

Home Delivered Meal Listing

Nutrition Project: [City of Chicago Home Delivered Meals](#)

Contact: [Senior Services Information and Assistance](#)

Phone: 312-744-4016

Referral e-mail: HDMreferrals@openkitchens.com

Geographic Area served: [City of Chicago](#)

All meals listed below follow the meal pattern developed by the Illinois Department on Aging and conform to the current Dietary Guidelines for Americans. Clients receive two complete meals for each day of service, unless otherwise specified below. All meal deliveries generally take place on weekdays (Monday – Friday) between 8:00 AM – 4:00 PM as specified below for each meal type.

The specific meal type, diet type, and number of days for which meals are needed, as well as, the duration of the meal service (short term or long term), must be included on the top portion of the **Nutrition Referral for Home Delivered Meals (HDM) Form** *prior* to forwarding the form to the HDM Provider. The boxes below (“”) indicate the different options available within each category.

Meal Type & Meal Diet	Number of Days for which Meals are Provided:	Frequency of Delivery	Additional Information:
Frozen/Cold Meals: <input type="checkbox"/> General (Healthy Lifestyle) <input type="checkbox"/> Vegetarian	<input type="checkbox"/> 3 days of meals <input type="checkbox"/> 5 days of meals <input type="checkbox"/> 7 days of meals <input type="checkbox"/> 2 days (weekend only) <hr/> <input type="checkbox"/> Short Term <input type="checkbox"/> Long Term	Once a week	The Frozen/Cold meal type is appropriate for clients that have the ability to reheat their own meals by using a working stove or microwave. One frozen <i>and</i> one cold meal (two complete meals) are provided for EACH day of service. The meals are available on a short-term basis (6 weeks or less) for the 5 day or 7 day meal service only , or long-term basis for all of the days of service. The meals are delivered once a week.
Hot/Cold Meals: <input type="checkbox"/> General (Healthy Lifestyle) <input type="checkbox"/> Vegetarian	<input type="checkbox"/> 5 days of meals <input type="checkbox"/> 7 days of meals* <hr/> <input type="checkbox"/> Short Term <input type="checkbox"/> Long Term	Daily (Monday through Friday)	The Hot/Cold meal type is appropriate for clients who do not have the ability to heat their own meals due to a physical or mental impairment, or they do not have a working microwave or stove. One hot and one cold meal are provided for EACH day of service (two complete meals). The meals are available on a short-term (6 weeks or less) or long term (no limit) basis. The meals are delivered daily.
Kosher Frozen Meals	5 days of meals only <hr/> <input type="checkbox"/> Short Term <input type="checkbox"/> Long Term	Once a week	The Kosher meal type is appropriate for clients who must follow a Kosher meal diet. One frozen meal is provided for 5 days and delivered once a week.
Pureed Frozen Meals	5 days of meals only <hr/> <input type="checkbox"/> Short Term <input type="checkbox"/> Long Term	Once a week	The Pureed meal type is appropriate for clients who have difficulty chewing and swallowing. One frozen meal is provided for 5 days and delivered once a week.

*Weekend meals are always a frozen/cold combination.