

Diabetic, Renal, Mechanical Soft, and Pureed Options

The **diabetic** and **renal** menus are a good option for someone with diabetes or kidney disease because they remove the guesswork from planning and preparing healthy, well-balanced meals.

The **mechanical soft** and **pureed** menus are for clients experiencing difficulty or discomfort chewing or swallowing. The food has a softer, smoother texture than most food. Meals taste the same as traditional fare, but the consistency is different.

Ask a healthcare provider or dietitian if you feel you or a loved one could benefit from one of our special menus.



We are always looking for dedicated volunteers. Call or email today!

419.255.7806

volunteer@mobilemeals.org

I gratefully thank you for the privilege of receiving the wonderful prepared meals each day and especially the attention Mrs. Hines, who makes our deliveries, has given to us.
Doris

- Referrals taken over the phone
- Start deliveries in as little as three or four days
- Once or twice weekly deliveries are available
- Plans include one or two meals per day
- Meals are low in sodium, cholesterol, and fat
- Optional weekend service available
- Choose between four to five dinner menu options (weekly delivery and specific diets excluded)
- Diabetic, renal, mechanical soft, and pureed options available
- In-person well-being checks and weekly phone calls made by trained volunteers

Apply for service by visiting
mobilemeals.org/service
or call 419.255.7806

Mobile Meals of Toledo's mission is to help our clients sustain independence and enhance their quality of life by delivering nutritious food.

Mobile Meals of Toledo is a nonprofit social service agency that delivers nourishing food to those whose nutritional needs might otherwise go unmet.

This document has attempted to include the most recent and accurate information as of the date of publication.

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OverviewBrochure 8-20-25



**Healthy Meals
Delivered to Your Door**



mobilemeals

mobilemeals.org • 419.255.7806

Cooked in Our Kitchen and Delivered to You

Mobile Meals fosters independent living while helping individuals maintain or restore a healthy diet.

With every meal delivery, Mobile Meals checks each client's well-being, helping to prevent feelings of isolation, giving peace of mind to friends and relatives.

Is Mobile Meals the right choice?

We serve people of all ages and economic levels with a focus on seniors who may be homebound, have limited mobility, have a medical condition, are recovering from surgery or injury, or are unable to cook, shop, or maintain a healthy diet.

What can I expect?

The meals are prepared in our local kitchen and delivered twice a week. Clients can choose one meal per day (dinner) or two meals per day (lunch and dinner). They also have a choice between four to five different dinner meal entrées. The two-meal plan may include bread and juice; all meal plans include milk, fruit, snack (cereal/bread) and occasional treat. Saturday and Sunday meals are optional.

What about the food?

Our local kitchen works to provide our clients with delicious and healthy meals. All menus are developed by diet technicians and cooks.

The meals that require heating have easy-to-follow instructions for the microwave or conventional oven.

How much does it cost?

Fees are based on a sliding scale depending on income. We also accept Passport, CareStar Waiver, Buckeye & Aetna (MyCare Ohio Waiver), and SNAP.



More than a Meal

ONE MEAL PER DAY OPTION (DINNER)

5 meals (7 meals with weekend option)



OR



OR



OR



Fruit



Choice of Milk



Snack (Cereal/Bread)



Treat

Choose One of Four Dinner Entrée Choices

TWO MEALS PER DAY OPTION (LUNCH & DINNER)

10 meals (14 meals with weekend option)



AND



OR



OR



OR



Fruit



Choice of Milk



Snack (Cereal/Bread)



Choice of Juice



Treat



Choice of Bread

Choose One of Four Dinner Entrée Choices

Items and choices may vary depending on the type of diet you require. Diabetic, renal, mechanical soft, and pureed menus are available. The meals in a weekly delivery are chef's choice and vary week to week. Weekly deliveries may provide milk and juice in quart-sized containers.