

# FIFTYFORWARD FRESH

*Fifty  
Forward.*  
Meals on Wheels *fresh*

PROVIDES A TASTY, NUTRITIOUS MEAL FOR JUST \$5.

## FIFTYFORWARD FRESH CUSTOMERS BENEFIT FROM:

- ◆ Nutritious home-delivered meals provided Monday-Friday for only \$5 a meal;
- ◆ Increased health, strength and energy by eating a thoughtfully prepared nutritious meal delivered by caring volunteers.

## TO BE ELIGIBLE FOR SERVICES, YOU MUST:

- ◆ Be 50 years of age or older
- ◆ Reside in Bellevue area

ONLY \$5  
A MEAL



*"It is my experience that nutrition is the foundation of aging well. FiftyForward Fresh has an intentional mission to provide a support system of HOPE in the form of meals and supportive aging well services."*

—Libby Menefee

For more information or to request service, call

**FIFTYFORWARD FRESH**

**615-463-2264**

Or email Sharie at [sloik@fiftyforward.org](mailto:sloik@fiftyforward.org)