

MOM'S  
MEALS®



Making Better Health  
Accessible to All

# Better health begins with the very meals we eat.



## Supporting better outcomes, meal by meal.

At Mom's Meals, our nutritious meal programs are designed to meaningfully address the social determinants of health.

We put choice in the hands of our clients, tailoring our programs to what they want and need to eat in order to remain healthy and independent.



## Our Programs

### LONG TERM CARE



Ongoing nutrition to maintain independence

### POST-DISCHARGE CARE



Expedited nutrition to support recovery and reduce readmissions

### CHRONIC CARE



Nutrition support for leading health conditions

### INDIVIDUALS/CAREGIVERS



Self-pay customers living independently, managing a chronic condition



**97%**

Overall Client Satisfaction<sup>1</sup>

**99%**

Satisfaction with Customer Service<sup>2</sup>

Mom's Meals takes care of your clients like they are family—working in partnership with you to promote better health for every individual.

## Proven Outcomes

- ✓ Nearly 80% of clients eat healthier and more regularly because of Mom's Meals<sup>3</sup>
- ✓ 92% of meal program recipients are able to remain in their homes due to home delivered meals<sup>4</sup>
- ✓ Nutritious meals address social determinants of health and food insecurity

## Tailored Experience

- ✓ Clients choose what they want to eat - every meal, every delivery
- ✓ Meals meet individual client needs for sustained independence and a sense of dignity
- ✓ 90% of clients who choose their meals, consume their entrees in each delivery<sup>5</sup>

## Relentlessly Reliable

- ✓ Broad delivery footprint to any U.S. address - no matter how remote
- ✓ High-quality, refrigerated meals, crafted in USDA kitchens and delivered straight to clients' homes
- ✓ Seamless support so your teams can deliver maximum impact

<sup>1,2,3,5</sup> Taken from a Mom's Meals 2018 survey of over 2,000 customers. <sup>4</sup>HHS Admin. on Aging: Justification of Estimates for Appropriations Committee. 2013.



## The Right Nutrition

Nutritionally tailored menus to meet the requirements of most major health conditions.



Heart-Friendly



Renal-Friendly



Diabetes-Friendly



Gluten Free



Vegetarian



Pureed



Lower Sodium



Cancer Support



General Wellness

# Sample Menu

Put choice in the hands of your clients, allowing them to select every meal, every delivery.

## BREAKFAST

### **SOUTHWESTERN SKILLET**

with Egg, Cheese and Vegetables

### **PANCAKES & PORK SAUSAGE**

and Pineapple-Apple Crisp

## LUNCH

### **CORN CHOWDER**

and Peaches with Cherries

### **BBQ PULLED PORK SANDWICH**

and German-Style Potato Salad

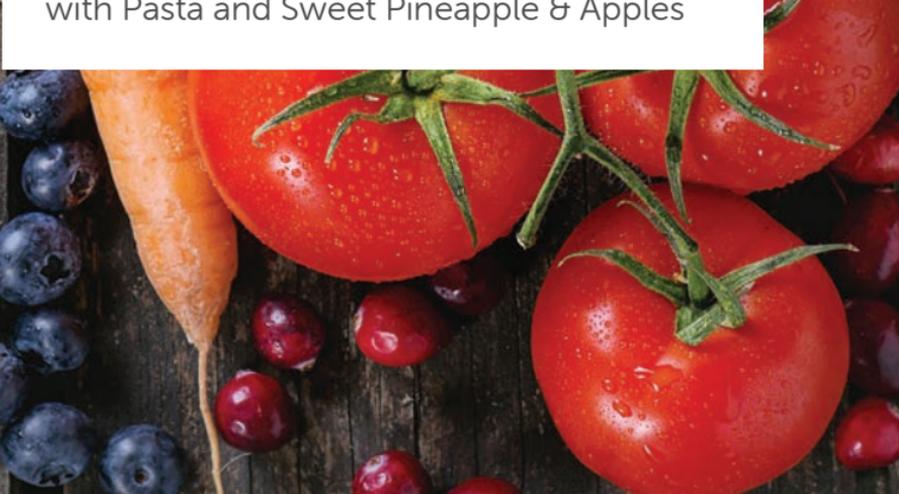
## DINNER

### **HOMESTYLE MEATLOAF**

with Mashed Potatoes & Mixed Vegetables

### **VEGETABLE PRIMAVERA**

with Pasta and Sweet Pineapple & Apples





"Thank you so much. My mom credits your meals with literally saving her life. She is now eating MUCH healthier because she feels better after eating real food—and she has energy again to cook for herself!"

- Donna

Our meal programs are designed to help clients stay healthy and independent - meal by meal, bite by bite, leading to more sustainable outcomes for today and tomorrow.



## Get Started

Contact us to learn more about our clinical studies demonstrating the impact of home-delivered meals at **844.280.2130** or visit **[momsmeals.com](https://momsmeals.com)**.