



HOME CARE MEAL PROGRAM

Your Guide to Fresh,
Healthy Meals

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WHAT'S INSIDE MATTERS.

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WHAT'S INSIDE MATTERS.

Welcome to Nourish'd Home Care Meals

At Nourish'd, we understand that finding safe, delicious, and nutritious meals can be a challenge, especially for those managing dietary needs through Home Care or NDIS plans. Our fresh, chef-prepared meals are made with **quality ingredients**, are **100% gluten-free**, and are delivered straight to your door to support your health and well-being.

Why Choose Nourish'd?

- Fresh, not frozen meals made with real ingredients
- 100% gluten-free and free from preservatives
- Easy to heat and enjoy
- No prep, no mess — just delicious, nourishing meals
- Friendly and efficient customer service



How to Access Nourish'd Meals Through Your Home Care Package



Checking Your Eligibility

Many Home Care and NDIS participants can access Nourish'd meals as part of their plan. If you are unsure, you can book an Exploration Call with our team to discuss your eligibility and how to get started.

Partnered Home Care Providers

We have a growing list of Home Care Providers we work with. Use our **searchable provider list** to see if your provider is already partnered with us. If your provider is not listed, see the next section for how to request their engagement.

What If My Home Care Provider Isn't Listed?

If your provider is not listed, you can send a **request to our team** to engage your nominated provider. Simply fill out our form or contact us, and we will take care of the rest.

Meal Plans & Co-Payments

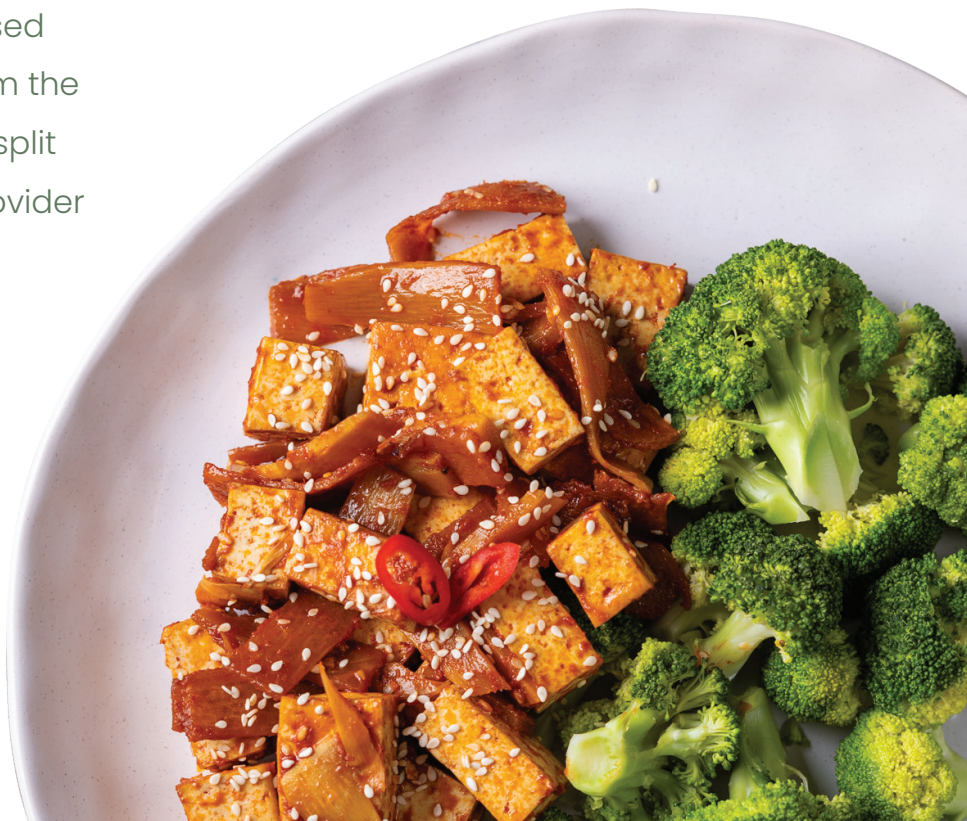
Understanding Your Co-Payment

Depending on your Home Care or NDIS plan, your provider may cover a portion of your meal costs, leaving you with a small **co-payment** per meal.

Understanding Your Co-Payment

HomeCare Package Meal Subsidy Examples	Retail Price	Average Co-contribution	7 Meals out of pocket cost
 Regular	\$13.75	\$4.12	\$28.84
 Large	\$14.99	\$4.49	\$31.43
 Extra Large	\$16.80	\$5.04	\$35.28

“*Average Co-contribution is based on the common 70% subsidy from the Home Care Package (HCP). This split is at the discretion of the HCP provider and varies between providers”



How to Order



Placing Your First Order

Once you have confirmed eligibility, you can order directly through our website or via our customer support team.



Weekly Ordering Cut-Off Times

Orders close every **Wednesday at 9 PM** for delivery the following week.



Flexible Ordering Options

We offer convenient ordering options, including set-and-forget subscriptions, so you never have to worry about placing an order manually each week.



Testimonials & Success Stories



"I was so excited to finally try Nourish'd. As a Coeliac for the last 10 years, I was tired of searching for food in supermarkets. Now, due to severe arthritis, I can no longer cook, so having Nourish'd meals delivered provides the nourishment I need. The regular-size meals are perfect for me as an older person, and I get them through my Aged Care Package. Love the variety and can't wait to try more!"

"As an NDIS participant with Coeliac Disease and lactose intolerance alongside disabilities, I thought I wouldn't find any food delivery companies I could enjoy. Then I found Nourish'd. The food is amazing, the customer service is on point, and I have loved all my meals."

"Yummy, healthy, gluten-free food. Fresh, not frozen, makes such a difference! The friendliest and most efficient customer service team too. Setting up my NDIS plan with Nourish'd was easy. Highly recommend!"

Frequently Asked Questions (FAQ)

Which Home Care Providers Are You Partnered With?

We work with a variety of providers. Check our **searchable provider list** or contact us for more information.

Am I Eligible for Meals in My Home Care Plan?

If you are unsure, we encourage you to **book an Exploration Call** with our team. We can guide you through the process and help you determine your eligibility.

What Do I Do If My Home Care Plan Provider Is Not on Your List?

If your provider is not listed, **contact us to request engagement** with your nominated provider. We will handle the process for you.



Additional Support & Resources



Downloadable Home Care Guide (PDF)



Get a copy of this guide for easy reference.



Contact Us for Assistance



Our team is here to help with any questions or concerns.

Get in touch today!



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