



Nutrition That Nurtures, Supports Health, and Helps Seniors Thrive

Since **2004**, Nutrition Solutions has provided meal services for seniors and other medically fragile members of the community. Our work is rooted in a simple but powerful belief: **food is medicine**.

We serve individuals who need more than just a meal. Many of the people we support are managing chronic health conditions, recovering from illness, aging at home, or living with medical and mobility limitations that make shopping, cooking, and meal planning difficult. Nutrition Solutions exists to make healthy, medically supportive food accessible, affordable, and deeply nourishing.

Who We Serve

Nutrition Solutions focuses on the needs of:

- Seniors aging at home
- Medically fragile individuals
- People managing chronic health conditions
- Clients who need medically supportive meals
- Community members who cannot reliably shop, cook, or plan meals
- Organizations serving seniors, patients, and vulnerable populations

Our goal is to help people maintain independence, improve wellness, and receive meals that support both body and spirit.

Founded by a Registered Dietitian

Nutrition Solutions was founded by a **Registered Dietitian** with many years of experience serving the nutritional needs of seniors.

That distinction matters.

Feeding seniors is not the same as simply providing food. Aging bodies have unique nutritional needs. Immunity, weight maintenance, chronic disease management, medication interactions, hydration, independence, and mental health all play a role in creating a healthy food plan for older adults.

Our approach reflects this understanding. Every meal program is designed with care, experience, and respect for the medical and emotional role food plays in a person's life.

Because we care...



Our Philosophy: Food Is Medicine

The idea that food supports healing is ancient, but it is also urgently modern. While the exact phrase “Let food be thy medicine” is often attributed to Hippocrates, the deeper principle remains clear: **diet, lifestyle, and nourishment are fundamental to health.**

Nutrition Solutions puts that belief into practice.

We understand that food can help support health outcomes, improve quality of life, and give people the strength to remain more independent. For seniors and medically fragile individuals, the right food can make an enormous difference.

Food is not just fuel. It can support:

- Chronic condition management
- Healthy weight maintenance
- Immune health
- Energy and strength
- Mental and emotional well-being
- Recovery and resilience
- Independence at home

Good nutrition does not happen by accident. It requires planning, knowledge, preparation, and access. That is where Nutrition Solutions comes in.

Why Nutrition Support Matters Now

More seniors than ever are remaining in their homes with supportive services. Many want to stay independent, but they may not be able to shop, cook, or plan meals safely and consistently.

At the same time, the cost of healthy food has placed proper nutrition out of reach for many older adults. Nutrition Solutions helps close that gap by making healthy, appropriate meals more accessible and affordable.

For seniors with medical needs, food can also be part of a larger care plan. Medically supportive meals can help address health conditions while preserving dignity, comfort, and independence.

Because we care...



Quality Matters

For many seniors, nutrition is not just about the amount of food they receive. It is about the **quality, balance, and appropriateness** of the food.

A nutritionally charged meal can help someone feel stronger, more satisfied, and better cared for. Many of our clients tell us the same thing in their own words:

“This food makes me feel good, and it tastes good too.”

That is the standard we aim for: meals that are medically thoughtful, nutritionally sound, and enjoyable to eat.

Your Partner in Senior Nutrition

Nutrition Solutions is designed to help organizations meet the needs of the seniors and medically fragile individuals in their care.

We partner with programs, agencies, facilities, and care providers who need dependable meal support rooted in nutritional expertise, compassion, and real-world experience.

We help make it easier to:

- Provide healthy meals to seniors and vulnerable clients
 - Support medically tailored nutrition needs
 - Reduce barriers to healthy eating
 - Improve client satisfaction and quality of life
 - Support independence and aging in place
 - Deliver food that nurtures both health and dignity
-

Nutrition Solutions

Your Solution for Healthier, More Supportive Meal Care

For more than two decades, Nutrition Solutions has served the community with meals designed to nourish, support, and care for those who need it most.

Nutrition that nurtures. Meals that support health. Service you can trust.

Because we care...