



## Meal Options (formerly Meal Delivery)

The options for meal services have expanded over the last several years. While traditional meal delivery services still exist, nationwide services for quick, easy-to-reheat meals and meal kits which provide all the ingredients have expanded. Additionally, there are delivery options from local restaurants.

### Meal Programs

Although all of these services accept private payment for the service, these providers also may work with Medicaid Long Term Care Plans (MLTC), Medicare Advantage Plans or SNAP for additional assistance for payment. For individuals who are MLTCs, please contact your care manager for information.

**Many older adult centers offer hot meals and social opportunities. Participating locations can be found here:**

<https://www.monroecounty.gov/aging-centers#lunch-club>

Name	Contact	Service	Specialized Dietary Needs Available	Payment
<b>Meals on Wheels</b> (UR Medicine Home Care) <a href="https://www.urmc.rochester.edu/home-care/meals-on-wheels.aspx">https://www.urmc.rochester.edu/home-care/meals-on-wheels.aspx</a>	(585) 787-8397	<i>Nutritious, lower sodium meals delivered to door. If a participant does not answer door, emergency contact is notified.</i> -Noontime hot meals delivered M-F -Second (cold) meal available for dinner -Offers weekend meals (2-4 frozen to reheat) -Frozen Meals: Package of 7 delivered 1x/wk	-No concentrated sweets -Low lactose -Ground -Kosher	-Fee (\$8 each) -Financial assistance may be available -SNAP <i>Members of Elderwood, Fidelis and Nascentia Medicaid Managed Long Term care plans—contact your care manager to see about eligibility</i>
<b>Mom’s Meals</b> <a href="http://www.momsmeals.com">www.momsmeals.com</a>	(877) 508-6667	Participants can choose from a menu of pre-made meals which are delivered to the participant’s home. Meals are refrigerated and can last up to 14 days.	-Diabetic -Renal -Gluten free -Low sodium/heart friendly -Vegetarian -Pureed -Cancer Support	-Private Pay (\$7.99-\$8.99/meal) -In coordination with MLTC plan -In coordination with Medicare Advantage Plan
<b>Effortlessly Healthy</b> <a href="https://www.ehmeals.com/meal_delivery">https://www.ehmeals.com/meal_delivery</a>	(585) 254-0078	Rochester-based meal prep and delivery service. Offers Meals delivered twice a week (charge for delivery) or can be picked up for no additional charge. Can cancel at any time.	Standard Plan; Weight Loss Plan (1,200 to 1,400 calories per day); and Healthy Seniors Plan (age 55+ - 20% off any meal plan).	-Private Pay -Supports I-Circle, Elderwood and Elderone MLTC and PACE plans

### Local and National Chain Business

**Need more help?** Call Lifespan (585) 244-8400 or go to the Lifespan website: [www.lifespan-roch.org](http://www.lifespan-roch.org)



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The following are local options for typically frozen or pre-packaged meals for easy reheating. Available private pay only and many will deliver weekly to a customer's home.

Name	Contact	Service	Specialized Dietary Needs Available	Cost
<b>Lorraine's Food Factory</b> <a href="http://www.lorrainesfoodfactory.com">www.lorrainesfoodfactory.com</a>	(585) 442-6574	Frozen gourmet home delivered meals—free delivery. Online ordering available.	Vegetarian, gluten-free, heart-healthy meals for people who have diabetes, heart disease, high cholesterol, and high blood pressure, with low to no fat, sodium, or glucose.	<i>Contact business</i>
<b>Meals by DeLeo</b> <a href="https://mealsbydeleo.com/">https://mealsbydeleo.com/</a>	(585) 568-7682	Fresh meals prepared from scratch	Macro-balanced Meal selections show allergies.	<i>Contact business</i>
<b>Project Lean Nation</b> <a href="https://projectleannation.com/">https://projectleannation.com/</a>	(585) 330-9737	Provides fresh ready-made meals.	Works with clients to develop a successful nutritional plan focusing on Project Lean Nation's Lifestyle Plan, Athletic Plan or Signature Gourmet Plans	<i>Contact business</i>
<b>Rocks Meals</b> <a href="https://rocksmeals.com/">https://rocksmeals.com/</a>	(585) 402-6955	Rocks Meals & Rubinos Webster have teamed up to offer pre-packaged, never frozen meals made from the freshest ingredients.	Offers ALA Care, Complete and Fat Loss meals	<i>Contact business</i>
<b>Savage Chef</b> <a href="https://www.savagechefkitchen.com/">https://www.savagechefkitchen.com/</a>	(585) 310-8800	Healthful versions of comfort dishes such as pizza, macaroni and cheese, hash	Meals are designed to be macro-friendly and moderate in calories.	<i>Contact business</i>

### Volunteer Organizing

Meal Train is an internet platform to organize a group of people to cook and provide meals to a recipient.

