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**BIALA and SWEGS Kitchen   
A Partnership to Serve Family Caregivers**

**Nutritious Meals for Ready, Relax, Eat**

**This is your 10-meals pack, one item of each. These can also be provided as a 21-meal pack, depending on your freezer space and eligibility based on the option for which you qualified.**

**(Please read details below for order information)**

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**BBQ Chicken, Southern Baked Beans & Corn** – Contains soy

* + Heart healthy, diabetic friendly, gluten free, dairy free

**Beef Stew & Brown Rice** – contains wheat

* + Stewed meat with carrots, onion, mushrooms, served over brown rice
  + HH, diabetic friendly, dairy free

**Braised Beef Tips** – No allergens

* + Braised beef tips with mushrooms, carrots, green peas & onions, served over white rice
  + DF

**Cheddar Cheese, Ham & Vegetable Skillet Omelet w/ Sweet Potatoes** – Contains egg, milk

* + Omelet filled with diced ham, cheddar cheese, and bell peppers with a side of sweet potatoes.
  + GF

**Cheddar Cheese Skillet Omelet** – Contains egg, milk

* + Omelet filled with whole milk cheddar cheese
  + GF, vegetarian

**Enriched Loaded Oatmeal w/ Blueberries** – Contains soy, tree nuts (coconut)

* + Rolled oats, honey, coconut milk, and chia seeds topped with blueberries
  + HH, GF, DF, vegetarian

**Lemon Pepper Chicken & California Medley** – No Allergens

* + Roasted chicken breast with a mild lemon pepper sauce and vegetable medley: cauliflower, broccoli, bell pepper, green beans & carrots
  + HH, Diabetic Friendly, GF, DF

**Southwest Chicken Bowl** – No Allergens

* + Brown Rice, black beans, shredded chicken in a mild southwest sauce
  + HH, Diabetic Friendly, GF, DF

**Turkey Meatballs with Marinara & Squash** – Contains milk, eggs

* + HH, Diabetic Friendly, GF

**Turkey meatballs smothered with brown gravy** – Contains eggs, wheat, milk, tree nut   
 (coconut)

* + Turkey Meatballs with a brown (coconut milk base) gravy, button mushrooms, served with a whole wheat penne pasta
  + Diabetic Friendly

**Vegetarian Options**

**Eggplant Parmesan** – Contains wheat, milk, soy

* + Breaded eggplant, topped with marinara sauce and parmesan cheese
  + Vegetarian

**Vegetable Marinara** – Contains milk

* + Vegetable blend of zucchini, cauliflower, broccoli, topped with marinara sauce and parmesan cheese
  + HH, vegetarian

**HH**: Heart healthy **DF**: Diabetic Friendly or dairy free) **GF**: Gluten free

**(ORDER INFORMATION)**

**Option 1:** If you qualified for Option 1 (two people), a 10-meal pack provides five days of dinners for two people (or lunch if you prefer to use them that way). Within the course of one month, you may order up to four of these 10-packs to complete your service for the month you qualify, **Another option** is to order one 21-meal pack and two 10-meal packs, which also provides meals for 2 people over the course of one month.

You may order once weekly, or all at once, but for the latter, you will need adequate freezer space. All meals are packaged and delivered frozen with nutrition labels on each meal and heating instructions. Swegs Kitchen reports that, in keeping with their nutritional standards, they use less sodium than many similar frozen commercial products. BIALA and/or Swegs Kitchen will notify you of the month for which you qualify. SWEGS will then call YOU for your order the day prior to delivery. Someone must be at home to receive and sign for the meals.

**Option 2:** If you qualified for Option 2 (three people), a 21-meal pack provides five days of dinners for three people (or lunch if you prefer to use them that way). Within the course of one month, you may order up to three of these 21-packs to complete your service for the month you qualify, **Another option** is to order six 10-meal packs, which also provides meals for 3 people over the course of one month.

You may order once weekly, or all at once, but for the latter, you will need adequate freezer space. All meals are packaged and delivered frozen with nutrition labels and heating instructions on each meal. Swegs Kitchen reports that, in keeping with their nutritional standards, they use less sodium than many similar frozen commercial products. BIALA and/or Swegs Kitchen will notify you of the month for which you qualify. SWEGS will then call YOU for your order the day prior to delivery. Someone must be at home to receive and sign for the meals.

(Please note that BIALA may need to adjust your options in terms of number of meals provided, based on our funding availability.)

**Sign up if you’re ready to relax and eat! (Form follows)**

**CRITERIA**  
This pilot project has begun in the greater New Orleans area and elsewhere where our food vendor, Swegs Kitchen, delivers meals (Baton Rouge included). A family caregiver must have his/her loved one with a brain or spinal cord injury living within the home. There are two options of nutritious meals that will be provided in one or more deliveries for up to one month’s worth of meals. All you need to do is heat the meals, or freeze some for later use. You will be notified by BIALA once you qualify.

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

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

**Option 1** is for two people **Option 2** is for three people  
**Need**: \_\_\_\_\_\_\_ Option 1 \_\_\_\_\_\_\_ Option 2

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

**Address**:

**Phone**:

**Email Address**:

**Mail or Email this form to**:

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