

## Fully-Cooked Meals Delivered to Your Door

**Do you struggle to prepare meals each day? Is it difficult to follow diet restrictions and still eat something tasty?**

Meals delivered right to your door could be the answer. The companies listed below send fully-cooked meals- simply reheat in a microwave or oven

Name & Contact Information	Special Diets	Meal & Shipping Costs
<b>Factor 75</b> 888-573-5727 factor75.com	Gluten-free, soy-free Not recommended for those with Celiac Disease (kitchen is not certified gluten-free)	Meal cost: 6 meals/week (\$77), 8 meals/week (\$99), 12 meals/week (\$138), 18 meals/week (\$198) Shipping & handling: varies by location
<b>Home Bistro- Dine Wise</b> customerservice@homebistro.com homebistro.dinewise.com	Heart-healthy, diabetic, cancer support, low-sodium, gluten-free, low-carb, vegetarian (all meals based on a Mediterranean diet: less than 700 calories and 800 mg of sodium per meal)	Meal cost: starting at \$5.95 (varies by meal) Shipping & handling: starting at \$15.95 (varies by dollar amount ordered)
<b>Homestyle Direct</b> 866-735-0921 homestyledirect.com	Low-fat, low-calorie, low-carb, low-sodium, glutenfree, renal-friendly	Meal cost: \$5.95 Shipping & handling: additional cost Family Care (Care WI, Lakeland)
<b>Healthy Chef Creations</b> 866-575-2433 healthychefcreations.com	Gluten-free, soy-free, dairy-free, shellfish-free, vegetarian and vegan	Meal cost: varies by meal Shipping & handling: varies by meal
<b>Magic Kitchen</b> 877-516-2442 magickitchen.com	Low-sodium, low-fat, diabetic, low-carb, renalfriendly, diaylsis-friendly, gluten-free, portion controlled, senior special diet	Meal cost: 1 meal starting at \$11.50, 7 meals starting at \$79.99 (Orders over \$80: \$10 off) Shipping & handling: Call to discuss free delivery
<b>MOM's Meals</b> 877-508-6667 momsmeals.com	Heart-healthy, diabetic, cancer support, low-sodium, gluten-free, low-carb, renal-friendly, pureed	Meal cost: \$6.99 (Pureed meals: \$7.99) Shipping & handling: \$14.95 Family Care (Lakeland)
<b>Silver Cuisine by Bistro MD</b> 844-404-FOOD (3663) silver.bistromd.com	Heart-healthy, diabetic, low-sodium, low-carb, glutenfree, menopause, dairy free, vegetarian	Meal cost: starting at \$5.95 (varies by meal) Shipping & handling: \$9.95

### Other Options:

- 1) If you can prepare a meal, but have difficulty planning/shopping for ingredients, try companies that ship fresh ingredients for a menu of meals (Blue Apron, Hello Fresh, and Home Chef are just a few examples).
- 2) Grocery stores carry a variety of low-cost, nutritious, specialty-diet, frozen meals in the frozen foods section.
- 3) For shelf-stable foods (meaning meals are not pre-cooked), contact CPI Foods (800-549-9630, cpifoods.com). Meals start at \$5.95

**Contact the ADRC for help with mail order meal delivery questions (Toll Free: 1-866-740-2372 www.jeffersoncountywi.gov).**

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