

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
Factor 75 888-573-5727 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
Home Bistro- Dine Wise 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)
Homestyle Direct 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)
Healthy Chef Creations 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
Magic Kitchen 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
MOM's Meals 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)
Silver Cuisine by Bistro MD 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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