

Home Meal & Grocery Delivery Options

The following is a summary of some of the many meal and grocery delivery services available in Queensland. It is important to remember that very few meal delivery services are designed to be your only source of nutrition. As most delivered meals are meant to replace one meal per day here are some quick and easy options to provide the rest of your nutrition:

Great sandwich fillings

- Salmon/ tuna/ chopped chicken with mayonnaise
- Egg with mayonnaise or curry
- Peanut butter (and jam/ honey or salad)
- Hummus and salad
- Sardines / tuna / salmon in oil
- Cheese with avocado, vegemite, tomato or chopped gherkins
- Cold meats – with cheese/ avocado/ pickles/ sauce/ salad
- Baked beans
- Mashed banana, cream cheese and honey
- Tuna spread with lettuce & tomato
- Leftovers on toasted sandwich

Quick snack suggestions for a poor appetite

- Milk and milk drinks
- Yoghurt, custard and ice cream
- *Fruche*, *Yogo* and other dairy desserts
- Fresh or dried fruit, fruit juice
- Nuts or seeds
- Cheese or pate with biscuits or bread
- Peanut butter with biscuits or bread
- Cream soups
- Leftovers – meats, vegetables, desserts
- Hard boiled eggs
- Crumpets, muffins, pikelets or scones with jam, honey, syrup, butter and cream
- Dips made with cream cheese, beans, sour cream, commercial dips or hummus
- Sandwiches
- Cakes and biscuits



If you have recently lost weight or are struggling to maintain your weight:

- ✓ Eat more often if you can't eat a lot. Aim for 6 smaller meals rather than 3 big meals a day, which may be too filling.
- ✓ Remember that most meal delivery options should be replacing only one meal. Where a three course meal is provided this should not be split across two meals.
- ✓ Keep your favourite foods in the cupboard or fridge.
- ✓ Keep ready-to-eat meals and snacks handy for other meal times (e.g. tinned soups, frozen meals, yoghurt, nuts, cheese, biscuits and dips).
- ✓ Drink fluids that provide energy such as milk, juice, cordial or soft drink, instead of tea, coffee or water.
- ✓ Keep a record of your weight to check if these changes are working.
- ✓ As you start to improve and your activity level increases, you may need to increase your food intake as well.

Nutrition supplements

If you are losing weight your Dietitian may recommend a nutritional supplement such as Sustagen or Ensure. These can be a convenient way to obtain good nutrition. Speak with your Dietitian to find out what type of supplement and quantity is suitable for you.

Food safety

It is important to remember food safety when storing and preparing your meals.

Food storage

- Refrigerate or freeze perishable foods as soon as possible
- Do not leave perishable or cooked foods in vehicles, on stovetops or benches
- Keep stored foods covered
- Do not wait for cooked foods to cool - refrigerate/freeze after the steam has gone
- Defrost foods in the refrigerator or microwave – not at room temperature.
- Do not refreeze uncooked foods already defrosted
- Keep the refrigerator clean
- Leftover foods should be consumed within 48 hours unless frozen
- Do not consume products beyond their “use-by date”
- Frozen meals should be used within three months



Safe Food Preparation

- Remember to wash your hands thoroughly. In particular before handling, preparing and eating food and after touching raw meat, fish, eggs or chicken.
- Avoid cross contamination of foods by keeping food preparation separate and keeping kitchen surfaces and utensils clean.
- Maintain refrigerator temperature between 2⁰C and 5⁰C. Maintain freezer temperature below -15⁰C
- Eat cold foods cold (less than 5⁰C) and hot foods hot (more than 60⁰C). Do not leave food sitting before eating.
- Reheat food until steaming hot throughout (70⁰C) and keep at this temperature for at least 2 minutes prior to serving
- Microwave cooking can result in uneven cooking temperatures. Rotate dishes during cooking and follow instructions on standing time.

There are a number of different home delivery options available. Please refer to the relevant sections in the following pages.

