

Home Delivered Meals

Available through the Individual Options, Level One, and SELF Waivers

This service provides meals that are prepared, packaged, and delivered to a person's home to accommodate their dietary needs. These meals can be up to twice a day and include standard, kosher, and therapeutic meals.

Home Delivered Meal Requirements

Because every person has different resources available, there are several options to accommodate dietary support.

Home Delivered Meals need to:

- be something you need to stay healthy and safe,
- be delivered daily or weekly for up to 14/week for noon and evening meals,
- have clear instructions for storage and heating/preparation,
- follow the rules, guidelines, and orders given to providers of these meals.
- contain at least 1/3 of the daily recommended dietary allowance established by the food and nutrition board.

Start with Service Planning

The first step to planning is to determine if you have difficulty with obtaining or preparing nourishing meals that meet your needs. Talk with your health care provider about any special diet needs you may have. Talk to your Service and Support Administrator (SSA) about best ways to meet your needs to stay healthy.

Add Home Delivered Meals to Your Individual Service Plan (ISP)

Talk with your SSA about what you need

Discuss the dietary needs you have with your SSA. Talk about providers in your area that have meals to meet your needs.

Choose a provider that works best for you

Your SSA can talk with you about supports available through local programs, home meal agencies, through the Individual Options, Level One, or SELF waivers, or from other resources that can help.

Add specific information to your ISP

Your service plan should include specific information about your chosen meal service. Include the provider you chose, how often you will receive meals, how many meals a week you will need, and what diet orders (if any) you have.

For more information, read: [OAC 5123-9-29](#)