Name	Fees	Service	Contact
Meal Train (On-line volunteer meal program) <a href="https://www.mealtrain.com/">https://www.mealtrain.com/</a>	Free for recipients, friends provide meals	Friends organize meals for people recovering from surgery or illness or unable to leave home. Organizer invites family and friends (by email or social media) to choose a date to provide a meal to the recipient	Contact on-line



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### Local Restaurant/Grocery Store Delivery

Services like Grubhub, DoorDash and Uber Eats offer a platform to order takeout and delivery services from local restaurants. In addition, there are grocery stores which have prepared and ready to cook meals which can be ordered via their grocery delivery or pick up platform. The service fees are determined by the platform and tips for delivery are encouraged.

Services for Local Restaurants	Grubhub	Door Dash	Uber Eats
<b>How to Access</b>	Via smartphone/tablet app or Online: <a href="https://www.grubhub.com/">https://www.grubhub.com/</a>	Via smartphone/tablet app or Online: <a href="https://www.doordash.com/">https://www.doordash.com/</a>	Via smartphone/tablet app or Online: <a href="https://www.ubereats.com/">https://www.ubereats.com/</a>

Ready Made/To Cook Meals	Wegman's	Costco	Whole Foods	Schwann's
<b>How to Access</b>	Instacart via smartphone app or Online: <a href="https://www.instacart.com/">https://www.instacart.com/</a>	Instacart via smartphone app or Online: <a href="https://www.instacart.com/">https://www.instacart.com/</a>	Online: <a href="https://www.wholefoodsmarket.com/">https://www.wholefoodsmarket.com/</a>	Online: <a href="https://www.schwans.com/">https://www.schwans.com/</a>  (Most meals are frozen)

### Ready Made Meals

These companies provide fresh, ready-made meals which are delivered in insulated, chilled boxes. The intention of these meals is to be simple reheating (can include microwave or oven/grill safe containers.) A subscription plan for regular deliveries is usually required but may be able to be put on hold or cancelled at



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any time. Most of these services require online ordering for a set number of meals per week. Meals are intended to be refrigerated or frozen after delivery. Some of the meal kit delivery services also offer heat and serve options. Please see below.

*Prices below are current as of time of update and can change at the discretion of the vendor. There will likely be additional delivery charges.*

Company	Website	Diets	Plans/Price
<b>Fresh 'n' Lean</b>	<a href="https://order.freshnlean.com/fnl">https://order.freshnlean.com/fnl</a>	Protein +, Keto, Paleo, Vegan, Mediterranean, Whole 30, Vegan Low Carb	Meals start at \$9.99 and up
<b>Factor</b>	<a href="https://www.factor75.com/">https://www.factor75.com/</a>	Chef's choice, Keto, Calorie Smart, Protein Plus, Vegan and Veggie	Plans of 6-18 meals per week starting at \$13.49 per meal with minimal order. (Prices go down if selects more meals per week.)
<b>FlexPro</b>	<a href="https://www.flexpromeals.com/">https://www.flexpromeals.com/</a>	Customer Favorites, Keto, High Protein, Low Carb and Custom -Also have ability to filter for allergies	Plans of 7-21 meals per week starting at \$10.99 a meal with minimal order. (Prices go down if selecting more meals per week.)
<b>Cook Unity</b>	<a href="https://signup.cookunity.com/">https://signup.cookunity.com/</a>	Gluten-free, dairy-free, keto, paleo, vegan, and beyond.	Plans of 4-16 meals per week, starting at \$9.51 per meal with minimal order. (Prices go down if selecting more meals per week.)
<b>Home Chef Fresh and Easy</b>	<a href="https://www.freshandeasy.com/">https://www.freshandeasy.com/</a>	Vegetarian, low-calorie, low-carb options available	Low prep meals which come mostly ready to cook. Will have to answer a few questions, provide zip and email address for plans and pricing on website

## Meal Kit Delivery Services

Meal kits offer the delivery of fresh, pre-portioned ingredients for customers to cook at home. Some offer readymade meals which just need to be reheated. Step-by-step instructions are included, customers may need some pantry staples (like oil, sugar, eggs) for preparation. There is the option to choose the number



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of meals delivered per week, starting with meals for 2 people. Pricing is usually per serving, not the total price for meals for 2 or more people. Many plans do require subscriptions, which likely can be put on hold or cancelled at any time.

