# MOM'S MEALS°



# Better Health Begins with the Meals We Eat

At Mom's Meals<sup>®</sup>, our programs are tailored to your needs. When recovering from a hospital stay, we ensure you get the nutrition you need for better health at every stage in life.

#### **Health-Specific Menus**

Dietitian designed to support the nutritional needs of most common health conditions

#### Reliability

High quality, refrigerated meals arrive at your home when you need them the most

#### Simple

Meals last for 14 days in the fridge—just heat, eat and enjoy within minutes

### How it Works

- Your MVP Case Manager will call after you are discharged from the hospital
- 2 Mom's Meals will conduct a Welcome Call to confirm your order
- 3 Fourteen meals are delivered to your home

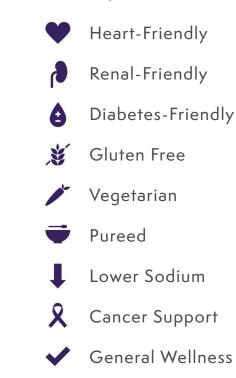
## Sample Menu

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

| BREAKFAST  | LUNCH   | DINNER   |
|--|---|--|
| FRUIT BREAKFAST PIZZA<br>and Turkey Sausage                | BEEF STEW<br>and Corn Bread                     | CHEESE LASAGNA<br>and Spiced Fruit Crisp                   |
| HAM, EGG & CHEESE<br>SCRAMBLE<br>and Peaches with Cherries | BBQ PULLED PORK<br>SANDWICH<br>and Potato Salad | TURKEY BREAST WITH<br>WILD RICE<br>and Spiced Fruit Medley |
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# The Right Nutrition

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



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



Contact MVP Health Care<sup>®</sup> for more information. 1-800-665-7924 (TTY: 1-800-662-1220) Seven days a week, 8 am-8 pm, Eastern Time. April 1-September 30, call Monday - Friday, 8 am-8 pm.