



Mail Order Meal Delivery Options

Do you or a loved one struggle to prepare meals each day? Is it difficult to follow diet restrictions, while still eating something that is nutritious and tasty? Do you live in an area of the county not served by Home Delivered Meals? There are a variety of nation-wide companies that can provide meals for purchase and deliver right to your home, oftentimes with low-cost shipping options. Here is a listing of these companies.

CPI FOODS

Choose the menus, meals, and foods you want, while meeting any and all of your nutritional and dietary needs. Variety of shipping options available.

Contact: www.cpifoods.com, or call **800-549-9630**.

Dine Wise

Chef- prepared meals delivered to your door, ready in minutes. Offers senior meal plans with various calorie levels.

Contact: www.dinewise.com, or call **800-749-1170**.

GA Foods

Frozen meals are delivered by their specially-trained drivers who are cleared to enter the home to ensure all SunMeadow™ meals are properly placed in the freezer. The GA Foods driver will take the time to make a personal connection with your members, and even keep you apprised of anything out of the ordinary.

Contact: <http://www.sunmeadow.com/what-we-offer/senior/> or call **1-800-852-2211**

HomeStyle Direct

Home cooked meals delivered directly to your door on a weekly or monthly basis. Arriving fully frozen, needing only to be thawed and heated in your microwave or oven.

Contact: www.homestyledirect.com, or call **866-735-0921**.

Healthy Chef Creations

Organic cuisine delivered fresh to your door.

Contact: www.healthychefcreations.com, or call **866-575-2433**.

Meals for Me

Specializes in meeting the dietary needs of the consumer through choice, value and convenience. Meal programs offer healthy choices in all diet categories.

Contact: www.mealsforme.com, or call **877-519-4115**.

MOM's Meals

Family owned and operated business that provides nutritionally balanced, ready-to-heat, USDA approved meals. Meals will remain fresh in your refrigerator for two full weeks.

Contact: www.momsmeals.com, or call **877-508-6667**.

Traditions Meal Solutions

Provides affordable nutrition in individually packaged meals. Every meal is planned by a registered dietician to meet or exceed the USDAs nutritional requirements.

Contact: www.traditionsi.com/index.php, or call **877-936-8148, ext. 9947**.

Sun Meadow Frozen Meals

Full line of frozen meals that meet or exceed the USDAs nutritional requirements.

Contact: www.sunmeadow.com, or call **800-852-2211**.

Healthy Meal Options Available in the Grocery Store

There are also healthy meal options available at your local grocery store. Try some of the frozen meals listed below. Please note that new products are added all of the time, so this list does not include all of the companies with healthy frozen meals. Check all labels.

Lean Cuisine Entrees

New meal and fitness planner as well as "Ask the Nutritionist" link available on the web site. www.leancuisine.com

Healthy Choice Entrees

These contemporary new dishes, including a variety of vegetarian options, include ingredients such as 100% extra-virgin olive oil, fontina cheese, and nine-grain penne.

<http://www.healthychoice.com/>

Smart Ones Entrees

This Weight Watchers® supported product offers nutrient analysis of products, recipes that incorporate the frozen entrées, and online coupons.

<http://www.eatyourbest.com/>

Reviews for Commercial Frozen Foods

Visit the website below for a complete review of several commercially frozen foods.

<http://www.rateitall.com/t-131-frozen-meals.aspx>

This listing is provided for general information only; endorsements are not assumed or implied. It should not be relied upon as a substitute for consultations with qualified professionals who are familiar with your individual needs.

For more options to remain living independently in your own home, contact the Aging & Disability Resource Center of the Northwoods

800-699-6704

Check out our website at

www.adrcofthenorthwoods.org