

PROGRAM OVERVIEW

ABOUT OPEN ARMS OF MINNESOTA

Open Arms of Minnesota is a nonprofit organization that provides medically tailored meals and nutrition counseling to individuals living with HIV/AIDS, cancer, MS, ALS, ESRD, CHF and COPD who have difficulty accessing the nutrition needed to improve their health and wellbeing. Our loving community of volunteers and donors helps us provide meals to our clients and a caregiver or dependent free-of-cost. At Open Arms we use **food as medicine** to nourish our clients and build community.

OUR MEAL-DELIVERY SERVICE

Meals are delivered to clients' homes once a week by volunteers or staff. Each meal delivery consists of approximately 14 meals, or 2/3 of a client's weekly dietary needs. All menus are diabetes-friendly with controlled amounts of salt & saturated fats. Deliveries include:



LUNCH (7 entrées): Four frozen entrées, fresh sandwich kit (makes two sandwiches), one entrée size salad, five servings of fresh fruit, and four servings of dessert (*unless client opts out of dessert*)



DINNER (7 entrées): Seven frozen entrées

OUR MENUS



Heart Healthy

The standard heart-healthy menu is low in salt and saturated fats, and supports a range of health needs. It features animal proteins such as turkey, beef, chicken and fish. *Pasta with meat sauce + mixed vegetables, Rosemary chicken + pilaf and broccoli*



Kidney Friendly / Renal

The kidney-friendly menu is tailored to clients on hemodialysis. These meals are high in protein and contain low/moderate amounts of potassium, phosphorus, and sodium. *Examples: Chicken stir fry + rice, Mustard herb tilapia + pilaf and corn.*



Mild & Soft

Appropriate for individuals experiencing taste and/or smell aversions, nausea, low appetite, and/or who need softer and easy to digest foods. This menu is low in strong seasonings and spices and excludes food with strong odors. *Examples: Chicken Noodle Casserole with whole wheat egg noodles + mixed vegetables, Beef and cottage pie + applesauce*



Vegetarian

The vegetarian menu is for those who do not eat meat, poultry, or fish. Some items may contain dairy or eggs. *Examples: Sesame Noodles with edamame sauce + green beans, Tofu stir fry + brown rice*



Gluten & Dairy Friendly

This menu is for clients who avoid gluten and dairy in their diets due to allergies or intolerances. Please note: Open Arms is not an allergen-free facility. *Examples: Chickpea Masala + brown rice and mixed vegetables, Herb chicken + polenta and peas*



Puree Menu

The puree menu is for clients who have trouble chewing or swallowing. This menu is low in salt and saturated fats and supports a range of health needs. *Examples: Pureed Ground Beef Casserole with Pureed Whole Wheat Egg Noodles and Pureed Green Peas and Pureed Beef Stew with Polenta and Pureed Vegetable Medley*

CULTURAL MEALS PROGRAM

To better serve our diverse community of clients, Open Arms has started a Cultural Meals Program to develop accessible, culturally appropriate meals to serve Hmong, Latin American, and East African clients who are disproportionately impacted by the illnesses we serve.



Hmong Menu

This menu includes only Hmong cuisine specific meals, is salt and carbohydrate controlled and supports a range of health needs. It is without dairy and features a variety of proteins such as Pork, Chicken, Fish, Beef, and Tofu. *Examples: Pork Stir Fry with Zucchini and Tomatoes, Chicken Congee, Boiled Chayote Squash, Bitter Melon Soup*



East African Menu

This menu includes dishes and flavors from a variety of cuisines throughout East Africa. It includes animal-and plant-based proteins, is low in salt, saturated fat, added sugars and is carbohydrate-controlled. This menu is heart healthy, diabetic friendly and supports a range of health needs. *Examples: Stewed Beef with Collard Greens, Fish Curry with Yellow Rice*

SPECIAL TOUCHES



Additional Meals for caregivers and dependents



Birthday Cakes, delivered around client birthdays



A Holiday Meal in November



Add-ons such as nausea relief care packs

OUR NUTRITION EDUCATION & COUNSELING SERVICES

Our registered dietitians (RDs) provide free-of-cost support over the phone to clients while on service with us. They can recommend menus, answer questions about food and nutrition, and provide one-on-one coaching to help clients reach their health goals. Working with an RD may help improve the results that clients get from our program!

THINGS TO NOTE

- ✓ **Some clients may be eligible for our shipping program.**
- ✓ Clients may have the option to switch menus while on service.
- ✓ All meals come with ingredient labels.
- ✗ We are not a certified allergen-free facility. Meals may contain traces of allergens, such as peanuts, tree nuts, wheat, eggs, dairy, soy, fish, shellfish, etc.

REFERRAL PROCESS

To qualify for our meals, a person is typically diagnosed with one of our primary illnesses (HIV/AIDS, Cancer, ALS, MS, COPD, CHF, or ESRD). Health care professionals and case managers can refer people by following these steps:

- 1 Download the application: openarmsmn.org/getmeals
- 2 Complete the application with your client
**One section MUST be signed by a provider with access to client medical records to verify medical status.*

- 3 Send in completed application:

Fax: 612-872-0866

Email: meals@openarmsmn.org

Mail:

Attn: Client Services
2500 Bloomington Ave
Minneapolis, MN 55404

