



FiftyForward Fresh provides a tasty, nutritious meal for older adults who are unable to prepare meals on their own. Those who receive meals also enjoy visits from caring volunteers.



FiftyForward Fresh customers benefit from:

- Nutritious, home-delivered meals;
- 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;
- Special 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 and health;
- Increased well-being;
- Decreased isolation.

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 is not us);
- Participate in an assessment to determine cost of meals.

*For more information or to request assistance, call **FiftyForward** at (615)-743-3416 or visit our website at **fiftyforward.org**.*