

**CAREGIVERS: Sign up if you’re ready to relax and eat!**

**CRITERIA**
“Ready, Relax, Eat” is a complimentary nutritious meal service, which requires a family caregiver to have her/his loved one with a brain or spinal cord injury living within the home. There are two options that will be provided in one or more deliveries for up to one month’s worth of meals or more depending upon funding. Simply heat the meals or freeze some for later use. You will be notified by our partner, Swegs Kitchen, once you qualify. Meals are heart healthy, diabetic friendly, dairy free, gluten free, and vegetarian options are available.

**Caregiver Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Name of Loved One in your care: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**TBI or SCI (circle one or both)**

 **\*Option 1** is for two people (up to six 10-meal packs or three 21-meal packs)

**\*Option 2** is for three people (up to nine 10-meal packs or four 21-meal packs)
**\*Meal deliveries are dependent on funding availability

Need**: \_\_\_\_\_\_\_ Option 1 \_\_\_\_\_\_\_ Option 2

**Allergies / Food Restrictions**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **Address**:

**Phone**:

**Email Address**:

**Mail or Email this form to**:

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