

## LSS Meals to Go

Offering nutritious, frozen meals that are shipped statewide.



Enjoy hassle-free homestyle meals conveniently shipped to you. Each menu item is thoughtfully crafted by a licensed dietitian and cooked with simple, fresh ingredients.

Meals are carefully portioned with a balance of proteins and carbohydrates that can meet your dietary needs and taste great. Adjusted meals are available for individuals with special dietary needs, such as those who are diabetic or require a reduced sodium or vegetarian diet.

Meals are available to people of all ages and can be purchased through private payment, the Supplemental Nutrition Assistance Program (SNAP) or through one of the following waivers:

- Alternative Care (AC)
- Brain Injury (BI)
- Community Access for Disability Inclusion (CADI)
- Community Alternative Care (CAC)
- Development Disabilities (DD)
- Elderly Waiver (EW)



Get started today!

**LSS Meals to Go**

**877.287.0768**

**[lssmn.org/mealstogo](https://lssmn.org/mealstogo)**

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