*Prices below are current as of time of update and can change at the discretion of the vendor and there will likely be additional delivery charges.*

Company	Website	Meal and Diet Accommodations	Plans/Price
<b>Home Chef</b>	<a href="https://www.homechef.com/">https://www.homechef.com/</a>	Can choose from meal kits, oven/grill ready, fast and fresh or culinary collection.	Will have to answer a few questions, provide zip and email address for plans and pricing on website
<b>Sunbasket</b>	<a href="https://sunbasket.com/">https://sunbasket.com/</a>	Paleo, gluten-free, pescatarian, vegetarian, vegan, carb-conscious, Mediterranean, “quick and easy,” diabetes-friendly, and “lean and clean”	Plans of 2 or more meals per week starting at \$9.99 per serving with minimal order. (Prices go down if selects more meals per week.)
<b>Gobble</b>	<a href="https://www.gobble.com/">https://www.gobble.com/</a>	Classic and Lean and Clean Meals *Intended to make the meal in 15 minutes	Plans of 2 or more meals per week starting at \$16.99 per serving with minimal order. (Prices go down if selects more meals per week.)
<b>Green Chef</b>	<a href="https://www.greenchef.com/">https://www.greenchef.com/</a>	Keto, Gluten Free, Fast & Fit, Mediterranean, Vegan, Vegetarian and Protein Packed	Plans of 2 or more meals per week starting at \$13.49 per serving with minimal order. (Prices go down if selects more meals per week.)
<b>Martha Stewart &amp; Marley Spoon</b>	<a href="https://marleyspoon.com/">https://marleyspoon.com/</a>	Vegan and Vegetarian options available	Plans of 2 or more meals per week available. (Website currently indicates promotional pricing.)
<b>Purple Carrot</b>	<a href="https://www.purplecarrot.com/">https://www.purplecarrot.com/</a>	Vegetarian meal kits. Offers “Less Prep”, High Protein and Gluten Free meals	Starts at \$11 per serving, subscribers choose 1-2 or 3-4 servings kit.
Company	Website	Meal and Diet Accommodations	Plans/Price
<b>Hungryroot</b>	<a href="https://www.hungryroot.com/">https://www.hungryroot.com/</a>	Vegan, Vegetarian, Omnivore, Pescetarian Also have Dairy, Gluten, Soy, Nut, Egg and Shellfish Free options	“All in one recipe and grocery service.” Participants take a quiz which will suggest groceries and recipes. Plans start at \$65+



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<b>Dinnerly</b>	<a href="https://dinnerly.com/">https://dinnerly.com/</a>	Family friendly, vegetarian, vegan, fast, healthy and reduced-carb options	Plans of 2 or more meals per week available, starting at \$4.99 per person.
<b>Hello Fresh</b>	<a href="https://www.hellofresh.com/">https://www.hellofresh.com/</a>	Meat & Veggies, Veggie, Family Friendly, Fit & Wholesome, Quick & Easy, Pescetarian	Plans of 2 or more meals per week starting at \$12.49 per serving with minimal order. (Prices go down if selects more meals per week.)
<b>Every Plate</b>	<a href="https://www.everyplate.com/">https://www.everyplate.com/</a>	Includes ingredients on website to check for allergens. Meals are geared towards “regular” diets but do have Vegetarian meals.	Plans of 2 or more meals per week starting at \$12.49 per serving with minimal order. (Prices go down if selects more meals per week.)

*The inclusion or exclusion of an entity does not constitute an endorsement or disapproval by Lifespan. We do not assume responsibility for the quality of services provided. Staff shall review the inclusion/exclusion policy on a regular basis to ensure the policy meets the needs of Lifespan. We reserve the right to exclude and/or remove any entity from the Lifespan I&A system.*

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