



**Delivering Nourishment.
Improving Health.**

Welcome to MANNA!



Client Name _____

Diet Plan _____

Delivery Day _____

Start Date _____

Recertification Month _____

Last Delivery Date _____

MANNA is a Total Nourishment Program

This therapeutic treatment plan is designed to help you understand how what you eat can improve your health. You will receive medically appropriate meals and nutrition counseling from a registered dietitian to help you learn more about your dietary needs.

Have questions about the MANNA program? Call Us!

MANNA's nutrition program provides you with weekly, pre-packaged, nutritious meals prepared to fit your dietary needs.

MANNA has registered dietitians on staff to help with your special nutritional concerns. Best of all, services are free!

To speak to a nutritionist directly or to schedule an appointment, please call the Nutrition Department.

MANNA's Contact Information

MANNA's Main Office: (215) 496-2662

Nutrition Questions | Dial 5

Delivery Questions | Dial 2

Quality Control | Dial 130

Office Hours: Monday - Friday, 9am - 5pm

Delivery Hours: Tuesday - Friday, 8am - 5pm



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Keep this book handy while you are on MANNA's services.

Welcome to MANNA's Nutrition Services!

We are happy to be part of your nutrition therapy and hope that the services we provide help to nourish you back to health and better prepare you to make healthy choices on your own once the program has ended.

MANNA takes great pride in our nourishment program. Our drivers will arrive at your home each week with seven days' worth of nourishing meals. MANNA's chefs oversee the preparation of your meals, which are made from fresh ingredients in our kitchen by more than 5,000 volunteers. Our dietitians and chefs work together to develop menus that provide you with the nutrients needed for optimal health.

Our registered dietitians also provide free nutrition counseling to anyone who is interested so please do not hesitate to call and schedule an appointment.

This Welcome Packet contains important information about the MANNA program and all of the services that you can access free of charge.

If you have any questions, please contact the Nutrition and Client Services department at the number listed below.

The staff, volunteers and board members of MANNA value the trust that you have placed in us to help nourish you back to health. We believe that you have a right to wholesome, therapeutic meals and nutrition guidance to help you on your

Best wishes,
Nutrition & Client Services
(215) 496-2662 x5



Delivery Policies

MANNA uses a special computer program to deliver meals to your home in the most time and fuel efficient manner.

- **Your deliveries may come at different times each week. We cannot give you a specific delivery time.**
- Meals are delivered once a week.
- Deliveries occur between 8am and 5pm.
- Someone must be home to accept the meals. We cannot leave food outside of homes or in coolers.
- If, for any reason, you need to cancel or reschedule your delivery, please contact us as soon as possible.
- You can reschedule by calling at least **2 days prior** to your delivery day.
- Meals can be delivered to another address if it is set up at least 2 days prior to your delivery day.
- Rescheduled deliveries do not count as missed deliveries.

Your meals will stop if you miss:

- Two deliveries during four weeks.
- Six deliveries during six months.
- If you miss a delivery, you can pick up your meals at MANNA but you must call to make arrangements before you come.

Questions or Changes?

Call MANNA at 215-496-2662 and press extension 2.

Note: Drivers do not carry cash and cannot accept tips. Any money given to drivers will be treated as a donation to MANNA. We prefer donations be mailed to the address on the back cover of this booklet.

Holiday Closings & Weather Emergencies

MANNA closes for major holidays. You will receive notice if we need to change your delivery day.

MANNA is Closed:

- New Year's Day (January 1)
- President's Day
- Memorial Day
- Independence Day (July 4)
- Labor Day
- Columbus Day
- The Friday after Thanksgiving
- Christmas Eve (December 24)
- Christmas Day (December 25)

Weather Emergencies

If heavy snow is expected, we will attempt to reschedule your regular deliveries to another day. On most snow days, our trucks are able to drive, but deliveries usually take longer and your meals may be brought later than usual so please be patient.



