Pre-Made Meal Delivery

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Pre-made meals can be helpful when you have difficulty cooking healthy meals at home. Below is information about some pre-made meal delivery services in Perth. This is not a complete list of services.



HOME

CHEF

Visit **www.liteneasy.com.au** or call **13 15 12** Order online or by phone

- Minimum order of 5 meals from \$73.95
- **5 meals** for **\$22.20** under a Home Care Package or NDIS.

Delivery: From **\$4.95**

Diets available: Gluten free Vegetarian Dairy free High protein

Visit www.homechef.com.au or call 9510 9866

Diets available: Diabetic

Low salt

Gluten free

Dairy free

Soft

Order online or by phone

- Minimum order of 5 meals from \$56.25
- **5 meals** for **\$37.50** under a Commonwealth Home Support Program or Meals on Wheels.
 - 5 Meals for \$14.05 under a Home Care Package or NDIS.

• Delivery: Free

Visit **www.feed-me.com.au** or call **0405 359 642** Order online

• Minimum order of 5 meals from \$44.75

Delivery: \$9.99 or Free for orders over \$149

Visit **www.myagedcare.gov.au/** or call **1800 200 422** for My Aged Care Visit **www.ndis.gov.au/** or call **1800 800 110** for NDIS



Government of Western Australia East Metropolitan Health Service



Other pre-made delivery services:

Visit **www.mymusclechef.com**. Order online.

- Minimum order 10 meals from \$109.50
- Delivery: **\$20 or free for regular deliveries**

Visit www.fitfoodperth.com.au. Order online

- Minimum order 6 meals From \$66
- Delivery: **\$10**

🃢 youfoodz

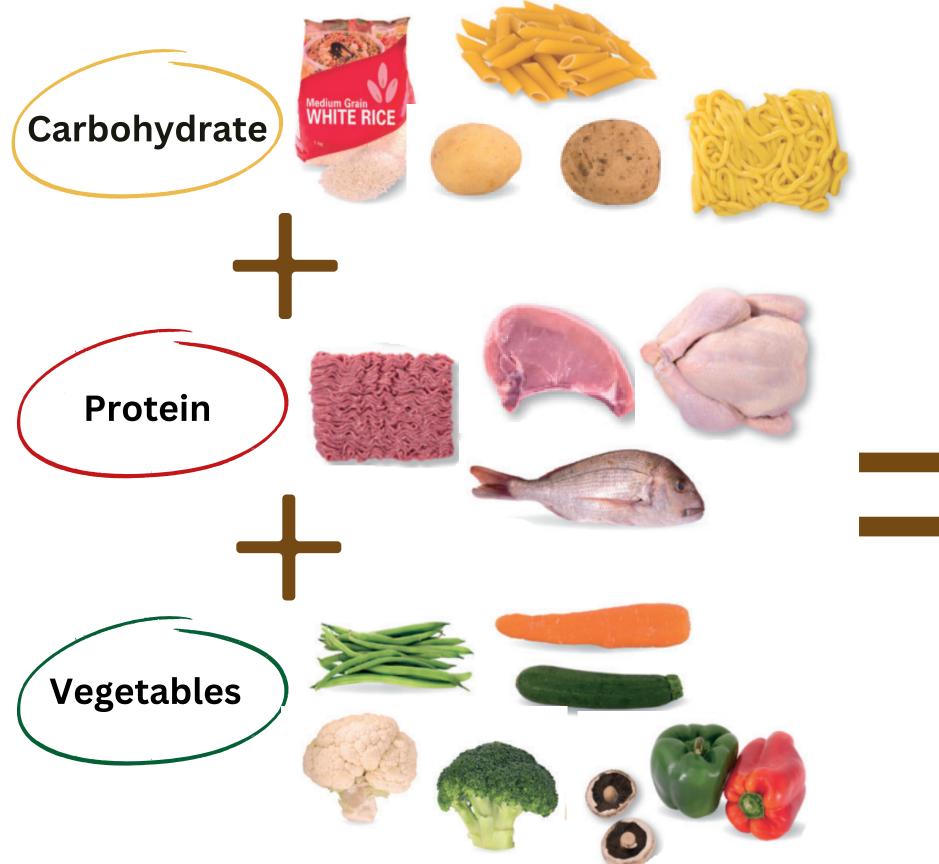
Visit **www.youfoodz.com**. Order online.

This image is to be edited by medical illustrations to remove the extra blue and green outline

- Minimum order 5 meals from \$69.95
- Delivery: From \$8.99
- Subscription service

Tips for ordering healthier meals

Choose a meal with:





Aim for 2 cupped handfuls. If your meal seems low in vegetables, you can add extra fresh, tinned or frozen !

The voice of the Aboriginal community is reflected in this resource through Aboriginal consultation to ensure that cultural appropriateness and the health impacts on Aboriginal people have been considered and incorporated (Record ID: 2365)

Choose meals with:

- Energy 1700kJ or less
- Carbohydrate 30-50g per serve
- Saturated Fat- **3g or less per 100g**
- Sodium 400mg or less per 100g

Artwork by artists Lorraine Woods and Meena (Peta Ugle). *Walk With Us - A Journey to Better Health* Baker Heart and Diabetes Institute. (2022). *Convenience meals*. Retrieved from https://baker.edu.au National Health and Medical Research Council. (n.d.) *Aboriginal and Torres Strait Islander Guide to Healthy Eating*. Retrieved from www.eatforhealth.gov.au