

Fresh Healthy Meals



Delivered Weekly



1-866-618-3963

Simply EZ HDM of Northwest Ohio, LLC
6412 Fairfield Drive, Suite F
Northwood, Ohio 43619



If you are not affiliated with the Agency on Aging's Passport, Choice, or Waiver programs, you may purchase meals directly from us. The cost is: \$6.00 per meal. Five meals a week (our minimum) is only \$30.00. Seven meals are \$42.00 or you may order any combination of those amounts. If you would like to get started, please fill out the enclosed form, include a check or money order, and mail it to our office at 6412 Fairfield Drive, Suite F, Northwood, Ohio, 43619. If you have any questions, call us toll-free at 1-866-618-3963. For more information about the Agency on Aging's programs, please contact (419) 382-0624 in the Toledo area, (419) 222-7723 for the Lima area, (313) 446-4444 if you live in Detroit, or (734) 722-2830 in Wayne County Michigan.

Name: _____ Phone Number: _____

Address: _____ City: _____ State: _____ Zip: _____

Emergency Contact: _____ Phone number: _____

5 Meals/\$30.00 _____ 7 Meals/ \$42.00 _____ 10 Meals/\$60.00 _____ 12 Meals/\$72.00 _____ 14 Meals/\$ 84.00

Breakfast _____ Lunch/Dinner _____ Wheat Bread _____ White Bread

1%Milk _____ 2% Milk _____ Skim Milk _____ Whole Milk

Dietary Restrictions: _____



Simply EZ Home Delivered Meals

Our meals are vacuum-packed to preserve freshness and flavor. We provide an eight week, revolving lunch/dinner menu cycle along with a four week, revolving breakfast menu. This means that if you order our lunch/dinner meals, you would not receive the same menu for two months, although some items may be repeated within that time.

You may select: whole, skim, 1% or 2% milk as well as whole wheat or white bread. If you require a low sodium, diabetic, or diverticulitis diet in most cases we can arrange for menu substitutions to accommodate you.

When reheating the meals, we suggest using a microwave. It only takes a 60 to 90 seconds, depending on your appliances power level. Remember you are reheating the items not cooking them. We have done all the preparation and cooking –

Simply warm it up!



Sample Breakfast Meals

Colby Cheese Omelet	Cinnamon French Toast
Oatmeal	Pork Sausage Patty
Raisins	Pineapple Chunks
Yogurt	Granny Smith Apple
Orange Juice	Pineapple Juice
2% Milk	2% Milk
Hard Boiled Eggs	Egg & Cheese Muffin
Whole Grain Waffles	Red Skin Potatoes
Hashbrown Patty	Mixed Berries
Sliced Peaches	Apple Juice
Grape Juice	2% Milk
2% Milk	

Sample Lunch/Dinner Meals

Roasted Turkey Breast	Pulled BBQ Chicken
Summer Corn	Sweet Potatoes
Peas & Carrots Mix	Yogurt
Strawberries	Fruit Medley
Pound Cake	Corn Bread
Wheat Bread	Pineapple Juice
2% Milk	2% Milk
Beef Brisket	Macaroni & Cheese
Twice Baked Potato	Broccoli
Green Beans	Sliced Carrots
Wheat Bread	Banana
Apple Juice	Grape Juice
2% Milk	2% Milk

- ◆ Rotating **Breakfast** and **Lunch/Dinner** Menus
- ◆ **Low Sodium** and **Low Sugar** Meals
- ◆ Once a week consistent deliveries
- ◆ **Sensitive** to dietary restrictions
- ◆ **Individual portions** freshly sealed for easy heat and serve
- ◆ Meals keep up to **10 days** in your refrigerator
- ◆ Menus created by **professional restaurateurs** and **dieticians**
- ◆ **5** and **7** day meal plans available



Serving Wayne County Michigan

Serving the Ohio Counties of:

Williams, Defiance, Paulding, Fulton, Lucas, Henry, Wood, Ottawa, Sandusky, Erie, Van Wert, Mercer, Putnam, Auglaize, Allen, Hancock, and Hardin

www.SimplyEZ.net

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