Storing Your Meals

- All of the food that MANNA provides is pre-cooked and arrives frozen.
- Keep as much of the food as you can in the freezer to prevent spoilage.
- Meals can be taken out of the freezer and refrigerated to thaw the day before you want to eat them. If you choose to thaw the meals in this manner, the meals must be warmed up and eaten within 24 hours.
- Quarts of soup are intended to be used for **two meals**. Thaw the soup in the refrigerator one to two days prior to heating or thaw in the microwave. Heat only the soup you intend to eat for that meal. Do not refreeze soup once it has been thawed or cooked; refrigerate leftovers.
- You can store the milk, nutrition milkshakes, fruit cups, and condiments in your fridge.
- Hot and cold cereals can be placed in your cabinet.
- Once meals have been heated, any leftovers should be thrown away. If you need smaller portions, please call Nutrition & Client Services at extension 5.
- Meals can be heated in a regular or standard oven or in a microwave. **Do not use a toaster oven** because this could start a fire.
- The date on the label is an expiration date. Discard food when that date has passed.
- Please call our Quality Assurance Department if your delivery has a meal with an expiration date that has already passed.

Your Weekly Meal Delivery

Each week, you will receive a delivery of seven days' worth of meals. MANNA has a 6 week cycle menu which means you will get different meals each week. The MANNA menu is set and we cannot accommodate individual requests. Please refer to the Sample Menu on the next page as a guide on how to eat the meals to guarantee a well-balanced diet daily.

Each delivery includes 21 total meals (7 breakfasts, 7 lunches, 7 dinners) and 1 dessert to be portioned out for the week.

If you require fewer meals, MANNA offers a supplemental menu that consists of 7 dinner entrees per week only.

MANNA offers 11 different dietary modifications to ensure that the meals sent to our clients are specific to each individual's nutritional needs. We are able to combine up to three modifications for each client. Unfortunately we cannot accommodate food allergies.

- **Kidney Friendly:** low potassium, low phosphorus, low sodium
- **Diabetic/Heart Healthy:** carbohydrate and sodium controlled
- **Low Lactose:** low in dairy
- **GI Friendly:** low fiber and mild spice
- **No Pork**
- **No Beef**
- **No Seafood**
- **Mechanical Soft:** easy to chew and swallow
- **Pureed**
- **High Calorie/High Protein:** includes additional healthy snack
- **Children's Menu**

MANNA does not include beverages with your meals. We send only 2% milk, or nutrition milkshakes that accompany your breakfast cereal. In order to get more nutrients into your diet, we recommend one serving of 100% fruit juice and two servings of low fat milk in addition to water daily. Try to avoid sugary drinks like soda, iced tea, fruit punches, lemonade, and sports drinks.

MANNA Sample 7 Day Menu

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Breakfast Burrito on Whole Wheat Wrap Potato Wedges	Apple Cinnamon Hot Cereal Fruit	Scrambled Eggs Whole Wheat Toast Turkey Bacon	French Toast Squares Turkey Sausage Links	Cheerios Cereal 2% Milk Fruit	Egg White Omelet with Cheese and Vegetables English Muffin	Whole Grain Pancakes Veggie Sausage Fruit
Lunch	Mushroom Barley Soup Roll Fruit	Black Bean Chipotle Burger Carrot and Beet Side Salad	Mushroom Barley Soup Roll Fruit	Beef and Rice Soup Roll Fruit	Turkey Tacos Brown Rice Baby Carrots	Beef and Rice Soup Roll Fruit	Chicken Salad Sandwich Carrot and Beet Side Salad
Dinner	Chicken Parmesan with Whole Wheat Pasta Broccoli	Salmon Cakes with Dill Remoulade Brown Rice Green Beans	Oven Fried Pork Chop Black Eyed Peas Collard Greens	Chicken Piccata Creamy Kale Risotto California Vegetable Blend	Roasted Sirloin Steak Rosemary Potatoes Snow Peas	Vegetable Lasagna Stewed Tomatoes Baby Carrots	Turkey Meatloaf with Gravy Mashed Potatoes Sautéed Zucchini
Snack	Peach Cobbler	Peach Cobbler	Peach Cobbler	Peach Cobbler	Peach Cobbler	Peach Cobbler	Peach Cobbler

Tasty Dinner Meals Heating Instructions

For all meals, cooking times may vary. These are suggested cooking times. The internal temperature of all food should reach 165°F. **Do not use a toaster oven to heat any of our meals.**

THAWED

Preheating Instructions:

Remove condiments.

