

# Company Overview

At Mom's Meals, we believe better health should be accessible to all, and it begins with the very meals we eat.



## Our Story

Mom's Meals was started by the Anderson family in a small rural Iowa town. Barb Anderson, the mom of Mom's Meals, needed to ensure her mother and mother-in-law were getting meals on a regular basis. They were both widowed, living alone, and needed nutritious food to better manage chronic health conditions. The mission grew from there. Mom's Meals first contract was providing meals to older adults living in rural and remote areas, far from existing meal routes or senior centers offering congregate meals.

Now, 25 years later, Mom's Meals delivers to any address nationwide and has transformed to become the leading provider of food as medicine solutions in the U.S.

## Our Difference

We are committed to using nutrition to improve health, lower total cost of care, manage chronic conditions, promote healthy pregnancies and allow individuals to remain independent — whether they want to age in place or just need a few weeks of support following a hospital stay.

### Learn about what makes us unique:



**Refrigerated** – Meals are made in USDA and FDA-inspected facilities – providing the highest level of compliance with federal regulations governing food production – and will last in the refrigerator at least 14 days from delivery and are ready to heat, eat and enjoy in minutes.



**Medically Tailored** – Crafted by professional chefs and registered dietitians, our meals taste great and nutritionally support most common chronic health conditions.



**Choice of Every Meal, Every Delivery\*** – Clients select their own meals from an array of options based on their needs and preferences.



**Delivery to Any Address** – Mom's Meals' local drivers and third-party carriers team up so we can deliver to any address, no matter how remote.



**Compassionate Customer Care** – Live answers in 30 seconds or less, on average, with bilingual (Spanish) customer care team members. Translation services for over 160 languages available as needed.

\*Initial deliveries will have a variety of meals based on dietary preferences.

MOM'S  
MEALS®



## By the numbers



USDA-inspected kitchen facilities located in Grinnell, Iowa, North Jackson, Ohio and Oklahoma City, Oklahoma



distribution centers nationwide are strategic access points for drivers to deliver quality nutrition to our customers



team members



health plans, managed care organizations, agencies, states and other government entities collaborate with us to provide access to meals for people covered under Medicare and Medicaid, as well as the opportunity for individuals to order meals on their own.

We rely on evidence-based nutritional standards to support better outcomes for higher-risk and vulnerable populations.

**LONG-TERM CARE** - Helping individuals maintain independence at home and avoid institutional care.

**CHRONIC CARE** - Providing nutrition support for leading chronic health conditions to improve outcomes and reduce the total cost of health care.

**POST-DISCHARGE CARE** - Supplying expedited nutrition to assist individuals in their recovery after a hospital or skilled nursing stay to reduce readmissions.

**SELF-PAY** - Offering our meals to those that want the convenience of home-delivered meals for themselves or a loved one.

## Our menus

With nine condition-specific menus and 60+ meal choices and a wide range of options, there are numerous tasty choices to make. Designed by professional chefs and registered dietitians in USDA-approved kitchens, all our medically tailored meals are made with high-quality ingredients.

 Diabetes Friendly

 General Wellness

 Gluten Free

 Heart Friendly

 Lower Sodium

 Protein +

 Pureed

 Renal Friendly

 Vegetarian