



Fully-Cooked Meals Delivered to Your Door

300 S. Adams St, Green Bay, WI 54301

Phone (920) 448-4300

www.ADRCofbrowncounty.org

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: \$11 & \$15 per meal (\$60 to \$198 per week) Shipping & handling: varies by location.
Homestyle Direct 866-735-0921 homestyledirect.com	Low-fat, low-calorie, low-carb, low-sodium, gluten-free, and renal-friendly.	Meal cost: \$6.95. Shipping & handling: \$19.95 Family Care
Magic Kitchen 877-516-2442 magickitchen.com	Low-sodium, low-fat, diabetic, low-carb, renal-friendly, dialysis-friendly, gluten-free, portion controlled, and senior special diet.	Meal cost 7 days: 1 meal/day (\$82-\$90), 2 meals/day (\$164-\$180), 3 meals/day (\$246-\$275). Shipping & handling: varies, discounts available.
MOM's Meals 877-508-6667 momsmeals.com	Heart-healthy, diabetic, cancer support, low-sodium, gluten-free, low-carb, renal-friendly, and pureed.	Meal cost: \$6.99 (Pureed meals: \$7.99) Shipping & handling: \$14.95 Family Care
Runaway Spoon 920-624-CHEF (2433) 129 N Broadway, De Pere, WI 54115 www.runspoon.com	Accommodations are available for some dietary restrictions, depending on weekly options (gluten free, nut free, and no raw onions). Option to select no starch and add extra veggies.	Pick and choose meals (delivered at no cost). Cost between \$34-\$40 per meal. Full portions for two adults and available Mondays/Wednesdays (picked up or delivered 3p-6p). No contracts or obligation required.
Silver Cuisine by Bistro MD 844-404-FOOD (3663) silver.bistromd.com	Heart-healthy, diabetic, low-sodium, low-carb, gluten-free, menopause, dairy free, vegetarian	Meal cost: starting at \$6.49-\$12.49 (varies by meal) Shipping & handling: \$19.95

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 ADRC for help with meal delivery questions (920-448-4300, www.adrcofbrowncounty.org).