

*Information about this service:*

- **Meals are picked up from the hospital at 11:00 AM and then dispersed to customers anytime between 11 AM and 11:45AM.**
- **Drivers are volunteers- please thank them for us.**
- **The food is prepared at Clarinda Regional Health Center; if you have concerns please call 712-542-8215.**
- **If you need to cancel meals or hold for any reason; we ask that you call by 9:30 am.**
- **Please let us know if you will be gone when your meal is normally delivered- call us at 712-542-8215.**
- **Our program follows the Clarinda School Systems weather cancellations. If there is no school, we will not deliver meals that day.**
- **All food containers are disposable that can be disposed of in the garbage.**
- **Statement envelopes will be sent out on a monthly basis. Each meal is \$7. You can return envelope with driver delivering meals.**
- **Directions for heating this meal if needed:**  
**Microwave Instructions:** Remove the lid. Heat one food container at a time. Center the container in oven away from walls. (Even though these containers look like they do not go in the microwave, they are microwave safe).

**Oven Instructions:** Remove lid and place container on cookie sheet and warm in oven at 350F.