Lift plastic film off corner of meal container.

In the Microwave:

Heat meal tray for three minutes.

Stir, then continue heating for another two minutes.

In a Standard Oven:

Heat at 350° for 10 minutes

Stir, then continue to heat for another 5 - 10 minutes.

FROZEN

Preheating Instructions:

Remove condiments.

Lift plastic film off corner of meal container.

In the Microwave:

Heat meal tray for four minutes

Stir, then continue heating for another three minutes.

In a Standard Oven:

Heat at 350° for 40 - 45 minutes.



Our Homemade Soups Heating Instructions

Each soup container provides two servings of soup to be eaten on two different days. Do not refreeze soup once it has been thawed or cooked. Refrigerate any leftovers and eat within two days.

THAWED

Preheating Instructions:

Remove lid from soup container.

In the Microwave:

Heat on high for five to seven minutes, or until bubbling.

On the Stovetop:

Place soup in a pot and heat on the stove at medium temperature.

Stir occasionally and heat until bubbling.

FROZEN

Preheating Instructions:

Remove lid from soup container.

In the Microwave:

Heat on high for 12 minutes, stirring every 4 minutes.

On the Stovetop:

Place soup in a pot and heat on the stove at medium temperature.

Stir occasionally and heat until bubbling.



Healthy Sandwiches Heating Instructions

Some of MANNA's sandwiches do not need to be heated and can be thawed in the refrigerator the day before eating. For the sandwiches that should be warmed, follow the instructions below.

THAWED

Preheating Instructions:

Remove sandwich from bag before heating.

In the Microwave:

Remove bread and place contents on microwave-safe plate or container.

Heat contents for 2 ½ minutes or until warm.

In a Standard Oven:

Remove bread and place contents on oven-safe tray.

Heat at 325° for 7 - 10 minutes or until warm.

FROZEN

Preheating Instructions:

Remove sandwich from bag before heating.

In the Microwave:

Wrap sandwich in a paper towel to help keep moist.

Heat sandwich for 30 seconds, then remove bread.

Heat contents on high for 2 ½ minutes or until warm.

In a Standard Oven:

Wrap in foil to help keep moist.

Heat for 2 - 3 minutes, then remove bread.

Heat at 325° for 25 minutes or until warm.



Breakfast Meals Heating Instructions

Some breakfast sandwiches do not need to be heated and can be thawed in the refrigerator the day before eating. For any breakfast sandwich or wrap that should be eaten warmed up, use the heating instructions on Page 12.

THAWED

Preheating Instructions:

Remove condiments.

Lift plastic film off corner of meal container.

In the Microwave:

Heat meal tray for one to two minutes, or until hot.

In a Standard Oven:

Heat at 350° for 10 - 15 minutes.

If desired, remove fruit half way through heating.

FROZEN

Preheating Instructions:

Remove condiments.

Lift plastic film off corner of meal container.

In the Microwave:

Heat meal tray for two minutes.

If desired, remove fruit.

Stir and heat for two more minutes, or until hot.

In a Standard Oven:

Heat at 325° for 20 - 25 minutes.

If desired, remove fruit half way through heating.



Tips for Seasoning Your Food with Herbs and Spices

Keep MANNA's meals healthy by using these herbs and spices to add flavor to your food without adding salt.

