

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 medically-tailored, refrigerated meals direct to your home, the home of an aging parent or any address nationwide.



Refrigerated - Ready to heat, eat and enjoy in minutes.



Medically Tailored - Supports the needs of most common chronic conditions.



Choice of Every Meal, Every Delivery*



Delivery to Any Address - No matter how remote.



Compassionate Customer Service

3 Easy Steps

- Place your order at 877.347.3438 or online momsmeals.com/ProvMs Promo code: **ProvMS**
- Refrigerated meals are delivered to your home.
- Heat, eat and ENJOY...
 meals are ready in minutes.

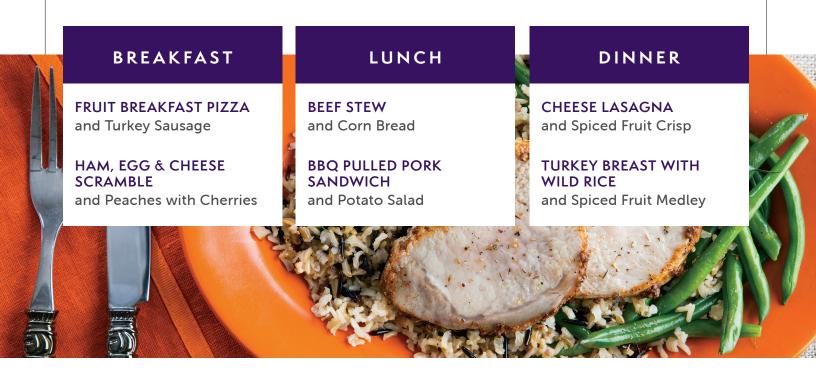
AVAILABLE TO PROVIDENCE HEALTH CUSTOMERS

- \$7.99/meal (\$8.99 for Pureed, Renal and Gluten Free)
- 10, 14 and 21 meal options available
- Shipping included

^{*}Initial deliveries will have a variety of meals based on dietary preferences.

Sample Menu

Your well-being is important to us. Meal by meal, bite by bite, we are with you to provide the nutrition you need.



The Right Nutrition

Menus tailored to meet the needs of most major health conditions.

- Heart-Friendly
- Renal-Friendly
- ▲ Diabetes-Friendly
- **Gluten Free**
- Vegetarian
- Pureed
- Lower Sodium
- **Reserve** Cancer Support
- ✓ General Wellness

Mom's Meals continues
to help me heal. After
my surgery, I was told to
stay off my feet. Thanks
to the ease of your meals,
I have been able to do so.
I LOVE IT!

- Happy Customer

