

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 to support your nutritional needs.



**Refrigerated** - Meals last in the refrigerator for up to 14 days from delivery



**Medically Tailored** - Supports the needs of most common chronic conditions and overall well-being



Choice of Every Meal, Every Delivery



**Delivery to Any Address\*** - No matter how remote



**Compassionate Customer Service** 

## 3 Easy Steps

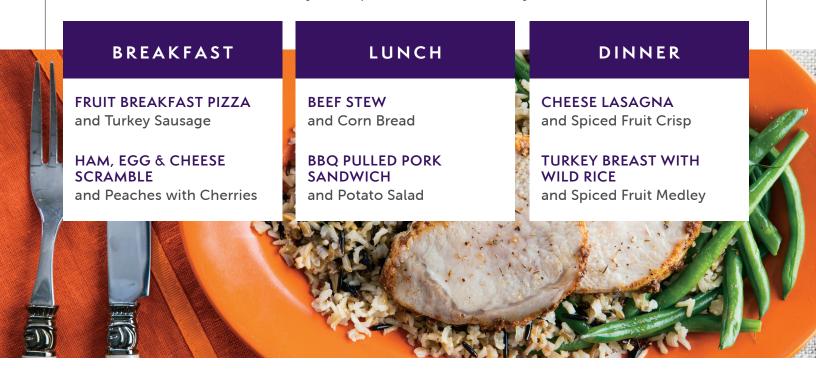
- Call to order or place your order online
- Refrigerated meals are delivered to your home
- Heat, eat and ENJOY...
  meals are ready in minutes

## Discounted prices through Providence:

- \$7.99 per meal (\$8.99 for gluten free, pureed and renal)
- 10, 14 and 21 meal coolers available
- Shipping included (\$14.95 savings on every order)

## 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.



✓ General Wellness

Gluten Free

Heart Friendly

Lower Sodium

Protein+

Pureed

Renal Friendly

Vegetarian

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



