

**Over 80% of our clients rely on free meals.
When you purchase a meal, you're not just nourishing yourself—
you're providing a meal for someone in need.**

**With our Purely Nourished program you can now purchase the same
100% organic, nutrient-rich, and delicious meals our clients enjoy!**



Purely Nourished

Meals for you. Support for the community.

by Healing Meals Community Project

**For your well-being, all our meals are free of
processed ingredients and allergen-friendly.**

Sample Menu 1

Mixed Green Salad with homemade White Balsamic Vinaigrette

Broccoli Potato Soup

Lemon Herb Crusted Chicken with
Roasted Green Beans and Brown Rice

Cider-Glazed Salmon with
Roasted Brussels Sprouts and Roasted Potatoes

Vegetarian Stuffed Peppers

Mediterranean Pasta Salad

Sample Menu 2

Chopped Salad with homemade Honey-Dijon Dressing

Butternut Squash Soup

Hearty Fish Stew with Brown Rice

Chicken Pesto Burger with Broccoli Rabe,
Roasted Potatoes, and Sundried Tomato Tapenade

Wild Rice, Chickpea, Vegetable Salad

Seasonal Harvest Frittata with side of Roasted Sweet Potatoes

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I saw the offer to sign up for a few weeks of meals as an interesting opportunity. I am not in an acute health crisis, but between job stress and caring for aging parents, I hadn't been taking care of myself.

The meals were remarkably delicious, healthy, made with clean food and love. It's a blessing to enjoy a busy day right up until dinner time and know that my husband and I would have a healthy meal at night. Caring for myself while contributing to such a worthwhile organization is a complete win-win. I would do this again and again.

HM Purely Nourished Customer

1 week for \$90 per person

Minimum 2 consecutive week purchase.

We deliver in Central Connecticut on Thursday evening or Friday morning, or you can pick up at our kitchen located at 140 Nod Road, Weatogue CT 06089 on Thursday, 5-5:30p.m. or Friday, 10a.m.-1p.m.

Contact: emilysafino@healingmealsproject.org