



Women's Nutrition Program

Home-Delivered Meals for women in need

Provided in conjunction with Mom's Meals® and John Elliott Foundation!

How we will help.

Alium Health's Care Coordinators and Registered Dietitians will assess your needs then provide education and resources.

70% of clients are at risk of food insecurity

52% are Occasionally Food Insecure
18% are Consistently Food Insecure



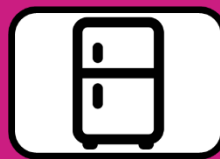
The Power of Choice
You choose the menus you would like to eat.



Delivered
All meals will be delivered directly to your home.



Nutritionally Tailored Menus
Meal options made to meet specific health needs.



Refrigerated Meals
Never frozen.
Simply heat, eat, and enjoy.



Do you struggle with?

- gestational diabetes • type I/II diabetes • preeclampsia • hypertension • history of miscarriage • c-section • opioid use • bed rest • lack of support system • high risk pregnancy • unemployment • underemployment • developmental struggles • behavioral health concerns

Contact us Today!

www.aliumhealth.com

(480) 750-0095