

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. Those who receive meals also enjoy visits from volunteers who care about them and make sure they are doing well.



Meals on Wheels customers benefit from:

- Nutritious home-delivered meals provided Monday through Friday;
- Extra groceries to have on hand in case the program is closed due to inclement weather;
- Extra meals and groceries for FiftyForward older adult customers at greatest nutritional risk;
- Thanksgiving and Christmas Day meals for isolated older adults unable to leave their homes for a holiday meal with friends or family;
- Friendly visits from caring volunteers who monitor safety and changes;
- Access to program staff members who can assist with other needs.

FiftyForward 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

For more information or to request assistance, call

FiftyForward Meals on Wheels
(615) 463-2264

This program is funded by United Way of Metro Nashville, West End Home Foundation, Dandridge Trust, Community Foundation of Middle Tennessee, Jackson National Charitable Foundation, FiftyForward, private contributions, program fees and additional grants.