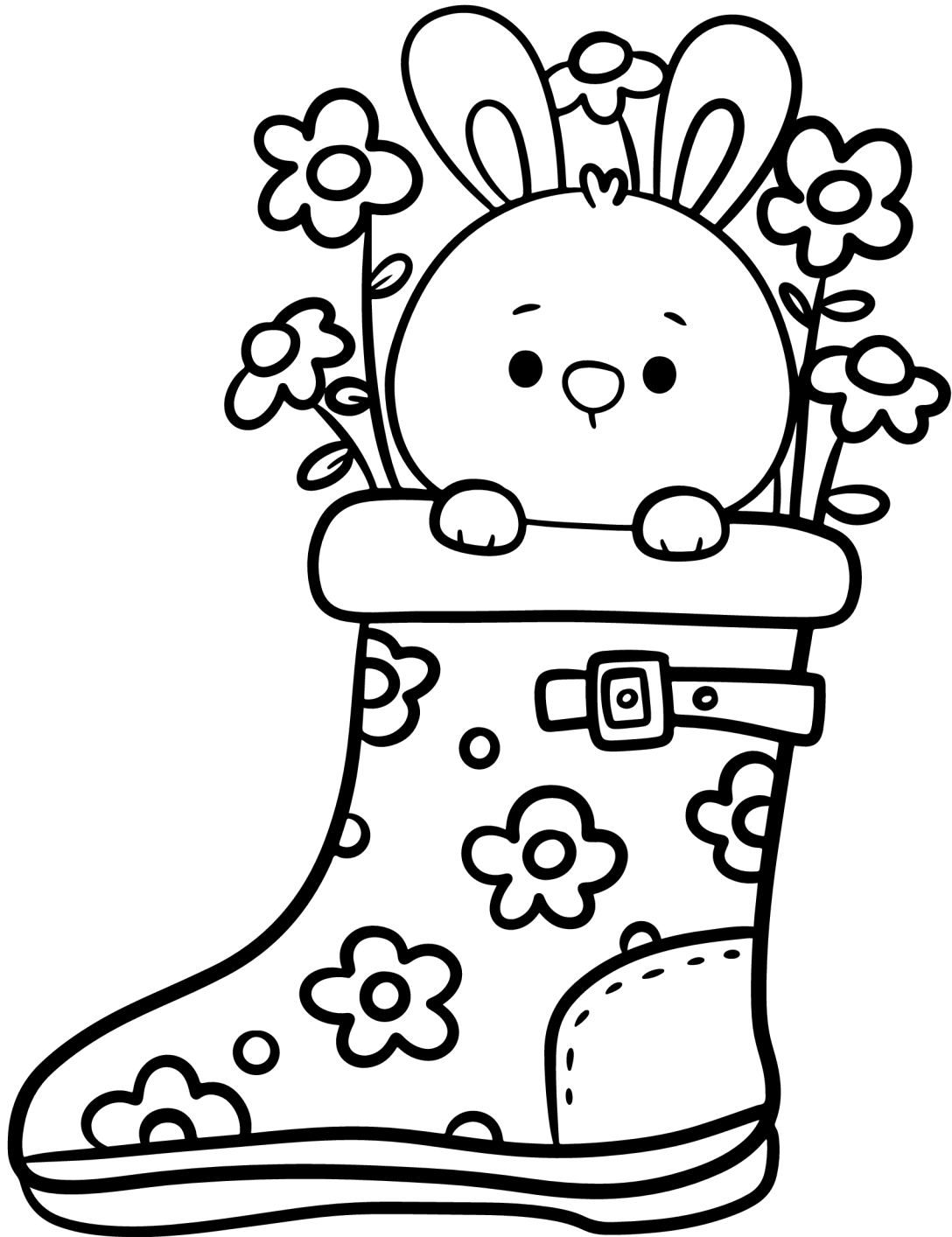
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Bloom & Grow!



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