



# Making better health accessible to all

At Mom's Meals®, we are helping you support better outcomes with nutritious meal programs designed to meaningfully address social determinants of health.

By providing choice along with purposefully tailored menus, we help ensure your clients get the nutrition they need in order to remain healthy and independent.\*

Mom's Meals takes care of your clients like they are family. By giving them a voice in their care, more meals will be consumed leading to greater satisfaction and more sustainable outcomes.<sup>1</sup>

**//** *I am always pleased with how quickly Mom's Meals can get my members started with meals. Other providers often take 4 to 6 weeks before they start.* **//**

- Satisfied Case Manager

## Our Difference

### Proven Outcomes

Meal programs for specific chronic conditions can lead to higher scores on industry quality measures<sup>1</sup>

### Tailored Experience

Meals meet individual members' needs for specific health conditions, recovery and independence

### Relentlessly Reliable

Support for your clients along with a broad delivery footprint to any U.S. address—no matter how remote

# Better health begins with the meals we eat.

While receiving supplemental benefits related to food and in-home services, studies show the majority of LTC clients still face some level of food insecurity.

**70% OF CLIENTS ARE AT RISK OF FOOD INSECURITY**



How many clients are you currently supporting with Mom's Meals?

## Sample Menu

We provide your clients the choice of what they want to eat and the nutrition they need.\*

### BREAKFAST

**FRUIT BREAKFAST PIZZA**  
and Turkey Sausage

**COLBY CHEESE OMELET**  
and French Toast Sticks  
with Turkey Sausage

### LUNCH

**BEEF STEW**  
and Corn Bread

**SWEET & SOUR CHICKEN**  
over White Rice and  
Stir-Fry Vegetables

### DINNER

**CHEESE LASAGNA**  
and Spiced Fruit Crisp

**HOMESTYLE MEATLOAF**  
with Mashed Potatoes and  
Mixed Vegetables



## Get Started

To start a client, schedule an in-service or request additional information, contact us at **866.716.3257**.

Send meal authorizations to [intake@momsmeals.com](mailto:intake@momsmeals.com).

\*For all programs except post-discharge, customers on this program will receive a variety of meals post-discharge based on their preferences.

\*<https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/key-statistics-graphics.aspx>; <http://abbott.mediaroom.com/2017-08-10-The-Cost-of-Malnutrition-Study-Shows-Nutrition-Program-Could-Save-Hospitals-up-to-3-800-per-Patient>; [http://www.nutritioncare.org/guidelines\\_and\\_clinical\\_resources/toolkits/malnutrition\\_toolkit/definitions/](http://www.nutritioncare.org/guidelines_and_clinical_resources/toolkits/malnutrition_toolkit/definitions/) 1 Perez, L. M., Fang, H. Y., Ashrafi, S. A., Burrows, B. T., King, A. C., Larsen, R. J., Sutton, B. P., & Wilund, K. R. (Accepted/In press). Pilot study to reduce interdialytic weightgain by provision of low-sodium, home-delivered meals in hemodialysis patients. Hemodialysis International. <https://doi.org/10.1111/hdi.12902>.