

## *Ready Meals When You Need A Break From Cooking*



Local IGA, Food Works, Coles, Woolworths often sell ready-made chilled & fresh meals including casseroles, roast dinners, pies, pizzas, curries, seafood and ready-prepared vegetables ready for you to cook or heat & serve. In addition to the frozen meals they also stock, some stores even offer home delivery. Other brands of ready-meals are also available in brands as Lean Cuisine, mc Cain's Healthy Choice, Weight Watchers, Bayview, Latina pasta & sauces, Soft-food like Toddler portions (Rafferty's Garden) and Sunrice being popular.

### *Is anything wrong with getting ready meals?*

Ready or frozen meals can be a great stand-by option or something more regular however there are a few nutrition issues you may need to consider when selecting your ready meals.

Salt helps preserve the meal and add flavor. Unfortunately many dishes that contain gravy or sauce are also very high in salt including canned foods. Look for low salt, salt-reduced or "Tick" friendly meals as recommended by the Heart Foundation or your dietitian if you need to control this aspect of your diet.

These meals can also be low in fibre – mostly because they contain very minimal amounts of vegetables or wholegrains. To improve this, don't forget to include extra fruit, salad and/or vegetables, cereal, crackers or bread over your day to help nourish your body.

### *Split the portion, split the nutrition*

It is quite common for older people to divide their meals into two portions. If you do this, make sure you include snacks through the day including those with protein. This will help you meet your nutritional requirements, especially if you have a poor appetite or have lost weight recently.

### *Heating meals*

For food safety, always heat meals thoroughly before eating. This can often be done in a microwave or oven. Mix the meal through to check for cold-spots where spoilage can occur or hot spots that might burn your mouth. Be careful eating meals on your lap, especially if they spill whilst piping hot. Also take care if eating leftovers or food that has been hanging around too long on the bench or in the fridge.

## *Home Delivery Meals*

Below are a list of private companies and groups that cook and prepare a variety of meals covering a range of dietary requirements. You or your family can call to order or order via the internet addresses listed.

### *Meals on Wheels*

Ph. 1300 90 97 90 <http://www.qmow.org>

Meals on Wheels deliver healthy meals to clients' home to not only ensure their nutritional requirements are being met, but to provide regular social contact and a friendly check to see all is well. They can accommodate special dietary needs and taste preferences.

A standard Meals on Wheels meal consists of a soup, main meal, dessert and juice and may be delivered hot, cold or frozen. Most services offer a five day a week service, however many will supply you with frozen meals for the weekend.

### *Gourmet Meals*

Ph.1300 112 112 [www.gourmetmeals.com.au](http://www.gourmetmeals.com.au)

Order on-line or some selection available at select IGA, Foodworks and Friendly Grocer Stores. For delivery, a minimum order of \$45 is required and a delivery fee of \$6 for QLD. Options include Low Fat, Reduced Fat, Low Salt, Salt-reduced, Gluten-free, High Protein & High Fibre meals.

### *Gourmet Dinner Service*

Ph. 1300 131 070 [www.gourmetdinner.com.au](http://www.gourmetdinner.com.au)

Approx \$10/main for fresh food, petite & fresh/frozen and chilled meals available. Options: Vegetarian, Low Fat, Low Carbohydrate & Gluten Free.

### *Trim-a-weigh*

Ph 1300 366 377 <http://www.trimaweigh.com/>

Single serve Meals <http://www.singleservemeals.com.au/> - also run by Trim-A-Weigh

### *The Green Edge*

Ph. 07 3855 5755 <http://www.greenedgeonline.com.au>

Ready to Eat Vegetarian meals

### *Lite & Easy*

Ph. 13 15 12 [www.liteneasy.com.au](http://www.liteneasy.com.au)

1200, 1500, 1800kcal meals (individual & snack) meal items.

### *Easy Meals*

Ph. 1800 017 560 <http://easymeals.net.au>

Delivery via Australia Post. Heat & eat (Heat from a pouch – long-life). Must be a member (\$49) to get 25% off meals. Min. order 12 meals.