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HOME DELIVERED MEALS

Caveman Kitchen

0434 878 004

www.cavemankitchen.com.au

Who is eligible: Anyone

Cost: Meal plans from \$69

Delivery days: Monday

Delivery areas: Brisbane, Gold Coast , and Sunshine Coast

Delivered how: Fresh

Minimum order: 5 meal plan \$69

Delivery cost: ~\$5.00 for local delivery

Products available: Main meals

Special meals: Gluten free, some dairy free

Choice available: Yes

Other: Nutritional information available on website

Gourmet Meals

1300 112 112

www.gourmetmeals.com.au

Who is eligible: Anyone

Cost: Medium meals \$6.50 - \$7.20, Large \$8.80 - \$9.80

Delivery days: Monday to Friday (dependent on location)

Delivery areas: Brisbane and outer suburbs, Bribie Island, Caboolture, Ipswich and Gold Coast

Delivered how: Frozen. Left in polystyrene box with ice packs.

Minimum order: \$47

Delivery cost: \$7

Products available: Main meals, desserts, soups, pies

Special meals: Gluten free, dairy free, vegetarian

Choice available: Yes

Other: Nutrition information available on website



Contented Chef

1300 645 665

www.contentedchef.com.au

Who is eligible: Anyone

Cost: Main meals from \$7.00, Soups \$3.50, Desserts \$4.00

Delivery days: Tuesday – Friday (dependant on location)

Delivery areas: Cairns to Coolangatta

Delivered how: Frozen. Client to pay \$10 surcharge for freezer box if not home

Minimum order: nil

Delivery cost: \$5.50 if less than five meals ordered. Free delivery for orders of 6 or more meals.

Products available: Main meals, desserts, soups

Special meals: Gluten free, Lactose free, Smooth Puree

Choice available: Yes

Other: Nutritional information available on website

Marley Spoon

02 9699 8045

<https://marleyspoon.com.au/faq>

Who is eligible: Anyone

Cost: From \$55.00 (2 meals for 2 people)

Delivery days: Monday, Tuesday, Saturday (depending on area)

Delivery areas: Brisbane, Gold Coast

Delivered how: Refrigerated truck (with cool packs in boxes)

Minimum order: \$55.00 box

Delivery cost: Free

Products available: Fresh produce and ingredients for meal preparation

Special meals: Vegetarian

Choice available: No

Other: Family boxes available

5.4

1300 343 656

www.fivepointfour.com.au

Who is eligible: Anyone

Cost: Lunch / Dinner from \$7.50 (in a meal plan, excl. delivery)

Delivery days: Thursday

Delivery areas: Brisbane, Gold Coast (inc. Tweed Heads), Sunshine Coast, Ipswich, Toowoomba, Rockhampton, Mackay, Townsville, Gladstone

Delivered how: Frozen

Minimum order: 5 days (3 meals per day) from \$75

Delivery cost: \$10-20 (depending on location)

Products available: Lunch / Dinner

Special meals: Vegan

Choice available: Yes

Other: Nutritional information available on website

Freshmeals2u

(07) 5529 8421

www.freshmeals2u.com.au

Who is eligible: Anyone

Cost: Snacks from \$2.50, Breakfast from \$3.95, Lunch/Dinner from \$9.95

Delivery days: Tuesday, Wednesday and Friday

Delivery areas: Brisbane, Gold Coast, Ipswich & Sunshine Coast

Delivered how: Fresh – 8 day shelf life (meals can be frozen)

Minimum order: \$65

Delivery cost: \$4.95 per order

Products available: Breakfast, Lunch, Dinner and Snacks

Special meals: Gluten free

Choice available: Yes

Other: Nutritional information available on website



Gourmet Dinner Service

1300 131 070

www.gourmetdinner.com.au

Who is eligible: Anyone

Cost: \$9.90-\$22.00 for meals. Serves 1- 2 with addition of sides (not included)

Delivery days: Tuesday, Wednesday and Thursday

Delivery areas: Brisbane, Gold Coast

Delivered how: Frozen

Minimum order: \$50 (excl. delivery)

Delivery cost: from \$12.00

Products available: Soups, mains, sides, desserts and family size dishes

Special meals: Gluten free, vegetarian, diabetes diet, low carbohydrate, low fat & dairy free

Choice available: Yes

Healthy Meals to your Door

1300 088 264

www.healthymealstoyourdoor.com.au

Who is eligible: Anyone

Cost: 5 dinners from \$65.00 + delivery

Delivery days: Tuesday

Delivery areas: Greater Brisbane, Ipswich, Gold Coast and Sunshine Coast

Delivered how: Fresh/Frozen

Minimum order: 5 dinners

Delivery cost: \$20 (Greater Brisbane), \$35 (Ipswich, Gold Coast & Sunshine Coast)

Products available: Breakfast, lunch, dinner and snacks

Special meals: Gluten free, dairy free, vegetarian, vegan, 'paleo style', and special diets on request

Choice available: Yes

Other: Nutritional information available on website

Lite N Easy

13 15 12
www.liteneasy.com.au

Who is eligible: Anyone

Cost: \$144- \$177 per week for all meals and snacks.