Basil: Fish, lamb, lean ground meats, stews, salads, soups

Cinnamon: Fruits (especially apples), breads

Dill: Sauces, soups, tomatoes, cabbage, carrots, cauliflower, green beans, cucumbers, potatoes, salads, macaroni, lean beef, lamb, chicken, fish

Garlic cloves or powder (not garlic salt): Lean meats, fish, soups, salads, vegetables, tomatoes, potatoes

Ginger root or ground ginger: Chicken, fruits, rice

Lemon juice: Lean meats, fish, poultry, salads, vegetables

Nutmeg: Fruits, potatoes, chicken, fish, lean meats, toast, veal, low fat pudding

Onion, fresh or powder (not onion salt): Lean meats, stews, vegetables, salads, soups

Parsley: Lean meats, fish, soups, salads, sauces, vegetables

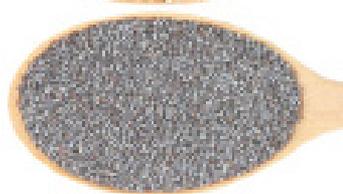
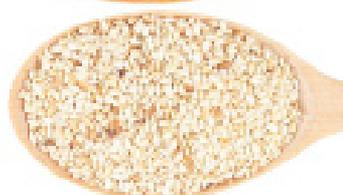
Rosemary: Chicken, meatloaf, lean beef, lean pork, sauces, stuffing, potatoes, peas, lima beans, rice or pasta

Sage: Lean meats, stews, biscuits, tomatoes, green beans, fish, lima beans, onions, lean pork, rice or pasta

Savory: Salads, lean pork, lean ground meats, soups, green beans, squash, tomatoes, lima beans

Thyme: Lean meats, lean pork and chicken, sauces, soups, peas, onions, tomatoes, salads

Vinegar (cider, red wine, or balsamic): Salads, vegetables, sauces



Frequently Asked Questions

How will my meals be delivered?

MANNA is located in Philadelphia and delivers our meals using a fleet of freezer trucks. The meals will be delivered on your designated weekly delivery day between 8am and 5pm.

If you need to make special arrangements, please contact the Nutrition & Client Services Department to discuss your options. Please note that we cannot guarantee a specific delivery time from week to week, this time can change with each delivery.

Can I order specific items or eliminate items from my deliveries?

Unfortunately we cannot take individual orders or make specific changes to your meals. We do offer various dietary modifications (see page 8) that you can speak with a Nutrition & Client Services representative about.

Why are the meal delivery services temporary?

Our mission is to help people with nutritional deficiencies that affect their health. Our meals are intended to be temporary to help during your time of nutritional need.

When will my meals end?

Every few months you will go through a recertification process. A Nutrition & Client Services representative will contact you to get an update on your nutritional status as well as updated medical information from your medical care provider. We use this information to make necessary adjustments to your service as well as to determine if you qualify for additional time. Please refer to the front of this packet to find your recertification month.

Are you “Meals on Wheels”?

No, “Meals on Wheels” is a different agency with a different mission. MANNA is a Philadelphia-based nonprofit focused on the intersection between nutrition and health.

Can I pause or stop my services?

Yes, your services can be paused or cancelled at any time. Please call the Nutrition & Client Service Department if you need to make any changes.

USDA Choose MyPlate



MyPlate is a guide for a healthy eating lifestyle. What you eat and drink matters and the correct combination can lead to a lifetime of health.

Focus on making healthy choices.

- Each day, choose foods from all five food groups including fruits, vegetables, grains, protein foods, and dairy
- Eat the correct amount of calories daily based on your age, sex, height, weight, and physical activity level

Choose a daily eating lifestyle that is low in saturated fat, sodium, and added sugars.

- Read the Nutrition Facts label and the ingredient lists to know what's in the foods you are eating
- Eating foods that are low in saturated fat, sodium, and added sugars can help to prevent weight gain and obesity and reduce your risk of high blood pressure and diabetes

Make small changes over time to lead towards a lifelong healthy lifestyle.

- Fill half your plate with fruits and vegetables. Get a good variety of both
- Make most of your grains whole grains
- Switch to low-fat or fat-free dairy
- Vary your protein options and stick to lean proteins including vegetable protein
- Eat healthy portion sizes

Visit www.choosemyplate.gov for more information and healthy eating tips as well as helpful online tools.

A few core principles are at the heart of a heart-healthy lifestyle:

- Maintaining a healthy body weight
- Keeping blood cholesterol and pressure within a normal limit
- Limiting foods high in saturated fats, cholesterol, and sodium

Fats 101

Dietary fats are an important part of your diet, giving your body energy and supporting cell growth. There are good fats (monounsaturated and polyunsaturated fats) and bad fats (saturated and trans fats). The good fats can help to lower bad cholesterol levels while the bad fats raise bad cholesterol.

