



# CARE AND SUPPORT

## Meal Provision

Do you need assistance with food preparation?

While the NDIS does not cover the cost of food, it can provide core funding for the preparation and delivery of meals. This means that a co-payment may be required if you use a service that provides meals. Services such as Meals on Wheels, Hit 100, Tender Loving Cuisine and A Life Plus (A+) can prepare and deliver meals that suit your specific dietary requirements.

Meals on Wheels is the oldest and largest meal provision service in Australia with over 600 member organisations. In partnership with community groups, it provides nutritious meals to eligible community members. In NSW over 14 million meals are delivered by this service each year.





As the service is made up of local community groups, the meals on offer can be tailored to the local population. The Fairfield region in NSW for example offers meals based on Middle Eastern and Chinese recipes. The services must also provide a number of options for dietary and religious preferences such as Kosher, Halal and Vegetarian meals, as well as meals that are appropriate for allergies, and other health issues.



There are many new providers offering meals under the NDIS, meaning there is even more variety available. Before selecting a provider there are a few things you may want to check:

- Can they cater for your specific needs?
- Has a dietician developed the meals or do they have nutritional guidelines available for you to look at?
- Do they provide meals that appeal to you?
- Are the meals ready to heat or is there any preparation required?
- How are the meals delivered? Is there an additional cost?
- Do you need to sign a contract or can you order as it suits?