

FiftyForward Meals on Wheels

*Fifty
Forward*
Supportive Care Services

Meals on Wheels provides a tasty, nutritious meal for those who are unable to prepare meals on their own due to health conditions. Those who receive meals also enjoy visits from volunteers who care about them and make sure they are doing well.

For more information or to request assistance, call

FiftyForward Meals on Wheels

(615) 463-2264



Meals on Wheels Customers Benefit from

- Home delivered, diet specific meals delivered Monday – Friday
- Weekend meals for those who are most isolated receive weekday meals from FiftyForward or another Davidson County meal provider
- Evening meals for customers at greatest nutritional risk
- Food boxes for days the program is closed due to bad weather
- Thanksgiving and Christmas Day meals if alone on the holiday
- Friendly visits from volunteers who monitor safety and changes
- Access to program staff who can assist with other needs

Meals on Wheels Customers Experience

- Better nutrition, health and well-being
- Decreased isolation
- Security of knowing that a visitor is coming each day
- Immediate response in emergency situations

For more information, visit www.fiftyforward.org

To be eligible for services, you must:

- Be 50 years of age or older
- Have difficulty safely preparing meals or lack the resources to obtain meals
- Reside in our service area (we will refer you to the appropriate provider, if it isn't us)
- Participate in an assessment to determine cost of meals
- For weekend meals, be participating in a weekday meal program

This program is funded by United Way of Metro Nashville, Metro Nashville Community Enhancement Fund, FiftyForward, private contributions, program fees and additional grants.