Avoid these fat sources:

- Fried or fast foods
- Whole milk dairy products
- Beef, veal, lamb, pork, poultry skin
- Coconut and palm oils
- Pastries and snack foods

Choose these fat sources:

- Olive oil
- Canola oil
- Peanut oil
- Fatty fish: salmon, trout, herring
- Avocados

Sodium (Salt)

Extra sodium (salt) in your diet can increase your blood pressure. The majority of the sodium we consume comes from packaged, prepared, and restaurant foods. The American Heart Association recommends eating no more than 1,500 milligrams of sodium per day. This is less than 3/4 of a teaspoon of salt!

Cholesterol

Cholesterol comes from two sources: your body and food. Your body makes all the cholesterol you need which means excess in your diet can form plaque between your artery walls making it difficult for your heart to circulate blood. Try to limit your daily consumption of meat, poultry and full-fat dairy to help to lower your cholesterol intake.

For more information, visit www.heart.org.

Diabetes



There are 3 types of carbohydrates:

Starches, sugars, & fiber

Whether you have Type 1 or Type 2 diabetes, it is important for you to be familiar with the types of foods that can affect your glucose levels: carbohydrates.

Starch

Foods high in starch include:

- Starchy vegetables (peas, corn, potatoes)
- Dried beans, lentils, and peas (pinto, kidney, split peas)
- Grains (oats, barley, rice)

Sugars

There are two main types of sugar:

- Naturally occurring (those found in fruit and milk)
- Added sugars (cookies, candy, soda)

Fiber

Fiber comes from plant foods including fruits, vegetables, whole grains, nuts, and legumes. Fiber helps to regulate glucose levels and is important for your heart and digestive health.

How Much Carbohydrate?

The amount of carbohydrates a person can eat daily varies with the individual. Work with your health care team (doctor and dietitian) to help determine the safe amount of carbohydrates that you can consume daily.

Simple Carbohydrate Tips

- Avoid sugary drinks
- Eat whole fruits instead of drinking juice
- Try whole grain breads, pastas, and rice
- Keep only $\frac{1}{4}$ of your plate for starchy foods

For more information, visit www.diabetes.org.



When you have chronic kidney disease, you need to eat well to keep your kidneys healthy so that they can work to keep the proper balance of nutrients and minerals in your body. Eating the recommended amounts of protein, sodium, potassium, and phosphorus can help to control the buildup of waste and fluid in your body. To determine the safe levels of these nutrients in your diet, work closely with your dietitian and health care provider.

Protein

It is important to eat protein each day to help build muscles, repair tissue, and fight infection. However, too much protein in your diet can cause waste to build up in your blood. Healthy protein options include: lean beef, chicken, cottage cheese, eggs, and tofu.

Sodium (Salt)

Too much sodium in your diet can cause fluid buildup, swelling, high blood pressure, and strain your heart. Aim for less than 2,300 mg of sodium (1 tsp of salt) per day and as close to 1,500 mg (3/4 tsp of salt) as possible.

Potassium

Potassium helps keep your heartbeat regular and your muscles working right. But when your kidneys are not healthy, you often need to limit certain foods that can increase the potassium in your blood to an unsafe level. High potassium foods include (but are not limited to): bananas, dried fruits, oranges, squash, beans, greens, tomatoes, chocolate, milk, nuts, and seeds.

Phosphorus

As kidney function declines, extra phosphorus can start to build up in the body causing bones to weaken. High phosphorus foods include (but are not limited to): milk, cheese, yogurt, organ meats, sardines, processed/prepared foods, pizza, and beer/ale.

For more information, visit www.kidney.org.

MANNA's MISSION

MANNA is a caring community of neighbors nourishing neighbors, helping individuals who are at acute nutritional risk and battling serious illnesses such as cancer, renal disease, and HIV/AIDS.



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Improving Health.**

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