



MANNA

FOOD AS MEDICINE



MANNA MEALS

You will receive one delivery each week, including:

- 7 Breakfast Meals
- 7 Lunch Meals
- 7 Dinner Entrees
- Healthy desserts & fresh fruit

NUTRITIOUS FOOD



All MANNA meals are heart healthy and diabetic-friendly, high in protein and moderate in carbohydrates, sodium, and fat. Meals can be modified to address specific medical needs.

DIETARY MODIFICATIONS



MANNA offers 11 different dietary modifications to accommodate different diseases and preferences. We are able to combine up to three modifications for each client. Our standard diet is heart healthy and diabetic friendly.



ABOUT THE MANNA MODEL

MANNA's meals are wholesome, healthy, and delicious. Individualized home-delivered meal plans, consisting of 21 meals per week tailored to your medical needs to help improve your health and quality of life.

MANNA can help people experiencing acute nutritional risk due to their illness, including: cancer, HIV/AIDS, heart disease, renal failure, and diabetes. This is not a complete list of diseases that may qualify someone, nor do these diseases automatically make someone eligible for MANNA services.

NUTRITION COUNSELING

MANNA offers both individual and group nutrition counseling designed to educate and empower you to make the best food choices.

Counseling sessions are free of charge, offered to anyone interested in speaking with a dietitian. Counseling sessions are offered over the phone or via zoom. Group nutrition counseling classes are held at MANNA's office, at our partner organizations, or via zoom.

All MANNA's Registered Dietitians are licensed in the state of Pennsylvania and are members of the Academy of Nutrition & Dietetics.

Our dietitians can help you with:

- Diet plans to control a medical diagnosis
- Unintentional gain or loss of weight
- Nutrition for wound healing
- Nutrition-related side effects from medications
- Making healthy food choices on a budget
- Controlling high blood pressure

Sample Daily Menu

BREAKFAST SANDWICH

Chicken sausage, egg & cheese on an English muffin. Served with applesauce.

CHICKEN NOODLE SOUP

Served with a bread roll and a pear.

CHEESE RAVIOLI

served with California blend vegetables and sauteed zucchini

LEMON BLUEBERRY CAKE

SERVICE AREA

MANNA delivers meals to parts of nine counties in the Greater Philadelphia & Southern New Jersey area, including:

PENNSYLVANIA

- Philadelphia
- Montgomery
- Delaware
- Bucks
- Chester

NEW JERSEY

- Camden
- Gloucester
- Burlington
- Salem

Select health plan members may be eligible to have meals shipped through Pennsylvania and New Jersey.

APPLY FOR SERVICE

Our meal program is a temporary service. Qualification for and length of service is based on individual needs and is determined by MANNA or your health plan.

It is easy to apply for MANNA's meal and nutrition counseling services:

- A medical professional (doctor, dietitian, physician's assistant, nurse practitioner, case manager, etc.) can complete a MANNA Referral Form.
- A health plan representative can complete a MANNA Referral Form.
- You can call 215-496-2662 EXT. 5 to ask about services. Our Nutrition & Client Services team will help you and work with your healthcare provider to complete the referral form.