



# King County Welcome Home Program

Chicken Soup Brigade's (CSB) Welcome Home Program delivers healthy, home-cooked meals right to your door within 72 hours of discharge from the hospital.

CSB meals are made on-site, from scratch, using whole food ingredients. CSB meals are American Heart Association compliant and meet high nutrition standards guided by the most current research and set by our in-house Registered Dietitians. We also have special meals to provide for dietary restrictions (please see below). We cook all meals in our own commercial kitchen using quality ingredients and freeze them so that flavor and nutrition are preserved. ***Our services are 100% free of charge!***

**To be eligible to receive these home-delivered meals, you must:**

- **Be recently discharged from a hospital or other inpatient facility**
- **Live within King County**
- **Contact Care Advocates at 206-957-1686 to confirm eligibility**

## **Meal Service Options:**

- You will receive **7 meals** within **72 hours** of returning from the inpatient facility
- We have **6 meal categories** to accommodate a wide variety of dietary concerns
  - All meal categories are suitable for people with **diabetes** or **heart disease**

### **Healthy Standard**

This category includes the greatest variety of meal types: beef, pork, chicken, fish, turkey, & vegetarian meals

### **Easy Digestion**

This category is designed to meet the needs of those struggling with on-going diarrhea, GERD, IBD, gastroparesis or with food sensitivities related to an ostomy

### **Dialysis Care**

This category meets the specialized needs of our clients on kidney dialysis

### **No Gluten/No Dairy**

This category is best for those with gluten intolerance, celiac disease, or lactose intolerance

### **No Pork/No Beef**

This category is designed for those who prefer to avoid beef or pork but enjoy chicken and fish

### **No Fish**

This category mirrors the Healthy Standard option noted above, but excludes all meals containing fish

### **Vegetarian**

This category contains NO meat, fish, or poultry (but is not vegan)

*Any of the above menu options can be made suitable for people with chewing and swallowing difficulties.*

PLEASE MAIL COMPLETED FORMS TO: PO BOX 80547 SEATTLE, WA 98108

OR FAX TO (206) 860-6326 - ATTENTION TO CARE ADVOCATE

CALL OUR CARE ADVOCATE FOR HELP (206) 957-1686

## **Chicken Soup Brigade Nutrition Services Application**

(King County Welcome Home Delivery)

**Name:**

**Address:**

**Apartment #:**

**Apartment name:**

**City:            Zip:**

**Primary Language:**

**Preferred Language:**

**Do you need an interpreter?**  Yes  No

**Phone #:        Other #:**

**May we leave messages for you?**  Yes  No

**Emergency Contact:**

**May we call emergency contact?**  Yes  No

**Phone#:        Relationship:**

**Case Manager/Social Worker:**

**Agency:**

**Phone #:**

**Gender:**  M  F  Other (transgender/unspecified)

**Marital Status:**  Single  Partnered  Married

Separated/Divorced  Widowed

**Ethnicity:**  White  Black/African/African American

Hispanic/Latino  Asian/Asian American

American Indian/Alaskan Native

Hawaiian Native/Pacific Islander  Multiracial

Other:

**Date of Application:**

**Date of Discharge:**

**Date of Birth:**

**Household Monthly Income:**

**\$ /month**

Source of Income:

Employment

Private Retirement

Unemployment

Supplemental Security

Income

Social Security Disability

Income

No income but applying for

public assistance

Other:

**Number of people in your household:**

**How many adults?**

**How many children under 18?**

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## **Chicken Soup Brigade Service Needs and Preferences**

Doctor: May we contact your provider?  Yes  No

Phone#: Fax #:

Medical Diagnosis(es):

Requested date of meal delivery services:

**Meal Category (Select 1):**  Healthy Standard  Vegetarian  Easy Digestion  Dialysis Care  
 No Gluten/No Dairy  No Beef/ No Pork  No Fish

**Meal Texture:**  Soft (*option for people with chewing and swallowing difficulties*)

**Dietary Needs/Restrictions** (cultural needs, food preferences, or other information that would help us better serve you):