



Improving life through better nutrition at home

At Group Health Cooperative of Eau Claire, we recognize the importance of having access to the right nutrition, and that's why we have partnered with Mom's Meals®.

Eating nutritious food can make a difference in your health, whether recovering from an illness or injury, managing a health condition, or just looking to stay fit.

As a member of Group Health Cooperative of Eau Claire, you may qualify to receive 28 meals, post discharge or you can buy meals direct from Mom's Meals and use your Cooperative Advantage & More Benefits Prepaid MasterCard toward your purchase.



Post-Discharge Benefit

As part of your benefits, you may qualify to receive 28 meals for 14 days from discharging from the hospital.*

Check with your care team to see if you are eligible to receive meals. They will refer qualified members to Mom's Meals.

*Benefit is unlimited



Purchase meals direct

Following the completion of your post-discharge benefit, or if you do not have a qualifying event and would simply like the convenience of home-delivered meals, you can buy direct and use your Cooperative Advantage & More Benefits Prepaid MasterCard towards your purchase.

Choosing HEALTH, NOURISHING Happiness

Mom's Meals offers menus that meet the nutritional requirements for most major health conditions.



Diabetes Friendly



General Wellness



Gluten Free



Heart Friendly



Lower Sodium



Protein+



Pureed



Renal Friendly



Vegetarian



Mom's Meals continues to help me heal. After my surgery, I was told to stay off my feet. Thanks to the ease of your meals, I have been able to do so. I LOVE IT!

- Happy Customer

Sample Menu*

BREAKFAST

BREAKFAST SANDWICH
and Fruit Crisp

COLBY CHEESE OMELET
with French Toast Sticks
and Turkey Sausage

LUNCH

BEEF STEW
with Cornbread

PORK STIR FRY RICE
and Spiced Fruit Medley

DINNER

CHEESE LASAGNA
with Marinara Sauce
and Fruit Crisp

HOMESTYLE MEATLOAF
with Potatoes and
Seasoned Vegetables

MOM'S
MEALS

group health
Cooperative
of eau claire