

News Alert

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MCCAA Provides Nutrition Programs To Wilson Residents

LEBANON – Mid-Cumberland Community Action Agency officials strive to ensure the elderly in Wilson County have nutritious meals through the agency's Commodity Food Program.

"Proper nutrition is vital to the well-being of our senior citizens," said Kreda Yokley, the executive director of MCCAA. "Too often our seniors struggle to keep up with every-day expenses.

"The costs of their medicines, for example, are going through the roof. Heating and cooling their homes is also increasing as energy costs continue to rise. Many are finding themselves between a rock and a hard place financially. Fortunately we can help those seniors who qualify with our nutrition services."

MCCAA works in conjunction with the U.S. Department of Agriculture and the Tennessee Emergency Food Assistance Program to distribute non-perishable food items in seven Middle Tennessee counties, which include Cheatham, Robertson, Rutherford, Sumner, Trousdale, Williamson and Wilson.

The agency accepts applications for its commodity food program throughout the entire year and distributes food each quarter. The next food distribution is scheduled for September.

Gayla Brooks, a community service associate in the Wilson County MCCAA office, said the agency serves about 450 people through its Commodity Food Program.

"We have about 30 volunteers in the county who help us distribute food every quarter," Brooks said. "Our volunteers are very dedicated and are an integral part of what we do here in Wilson County."

The agency has set up food distribution sites at the old Texas Boot Factory plant on East Forrest Avenue in Lebanon, at Northwood Apartments in Lebanon and the Community Center in Watertown, she added. A site at Lebanon Square Apartments in Lebanon will open in September.

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Eligible seniors and other families in need can also participate in the agency's Nutrition Education Program, which, among other things, teaches proper nutrition. MCCA's Garden Program also teaches people how to grow gardens and reduce grocery expenses.

Since 1971, Mid-Cumberland has provided a number of nutritional, medical support, transportation and home energy-assistance services to Middle Tennessee families, including Head Start and Early Head Start programs for children under five years old. MCCA also administers the Head Start program in Cannon County.

For additional information about the services provided by Mid-Cumberland Community Action Agency, contact the following locations: Cannon County Head Start (Community Center, 630 West Lehman Street, Woodbury, phone:615-563-5852); Cheatham County (296 Frey Street, Ashland City, phone:615-792-3632); Robertson County (401 North Main Street, Springfield, phone:615-384-1086); Rutherford County (Bradley Academy, 415 South Academy Street, phone:615-893-8938 or 895-3093); Sumner County (179 West Smith Street, Gallatin, phone:615-452-7570); Trousdale County (113 C Hall Street, Hartsville, phone:615-374-3489); Williamson County (Community Services Building, 129 West Fowlkes Street, Suite 103, Franklin, phone:615-790-5786 or 790-5789); and Wilson County (233 Legend Drive, Suite 103, Lebanon, phone:615-444-4714).

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Editor's note: This press release is accompanied by a digital photo that has been attached to the original e-mail.

Photo cutline: Volunteers pack food baskets for the Mid-Cumberland Community Action Agency's recent food-distribution day at the old Texas Boot Factory plant on East Forrest Avenue in Lebanon.