

# Better Health Begins with the Meals We Eat



Eating nutritious food can make a difference in your health, whether recovering from an illness or injury, managing a health condition, or just looking to stay fit.

Mom's Meals® provides nutritionally balanced, refrigerated meals direct to your home, the home of an aging parent or any address nationwide.

## The Nutrition You Need

Our menus are designed by chefs and registered dietitians to provide delicious meals, that support general wellness goals or the specific nutrition needs of common health conditions.

## The Options You Want

You choose every meal, every order from a broad selection of entrees. We utilize high quality ingredients to make seasonal updates to our menus.

## The Convenience to Fit Your Life

Entrees are refrigerated and ready-to-eat within minutes in the microwave.

## 3 Easy Steps

- 1 Place your order at 877-347-3438 or online at [momsmeals.com/healthnewengland](https://momsmeals.com/healthnewengland).
- 2 Refrigerated meals are delivered to your home.
- 3 Heat, eat and ENJOY... meals are ready within minutes.

## The Right Nutrition

- Heart-Friendly
- Renal-Friendly
- Diabetes-Friendly
- Gluten Free
- Vegetarian
- Pureed
- Lower Sodium
- Cancer Support
- General Wellness

Great solution to address the many stages of life.



### AVAILABLE TO HEALTH NEW ENGLAND MEMBERS FOR SELF-PAY ORDERS

- \$7.99/meal (\$8.99 for Pureed, Renal and Gluten Free)
- 14 meal minimum
- Shipping included, use code: HealthNewEngland

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