Delivery days: Variable depending on area

Delivery areas: Brisbane, Gold Coast, Sunshine Coast, Caboolture, Ipswich, Logan. Other areas may be available on request (charge may apply)

Delivered how: Refrigerated van

Minimum order: 5 or 7 day packs

Delivery cost: Free for most areas. \$6 charge for esky on first delivery.

Products available: Breakfast, lunch, dinner, snack and desserts options

Special meals: Some vegetarian meals available

Choice available: Yes

Meals 4 U

(07) 5494 0113
www.meals4u.com.au

Who is eligible: Anyone

Cost: Medium \$7.60, large \$12.30, petit from \$3.60, desserts and pies from \$2.40

Delivery days: Tuesday to Friday (dependent on location)

Delivery areas: Between Tewantin and Murrumba Downs. Includes Caboolture, Redcliffe, Maroochydore, and Noosa.

Delivered how: Frozen

Minimum order: \$45

Delivery cost: \$3 per order

Products available: Meals, pies, desserts and petit meals. Specials monthly.

Special meals: Diabetes diet, vegetarian options

Choice available: Yes

Other: Packing of meals into esky available

Meals on Wheels

1300 909 790

www.gmow.org

Who is eligible: Anyone who is willing to make the financial contribution (>65 years and disabled younger persons may be eligible for subsidised meal pricing)

Cost: \$6.50 - \$14 (location dependent)

Delivery days: Monday to Friday dependent on location

Delivery areas: Queensland wide

Delivered how: Hot, chilled or frozen meals depending on location

Minimum order: No

Delivery cost: No (occasionally extra charge if location outside usual delivery zone)

Products available: Basic meal package includes a main meal, soup, dessert and juice. Sandwich and snack packs available at some locations

Special meals: Texture modified, gluten free, diabetes diet. Check with your local service if you have any other dietary requirements.

Choice available: One hot choice and sandwich/salad option at some locations

TLC Meals

1800 801 200

www.tlc.org.au

Who is eligible: Anyone (CDC clients with level 1, 2, 3 or 4 home care packages or NDIS clients may be eligible for subsidised meals)

Cost: Lunch/Dinner from \$8.40

Delivery days: Mondays/Tuesdays (depending on area)

Delivery areas: Greater Brisbane, Gold Coast and Sunshine Coast

Delivered how: Frozen

Minimum order: 7 dinners for \$58.80

Delivery cost: Free

Products available: Main meals, desserts, soups and sides

Special meals: Gluten free, dairy free, diabetes, low salt, soft texture, heart friendly, weight control

Choice available: Yes

Other: Nutritional information available on website

Youfoodz
(07) 3633 0708
www.youfoodz.com.au

Who is eligible: Anyone

Cost: Snacks from \$4.95, Breakfast from \$4.95, Lunch/Dinner from \$9.95

Delivery days: Brisbane (metro) Tues/Wed/Thur/Fri, Brisbane (rural) Fri,
Gold Coast – Wed/Fri, Sunshine Coast – Tues/Thurs, Mackay Thurs

Delivery areas: Brisbane, Gold Coast and Sunshine Coast, Mackay

Delivered how: Fresh – 7-9 day shelf life

Minimum order: 7 Lunches or Dinners - \$69

Delivery cost: Nil

Products available: Breakfast, Lunch, Dinner, Snacks and meal plans

Special meals: Gluten free, dairy free, low carb

Choice available: Yes

Other: Nutritional information available on website

HOME DELIVERED MEAL BOXES

Hellofresh

02 8188 8722

www.hellofresh.com.au

Who is eligible: Anyone

Cost: Produce boxes from \$64

Delivery days: Varies by location

Delivery areas: Greater Brisbane, Gold Coast, Sunshine Coast, Cairns, Townsville, Rockhampton, Toowoomba

