

Greetings!

Clarinda Regional Health Center is happy to welcome you to our Fresh Eats program facilitated by CRHC's Dietary Department. This program provides freshly prepared meals, made in our hospital kitchen and delivered to your home by caring volunteers. We are glad to be able to support you and help meet your nutritional needs.

Enclosed you will find a few pages to help get you started. The most important item is the Fresh Eats Meal Agreement, which includes space to list food allergies, dietary needs, and meal preferences.

What You Need to Do Next:

- Please review, complete, and sign the **Fresh Eats Meal Agreement on page 3**.
- Return the completed form to your **meal delivery driver within three (3) days**.
- All other pages in this packet are for your information and can be kept for reference.

If you have any questions, need help filling out the form, or are unsure about anything, please call our **Dietary Department at 712-542-8215**. We are always happy to help.

Thank you for choosing Fresh Eats. We look forward to serving you.

Sincerely,

Clarinda Regional Health Center
Fresh Eats Program

MEAL DELIVERY

- Meals are prepared at Clarinda Regional Health Center and delivered to your home by volunteer drivers.
- Deliveries take place between 11:00 AM and 11:45 AM and will be left at your door or whatever location you specify in your contract.
- If you have any concerns about your meal or deliveries, please call CRHC's Dietary Department at 712-542-8215 so we can assist you.
- Our drivers are volunteers who kindly give their time to help. We appreciate your patience and kindness.

CANCELLATIONS / SCHEDULE CHANGES / WEATHER POLICY

- If you need to cancel a meal or place meals on hold, please call by 9:30 AM.
- If you will be away from home during your normal delivery time, please let us know by calling CRHC's Dietary Department at 712-542-8215.
- Our Fresh Eats program follows the Clarinda School District weather cancellations. So, if school is canceled due to weather, meals will not be delivered that day.

PAYMENT INFORMATION

- Meals cost \$7.00 per meal and Billing statements are mailed monthly.
- You may return your payment to your meal delivery driver. However, payment is not required at the time of delivery.

FOOD CONTAINERS

- All meal containers are disposable and may be placed in the garbage after use.
- All meal containers are microwave and oven safe. Please remove the lid when heating.

HEATING INSTRUCTIONS (IF NEEDED)

- Food should be heated until it reaches an internal temperature of 165° F.

Microwave:

1. These containers are microwave safe. Remove the lid and heat one container at a time.
2. Place the container in the center of the microwave and heat at 30 second intervals.

Oven:

1. Remove lid and place the container on a cookie sheet so it's easier to remove from the oven.
2. Warm in the oven at 350°F until heated through. Please watch your food closely!

Name: _____ Phone Number: _____

Delivery Address: _____

Diet Type: Regular Diabetic Low Salt (2gm) Bread Preference: White Wheat

Milk Preference: Skim 2% Chocolate

Food Allergies & Preferences:

For your safety, if you have a food allergy or food intolerance, written documentation from a physician or other medical professional is required so we can properly honor the request. Documentation is not required for therapeutic diet selections (such as diabetic or low-salt diets). We are happy to accommodate food preferences whenever possible. If there is a food you especially enjoy and do not see on the menu, please feel free to contact the Dietary Department to discuss available options.

Allergies*: _____

*Please do not forget to submit written documentation from your provider for food allergies or intolerance.

Delivery Instructions: _____

Emergency Contact Name: _____

Emergency Contact Phone Number: _____

Signature: _____ Date: _____

Each Meal will cost \$7.00 per meal. A bill will be sent out monthly to you. Please make payments to Clarinda Regional Health Center on a timely manner. Please turn in this form and any future payments with the driver who delivers your meal.

If you need to cancel your meal or temporarily stop them, please call by 9:30 AM the day of or earlier notice is appreciated. If you have any other questions or concerns, please contact our Dietary Department at 712-542-8215.