



Nourishing body, mind and soul.

OUR MISSION

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Open Arms is the only nonprofit organization in Minnesota that prepares and delivers **free** meals specifically tailored to meet the nutrition needs of individuals living with serious and life-threatening diseases.

Open Arms Overview

It's a simple notion--people confronting critical illness should not be without one of life's basic necessities: food. But it happens every day. **This is where Open Arms comes in.** Open Arms prepares and delivers free, nutritious meals to those who have been diagnosed with a chronic or progressive illness, such as cancer, ALS, HIV/AIDS or MS. And we don't just serve the person who is ill. We deliver meals to anyone in a household affected by disease, including caregivers and dependent children.

Open Arms' registered dietitian and food services director have created specialized menus for each of our client groups that cater to their unique nutrition needs. Our staff and kitchen volunteers prepare the food with a personal touch, ensuring everything looks, smells and tastes delicious. After meals are prepared, they are carefully packaged and delivered to Open Arms clients.

Menu Options

Open Arms has developed a variety of specialty menu options to help meet the needs of our clients, including:

- **Regular Entrées** - our standard diet of nutritious, flavorful homemade food
- **Mild Entrées** - a milder, organic option for people with cancer, who may be having trouble with taste changes, nausea and acidic foods.
- **Controlled Option** - meals that are designed to meet a wide variety of diet challenges including low sodium, low acid, low cholesterol, etc.
- **Soft Entrées** - meals easier to eat for people who have difficulty with chewing or swallowing.
- **African Style Entrées** - a variety of cuisine prepared specially for African-born clients.
- **Kid-Friendly Entrées** - nutritious meals that children like, reducing the stress parents often experience when they're too ill to prepare meals for their family.

Each of these option can be further tailored to fit individual needs, such as food allergies, dexterity limitations and religious beliefs.

Sample Entrées

- Salmon with maple glaze, mashed potatoes and carrots
- Chicken satay, rice and vegetables
- Roasted pork, polenta and broccoli
- Vegetable frittata with corn muffin and sautéed greens
- Whole wheat pasta stroganoff with free range beef meatballs, quinoa and broccoli

Additional Services

- Nutritional counseling
- Nausea Care Packs
- Nutritional Supplements

All of our services are free to Open Arms clients.

Weekly Delivery

Our clients receive their meal delivery from an Open Arms volunteer once a week. The delivery includes:

- Five frozen entrées
- Fresh fruits
- Desserts
- Salads
- Breakfast items
- Milk
- Sandwich
- Cottage Cheese
- Soups

Delivery Area

Open Arms delivers meals to clients who live within the I-494/I-694 freeway loop. If a potential client lives outside of our delivery area, we will work with them to discuss pick-up or alternate delivery options.

Referral Process

To qualify for meals from Open Arms, a person must be diagnosed with a chronic and progressive illness such as HIV/AIDS, MS, ALS or cancer, and live in the Twin Cities metro area. We provide all of our services free of charge, regardless of income status. Generally, health care professionals and case managers refer people to Open Arms by filling out our referral form and faxing it to 612-872-0866. Referral forms are available at www.openarmsmn.org or by emailing meals@openarmsmn.org.

"Open Arms: You have helped me so much. The food for my body, the rest for my heart. Thank you!"
- Jean, an Open Arms client