Delivered how: Fresh chilled produce in insulated box

Minimum order: \$6.95 box for 6 meals (3 meals for 2 people)

Delivery cost: Nil

Products available: Fresh produce and ingredients for meal preparation

Special meals: Vegetarian

Choice available: Yes

Other: Nutritional information available on website

Tastebox

1800 TASTEBOX (1800 8278 3269)

www.tastebox.com.au

Who is eligible: Anyone

Cost: Produce boxes from \$60

Delivery days: Brisbane Metro – Monday: Outer Brisbane, Gold Coast , Sunshine Coast - Tuesday

Delivery areas: Greater Brisbane, Gold Coast, Great South East Queensland and Sunshine Coast

Delivered how: Fresh chilled produce in insulated box

Minimum order: \$60 box for 6 meals (3 meals for 2 people)

Delivery cost: Nil

Products available: Fresh produce and ingredients for meal preparation

Special meals: Vegetarian

Choice available: Yes

Other: Nutritional information available on website

HOME DELIVERED GROCERIES

Aussie Farmers Direct

1300 645 562

www.aussiefarmers.com.au

<p>Who is eligible: Anyone</p> <p>Cost: Similar to general stores</p> <p>Delivery days: Twice weekly delivery, days (Monday to Friday) and times will be allocated dependant upon location.</p> <p>Delivery areas: Queensland wide</p> <p>Delivered how: Refrigerated</p> <p>Minimum order: Nil</p> <p>Delivery cost: \$2 on orders less than \$25 or nil if order over \$25</p> <p>Products available: Fruit, vegetables, meat, bread, eggs, dairy, snacks, pre-prepared meals, ingredients for meal preparation</p> <p>Choice available: Yes</p> <p>Other: Need to order/change order by midday the day before delivery</p>

Buy Fruit

(07) 3054 5935

www.buyfruit.com.au

<p>Who is eligible: Anyone</p> <p>Cost: Similar to general stores</p> <p>Delivery days: Monday to Friday</p> <p>Delivery areas: Brisbane, Ipswich, Gold Coast, Sunshine Coast</p> <p>Delivered how: Refrigerated</p> <p>Minimum order: Nil</p> <p>Delivery cost: \$8.95 flat rate</p> <p>Products available: Eggs, fruit, vegetables, bakery items, deli items</p> <p>Special meals: Options suitable for most diets</p> <p>Choice available: Yes</p> <p>Other: Orders by midnight for next day delivery</p>



Coles Online

1800 455 400

www.colesonline.com.au

Who is eligible: Anyone

Cost: Similar to general stores

Delivery days: Monday to Sunday

Delivery areas: Brisbane, Mackay, Rockhampton, Cairns, Townsville, Whitsundays and Airlie Beach

Delivered how: Refrigerated

Minimum order: \$50

Delivery cost: Varies depending on time and location of delivery

Products available: Groceries, fresh fruit and vegetables, fresh meat, deli items, bakery goods

Choice available: Yes

Other: Sale items available

Woolworths Online

1800 000 610

www.woolworthsonline.com.au

Who is eligible: Anyone

Cost: Similar to general stores

Delivery days: Monday to Sunday

Delivery areas: Many locations Queensland wide

Delivered how: Refrigerated

Minimum order: \$50

Delivery cost: \$0 - \$11

Products available: Groceries, fresh fruit and vegetables, fresh meat, deli items

Special meals: Gluten free, vegetarian

Choice available: Yes

Other: Sale items available

LOCAL RESTAURANT CONNECT

Menulog

Online orders only
www.menulog.com.au

Eatnow

Online orders only
1300 718 924
www.eatnow.com.au

Foodora

Online Orders only
www.foodora.com.au/

Deliveroo

Online orders only
<https://deliveroo.com.au/>

UberEats

Online orders only and requires downloading phone app
<https://www.ubereats.com/stores/>

Service: Places clients in contact with local restaurants in each area via a postcode search. Menus can be viewed online and restaurants may home deliver or pick-up may be required.

In addition to the options listed above:

- Check if meals are provided by your local Senior Citizens club, community centre or local Respite Centre.
- Many local cafes, RSLs or sports clubs have a lunch or seniors special during the week.

Note: The inclusion of these services is not a reflection of endorsement. The information has been collated for your convenience. Please ring the individual service for updated pricing policy.