

Made with Love



GA Foods is a specialized maker of SunMeadow® meals, designed to meet the unique nutritional needs of older adults.

SunMeadow® meals are put together in our Total Meal System™ (TMS), to provide your participants with a wide variety of meals and the nutrients they need to **support a healthy lifestyle.**

Even more importantly - older adults love that our delicious, home-delivered meals **allow them to remain in their homes!**

What's in the Box?

When your participants open their box of SunMeadow® meals, besides our tasty meals, they will find a loaf of bread, fruit cups, margarine, and beverages.

What they might not see is the **care and attention to detail** that is put into every Total Meal System™ we make!





It Starts with Nourishing Food

Our development process begins with our team of Registered Dietitians and our Executive Chef. They co-lead the Product Development Team, which creates new recipes and prepares them in our state-of-the-art test kitchen to ensure **our meals taste delicious!**

After the recipes are finalized, our Executive Chef develops product specifications for our food vendors and personally monitors their adherence to our **quality standards**.

Our Registered Dietitians plan **nutritionally balanced** meals that are appropriate even for those on special diets. All of our meals are low in sodium, fat, cholesterol, and sugar.

The meals are prepared by our culinary team in a USDA-inspected facility. All of our meals are made with the **finest ingredients** - Grade A meats and produce picked at the peak of freshness.





It Isn't Just Bread and Milk

Because details matter, we provide a **loaf of bread** with each delivery. But not just any bread - GA Foods has high standards! SunMeadow® bread is made to our specifications by St. Armand's Bakery. One slice of our bread has the same nutrition as two slices of regular bread. We've also added more fiber, magnesium, zinc, and folate. Plus our bread is lower in sodium! Our clients report that the loaves remind them of **home-baked goods**.

We also have our fat-free milk specially formulated to provide **super nutrition!** We've boosted it with extra protein, calcium, and vitamins A&D.





Benefits of Frozen

Many programs for older adults are moving away from the traditional model of delivering hot meals daily to delivering frozen meals weekly. Here's why GA Foods serves frozen meals:

- 1. Frozen food has the same, if not better, nutritional value as fresh foods.** Frozen produce is not harvested until fully ripened and then immediately flash-frozen. This preserves the nutrient content that is lost in hot and chilled meals.
- 2. Maintaining the cold chain process from the time of production until consumed is the best way to protect older adults from foodborne illness.** With the cold chain process, food temperatures do not reach the food safety "danger zone."
- 3. Food quality is more appealing with frozen home-delivered meals.** Hot and chilled meals deteriorate over time and become mushy, discolored, bitter, and dried out.
- 4. Frozen home-delivered meals offer more flexibility and autonomy for older adults.** With frozen meals, your participants can select the meal they want to eat - when they want to eat it.



www.GAFoods.com | 1-800-926-1541

004-SAM-20