

Healthy meals. Delivered with dignity.

Nutrition Solutions partners with individuals, families, care providers, community centers, healthcare facilities, and senior living communities to provide reliable, nutritious meals tailored to real-world needs. Since 2004, our work has centered on practical nourishment, cultural responsiveness, dependable delivery, and compassionate support.



Do you only serve seniors?

No. While seniors are an important part of our work, Nutrition Solutions serves people of all ages: children, adults, older adults, and everyone in between. Our meal programs can be adapted for individuals, families, care organizations, and community-based programs with a wide range of nutritional needs.

How quickly can service begin?

Depending on the program, service may begin in as little as 48 hours. Larger or more customized programs may require additional setup time for menu planning, dietary accommodations, delivery schedules, participant information, and coordination with care teams or program administrators.

What does a typical menu include?

Menus are balanced, satisfying, and designed to support health without sacrificing comfort or flavor. A sample meal may include Caesar salad, vegetarian lasagna, squash medley, garlic bread, and a beverage choice. Menus can also be adjusted for dietary needs, cultural preferences, and program requirements.

How long have you been in business?

Nutrition Solutions has served healthy meals to people in need since 2004. That experience allows us to understand what successful meal service requires: consistent food quality, clear communication, dependable delivery, thoughtful planning, and respect for the communities we serve.

What other services do you offer?

We provide more than meal delivery. Services may include nutrition assessments, nutrition counseling, meal planning, meal preparation, meal delivery, program coordination, and support for community-based nutrition programs. Our goal is to make healthy eating easier to manage.

Do you deliver meals to individuals at home?

Yes. We provide meals to individuals in their homes, as well as to day centers, residential programs, and other community settings. Home delivery is especially helpful for people with limited mobility, health challenges, recovery needs, or limited access to consistent daily nutrition.

Program strengths

Community-Centric

Programs tailored to the needs of diverse communities.

Flexible Setup

Scalable services for individuals, homes, centers, and organizations.

Balanced Meals

Fresh, practical menus built around nutrition, comfort, and consistency.

Experienced Partner

Two decades of service supporting healthier lives.

Let's build healthier communities together.

Contact Nutrition Solutions to discuss meal delivery, community programs, individual home delivery, or nutrition support services.
hello@nutrition-solutions.org | (916) 202-5609 | nutrition-solutions.org