

Responses to Roadblocks

“I would rather this go to someone who really needs it”

MANNA provides medically tailored meals that have been prescribed by your healthcare provider, similarly to the way a medicine would be prescribed for an illness or physical therapy for an injury. It is a treatment program to address your health condition. This is not a food assistance program.

“What if I don’t like the food?”

MANNA has highly skilled chefs and registered dietitians on staff who create the menus. There is a long menu development process so that we ensure the meals are not only meeting your health needs, but also taste great. The meals only work if individuals eat them, so we ensure they are delicious for that reason. MANNA meals are NOT hospital food

“I work during the day and cannot be home for delivery”

As long as someone is home, such as a roommate, relative, etc. we can leave the delivery with them. If there is not someone else in the home to receive the delivery, we could deliver to your workplace if you provide the address at least 2 days prior to your delivery day. You would need to ensure there is a freezer to store the package in until you can take it home. Alternatively, you can pick up your delivery directly from MANNA at 420 N 20th Street in Philadelphia. Just give us a call to arrange a time for pickup.

“What if I need to stop it for some reason”

We recommend staying on for the program's duration to get the full health benefit. However, if you do need to stop for some reason you can call at any time to pause or cancel your meals. Our Nutrition & Client Services department can be reached at (215) 496-2662 x5.

“I don’t want to talk to a dietitian”

Nutrition counseling with a registered dietitian is not a requirement to receive MANNA meals. However, we do hope that you will give it a try! Our registered dietitians will tailor your counseling sessions to whatever your needs are. They consider health conditions, personal preferences, religious or cultural beliefs, and any other factors that could play a role in your lifestyle. They will work with you to learn to make healthful meals on your own for once the program ends. Individuals who receive the meals along with nutrition counseling have even better outcomes than just the meals alone. You can start the nutrition counseling at any time by contacting our Nutrition & Client Services department, whether it's at the beginning of your program, somewhere in the middle, or after the program ends.

“I don’t want people to know I am getting any sort of help”

At MANNA we are bound by HIPAA. We are legally obligated to keep your information completely confidential.

“I know how to eat right I just don’t want to eat right”

Thanks to the combined work of our highly skilled chefs and registered dietitians, our meals not only meet your health needs, but they also taste great. MANNA meals can be a great way to learn how your favorite comfort foods can also be healthful. The meals only work if individuals eat them, so we ensure they are delicious for that reason. MANNA meals are NOT hospital food!