



# Improving life through better nutrition at home

## Sample Menu

**Vegetable Egg Scramble and Peaches with Cherries**

**Biscuit and Pork Sausage Gravy**

**Pork Stir Fry Rice and Spiced Fruit Medley**

**Corn Chowder and Peaches with Cherries**

**Homestyle Meatloaf with Potatoes and Corn**

**Chicken & Waffle and Peach Crisp**

At Mom's Meals®, our programs are tailored to your personal needs. We make sure you get the nutrition you need to help you maintain your health and independence at home.

## Our Difference



**Refrigerated** - Meals are packaged for storage in the fridge for up to 14 days. Heat, eat and enjoy in minutes.



### Choice of Every Meal, Every Delivery -

Select your meals from an array of options based on your preferences and needs.\*



**Medically Tailored** - Designed by chefs and dietitians. Meals taste great and support the nutritional needs of most common chronic conditions.



**Delivery to Any Address** - Meals are delivered to any address, no matter how remote.



### Compassionate Customer Service -

We understand your needs and treat you like you are part of our family.

## Get Started

1

Contact your case manager



2

Select the meals you want to eat\*



3

Meals are delivered to your home



4

Simply heat, eat and enjoy!

\*Initial deliveries will have a variety of meals based on dietary preferences.