



# Improving life through better nutrition at home

At Mom's Meals®, our nutritious meal programs are designed to meaningfully address social determinants of health and help your clients remain healthy and independent at home.

## Our Difference



**Refrigerated** - Prepared in USDA-inspected kitchens, meals are packaged for convenient storage in the refrigerator for up to 14 days and are ready to heat, eat and enjoy in minutes.



**Medically Tailored** – Crafted by chefs and registered dietitians, our meals taste great and nutritionally support most common chronic conditions.



**Choice of Every Meal, Every Delivery** – Clients select their own meals from an array of options based on taste preferences and cultural needs.\*



**Delivery to Any Address** - Our Mom's Meals' local drivers and third-party carriers team up so we can deliver to any address, no matter how remote.



**Compassionate Customer Service** – Live, bilingual help for clients and case managers; trained to recognize and report potential health and safety issues.

## 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)**.

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

## Sample Menu

### BREAKFAST

**Breakfast Sandwich**  
with Fruit Cup

**Cinnamon Apple Oatmeal**  
and Scrambled Eggs



### LUNCH

**Beef Stew**  
and Corn Bread

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



### DINNER

**Cheese Lasagna**  
and Spiced Fruit Crisp

**Homestyle Meatloaf**  
with Potatoes and Seasoned Corn



I am always pleased with how quickly Mom's Meals can get my members started with meals.

– *Satisfied Case Manager*