

First Tennessee Human Resource Agency
Meals on Wheels Northeast Tennessee
704 Rolling Hills Drive
Johnson City, TN 37604
423.461.8217

Are you aged 60 or older and worried about good nutrition? We want to help. We are providing a box of five meals that are shelf stable.

A typical meal box will contain the following or something similar:

- Beef Stew with wheat crackers, peanuts, applesauce, and granola bar.
- Red Beans and Rice with cranberry juice, mixed fruit cup, whole wheat tortilla, and granola bar.
- Chicken and Pasta with orange juice, whole wheat crackers, peanut butter, and raisins.
- Lasagna with orange juice, chocolate pudding, graham crackers, and wheat crackers.
- Cheesy Potatoes and Turkey Ham with sunflower seeds, granola berry crunch, and animal crackers.

Please contact your meal site coordinator located in the dining room on how to receive a shelf stable meal box.