Home-delivered meals

Home-delivered meals allow you to have nutritionally balanced meals delivered right to your door. You can order ready-to-eat meals, or you can order prepackaged or boxed meals to easily prepare later.

THINGS TO CONSIDER

Good nutrition is vital in managing and preventing chronic conditions, and in helping you heal after an accident or surgery. Home-delivered meals take the legwork out of planning and cooking a balanced meal by yourself. You may benefit from this service if you live alone and have a hard time standing, are forgetful or have difficulty prepping ingredients.

If a family member is helping you with meals, this service may allow that caregiver to help you in other ways by giving you options you can prepare yourself.

The types of meals providers deliver may vary. They might offer meal kits, prepared meal plans or hot meals.

Your benefits can be used to cover a maximum of three meals per day. Your provider may limit how many meals they deliver at one time. Ask your provider about the frequency and number of meals they offer per delivery.

Food delivery services from restaurants, grocery stores and convenience stores are not covered by this service. We can not pay companies such as DoorDash or Uber Eats that deliver food.

PROVIDERS

Provider websites can give you a great idea of the meal options available through photos and ingredient lists. Many sites include search tools to help you filter meals by dietary preferences, condition-friendly options, protein type and more.

You can choose any WA Cares provider who is registered to provide this service. We require all providers to meet minimum qualifications. You can find a provider at waclc.org/wacares.

RATES AND BILLING

This service is billed per meal and your benefits can cover up to three meals per day.

Cost of services may vary based on where you live and the services you require. You and your provider will agree on rates. You can find maximum rates and typical costs at wacaresfund.wa.gov/rates.

CONTACT

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Email or chat
wacaresfund.wa.gov/contact

Language assistance is available.