

FiftyForward Fresh/Meals on Wheels



FiftyForward Fresh 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.



FiftyForward Fresh 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;
- Traditional Thanksgiving and Christmas Day meals for isolated older adults;
- Friendly visits from caring volunteers who monitor safety and changes;
- Access to all FiftyForward supportive care services.

FiftyForward Fresh customers experience:

- Better nutrition, health and well-being;
- Decreased isolation;
- Security of knowing that a visitor is coming each day.

For more information, visit www.fiftyforward.org

To be eligible for services, you must:

- Be 50 years of age or older and
- 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; or
- Be interested in purchasing meals to enhance your health and nutrition.

For more information or to request assistance, call

FiftyForward Fresh
(615) 463-2264