

## Can You Help?

### Volunteer

It's an excellent way to become acquainted and involved with your community. Volunteers deliver both food and friendship. Meal routes take about one hour. Volunteers are also needed to help package meals.

### Make a Donation

You may wish to make a donation to Meals-on-Wheels. Honorarium and Memorial Gifts are a way to remember a special friend or family member.

### Make a Referral

You may know someone who needs Meals-on-Wheels. Simply get their name, address and phone number, and call 615-850-3910 or the site nearest you. A meeting will be arranged.

### "It's More Than Just a Meal"

Contact the Dining Site in your area for more information concerning the above opportunities.

## Funding

The Meals-on-Wheels and Senior Dining Program is funded in part by the Greater Nashville Area Agency on Aging and Disability, as well as from the Tennessee Commission on Aging, State of Tennessee, United Way, United States Department of Agriculture (USDA), County and City Government, local contributions, sponsors and memorials.

## The Mid-Cumberland Human Resource Agency

Mid-Cumberland HRA is a public, non-profit agency organized pursuant to the Human Resource Agency Act of 1973 as amended. Striving to ensure that "No person shall be excluded from participation in, be denied the benefits of, or be subject to discrimination on the basis of race, age, sex, religion, color, disability or national origin".... Since 1974, the Mid-Cumberland HRA has remained true to its mission: "To help people help themselves by providing knowledge and resources to improve the quality of life in the Mid-Cumberland Region," — Cheatham, Dickson, Houston, Humphreys, Montgomery, Robertson, Rutherford, Stewart, Sumner, Trousdale, Williamson and Wilson Counties.

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*Esta informacion está disponible en Español.*



## Meals-on-Wheels and Senior Dining

*"It's More Than Just a Meal"*



**MID-CUMBERLAND  
HUMAN RESOURCE AGENCY**

[www.mchra.com](http://www.mchra.com)

## Purpose

Mid-Cumberland Human Resource Agency's Meals-on-Wheels and Senior Dining Program provides both congregate and home delivered meals, outreach, nutrition education, supportive services and recreational activities to people age 60 and older. Nutritious meals are provided to help an older person maintain dignity, restore and maintain good health, and to remain in their home as long as possible.

## Contributions

Every client receiving a Title III-C meal is encouraged to make a contribution based on a sliding scale. U.S. Department of Agriculture Food Coupons are accepted. Contributions are confidential, and no one will be denied a meal because they cannot make a donation. Contributions are used to purchase additional meals.

## Education

Nutrition Education is provided to individuals to help increase their knowledge in relation to diet and illness, proper purchasing and preparation or storage of food.

## Who is Eligible for Meals-on-Wheels?

Anyone who is 60 years or older, homebound and in need of service as determined by state guidelines.

## Who is Eligible for Senior Dining?

Any senior citizen age 60 or older who has made application at the Dining site in their area.

## Central Kitchen

Hot meals are delivered from a central kitchen to each site Monday through Friday. Service is limited in some areas.

## Menus

Menus are planned quarterly by a registered dietitian to offer variety and stimulate a poor appetite. Food is moderately seasoned, sodium and carbohydrate counts are controlled.

## Where to Obtain Services

Many Meal sites in the 12 counties of Middle Tennessee are located within Senior Centers.

Participants are asked to reserve a meal by noon the day before they plan to eat.

To start a home-delivered meal or make reservations for Senior Dining, contact the Nutrition Site in your area.

### Cheatham County

Ashland City 615-792-7276  
Pegram/Kingston Springs 615-646-7411

### Dickson County

615-740-7400

### Houston County

931-289-3460

### Humphreys County

931-296-7753

### Montgomery County

931-645-5629

### Robertson County

615-382-7287

### Rutherford County

Murfreesboro 615-895-1870  
Smyrna/Lavergne 615-459-2227

### Stewart County

931-232-4983

### Sumner County

Gallatin/Portland/Whitehouse 615-452-4022  
Hendersonville 615-824-0811

### Trousdale County

615-374-3987

### Williamson County

Brentwood/Franklin 615-790-9287  
Fairview 615-799-0424  
Southeast Williamson County 615-395-7473

### Wilson County

Lebanon 615-449-3488  
Mt. Juliet 615-758-2777