California Company Announces Elderly Meal Plan Services

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SoCalFRESH in Temecula, California, has recently announced new food plan services that could be beneficial to the elderly who are living in the area. The company provides weekly meal plans served with seasonal vegetables and ingredients that are locally sourced and organic.

A spokesperson for the company says, "It can be difficult for elderly people who can't cook for themselves. They often don't get nutritious foods like fresh fruits and vegetables that they need to stay healthy, which is where we come in."

The company states that their meal prepping services help those who cannot cook for themselves for any number of reasons. Customers can choose to receive 5, 10, 15, or 20 meals cooked fresh every week, and all meals contain fresh vegetables, which the company states is important.

"It's essential that people get the fresh veggies that they need," says the company spokesperson. "Our aim is to help our community's elderly or those who are disabled or otherwise incapacitated to ensure that they are eating healthy."

The company says that consumers who want to order can simply visit the website, click on a meal plan, and choose what they want. Choices include a protein, grain, and potato preference for each plan. Once a consumer enrolls with the company, they receive emails with links that allow them to pause or cancel plans whenever they wish, for instance, if they are traveling. The company explains that they have the opportunity to skip certain weeks.

All meals are delivered to the customer's door, which the company says helps them to assist the elderly because it eliminates the need for seniors to drive or walk to the store and spend potentially hours shopping and standing in checkout lines. Meals ordered on Friday are delivered on the following Sunday.

Those interested in learning more about SoCalFRESH and how they are helping to feed the elderly, or anyone who would like more information on their meal plans and availability can visit them on their official website. Those interested in connecting with others who are currently using the company's meal plans can like the official SoCalFRESH Facebook page.

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SocalFRESH

SoCalFRESH is a family owned and operated business in Southern California. We currently serve south Riverside county, Temecula & Murrieta Valley, and San Diego.

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