

Chefs for Seniors Launches in North Texas with a New Franchise

Customized personal chef service launched in North Texas



Lewisville, Jul 26, 2019 (Issuewire.com) - On July 29, 2019, North Texas will become home to a new [Chef for Seniors](#) franchise, part of a growing national franchise that specializes in providing affordable, fresh and healthy meals for senior citizens. **Franchisee Gagan Sarkaria** will launch her franchise in the **North Texas area with a region that includes, Lewisville, Flower Mound, Argyle, Southlake, Keller, and Roanoke.**

The company's local professional chefs prepare **affordable meals** for the week in the home using the freshest ingredients, while offering a fun interactive experience. Chefs for Seniors is a **private meal preparation service**, which specializes in providing companionship while the chefs prepare the meals in the home of the client. Clients select meals from a regional menu, which can be customized to the client's dietary preferences and needs. The process aims to be an affordable option for seniors who may want fresh **home-cooked meals**, but who may be physically unable to cook the meals for themselves. Additionally, the process is not restricted to seniors but also can be used by active seniors and busy professionals who want the benefits of a **home-cooked, nutritious meal** but don't have the time to prepare it.

"Over the last decade, my passion and awareness for wellness and nutrition have grown tremendously," says Sarkaria. "Today, I am honored to be giving back to our seniors in the community." Sarkaria goes on to say, "My grandmother would say, the way to someone's heart is through their stomach, and also she would say, no health, no wealth. Chefs for Seniors allows me to fulfill the need for health and nutrition for the seniors of North Texas."

Chefs for Seniors offers rotating menu options, which includes select chef creations inspired by the region. Clients select their desired meals in advance, allowing the chef to shop and prepare the meals on a designated cooking day. Weekly meal plans begin at \$149 for four entrees packaged into 10-12 servings (additional costs may apply for special dietary needs). A chef's visit usually lasts between two

to two and a half hours. After the meals are prepared and stored according to the client's preferences, the chef cleans the kitchen before leaving the home.

Sarkaria was born in India and moved to the United States more than 20 years ago. Her interest in senior citizens developed because she lives in a multi-generational home where she knows first-hand the challenges the older generation can face when it comes to getting the care they need — especially nutrition. Currently, she lives in Lewisville, Texas with her three children and her mother.

Chefs for Seniors was started in 2013 by Barrett Allman and his son Nathan Allman. The Allmans were inspired by the needs of an older family member who could no longer cook meals and had to enter into assisted living. Chefs For Seniors has been featured by NPR, The Boston Globe, Fast Company and more. Within the last year, the organization has expanded to more than thirty cities across the country.

To learn more about Chefs for Seniors visit www.chefsforseiors.com/north-texas. To book your meal consultation see the contact information below.

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