

Home meal and grocery delivery options

If you have difficulty grocery shopping or cooking meals at home, meal and grocery delivery options are available to help. These services can deliver either pre-made food or groceries to your home.

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. If you are reliant on meal delivery services, please talk to your doctor or dietitian to help you with a balanced diet.

There are several different home delivery options available. This is not a complete list; there may be other local delivery services in your area. Please contact your discharge nurse or dietitian for other options in your local area.

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HOME DELIVERED MEALS

Nourishd

07 3051 0430

www.nourishd.com.au

Who is eligible: Anyone

Cost: Meal plans from \$69.35

Delivery days: Varies depending on location

Delivery areas: Brisbane, Gold Coast, Sunshine Coast, Hervey Bay, Rockhampton, Maryborough, Gladstone, Townsville, Port Douglas, Mackay, Cairns, Bowen, Bundaberg

Delivered how: Fresh

Minimum order: 5 meal plan \$69

Delivery cost: ~\$5.00 for local delivery

Products available: Main meals

Special meals: Vegetarian, Nut free, 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: \$7.50

Products available: Main meals, desserts, soups, pies

Special meals: Gluten free, dairy free, vegetarian

Choice available: Yes

Other: Nutrition information available on website

Home Cooked Meals

Ph: (07) 3807 5501 or 0411 404 144

www.homecookedmeals.com.au

Who is eligible: Anyone

Cost: Main meals from \$8.00, Soups \$3, Desserts \$3

Delivery days: Tuesday, Thurs, Saturday (daily delivery close to Beenleigh)

Delivery areas: Logan, Northern Gold Coast, Redlands District

Delivered how: Fresh (shelf life of 5-days)

Minimum order: Nil

Delivery cost: Call to confirm

Products available: Main meals, desserts, soups

Special meals: Many options available – please call to discuss

Choice available: Yes (menu changes every 6-8 weeks)

Other: Nutritional information available on website

Marley Spoon

02 6145 2910

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

Who is eligible: Anyone

Cost: From \$36.45 (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: \$8.95

Products available: Dinner meals

Special meals: Vegetarian, Vegan

Choice available: No

Other: Family boxes available

My Muscle Chef

1300 343 656

www.mymusclechef.com

Who is eligible: Anyone

Cost: Lunch / Dinner from \$9.35 (in a meal plan, excl. delivery), snacks from \$2.95

Delivery days: Monday – Friday (depending on location)

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

Delivered how: Frozen

Minimum order: \$99

Delivery cost: \$15 (depending on location)

Products available: Main meals, snacks

Special meals: Vegan, Nut Free, Gluten Free, Crustacean Free

Choice available: Yes

Other: Nutritional information available on website

Freshmeals2u

0420 975 201

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, allergy friendly

Choice available: Yes

Other: Nutritional information available on website

Gourmet Dinner Service

1300 131 070

www.gourmetdinnersevice.com.au

Who is eligible: Anyone

Cost: Minimum \$10.25 for meals. Serves 1- 2 with addition of sides (not included). Sides from \$4.50. Desserts from \$11.

Delivery days: Tuesday, Wednesday and Thursday

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

Delivered how: Frozen

Minimum order: \$50 (excl. delivery)

Delivery cost: From \$12.00

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

Special meals: Gluten free, vegetarian, & dairy free

Choice available: Yes

Healthy Meals to your Door

1300 088 264

www.healthymealstoyourdoor.com.au

Who is eligible: Anyone

Cost: Minimum 10 meals for \$134.90 + delivery

Delivery days: Tuesday

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

Delivered how: Fresh/Frozen

Minimum order: 10 meals

Delivery cost: Free (Greater Brisbane), \$5 (Ipswich), \$4.50 (Gold Coast) & \$9 (Sunshine Coast)

Products available: Breakfast, lunch, dinner and snacks

Special meals: Gluten free, dairy free, vegetarian, vegan, 'paleo style', low FODMAPS 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: From around \$150+ full 7-day plan

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: \$52.95

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

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

Special meals: Vegetarian, No added dairy, No added Gluten

Choice available: Yes

Able Foods

1300 123 2253 or email info@ablefoods.com.au

www.ablefoods.com.au

Who is eligible: NDIS participants (non-NDIS participants will need to pay the total cost of the order)

Cost: Co-payment for NDIS participants \$2.50 for main meal (full cost \$12.50)

Delivery days: Monday to Friday (depending on location)

Delivery areas: Brisbane, Gold Coast, Rockhampton, Sunshine Coast, Hervey Bay, Ipswich, Caboolture

Delivered how: Fresh except texture modified meals which are frozen

Minimum order: \$90.00

Delivery cost: Free

Products available: Main meals, snacks, desserts

Special meals: Texture modified meals, gluten free, vegetarian, low FODMAP, dairy free

Choice available: Yes

Other: Offers braille packaging, nutritional information available on website

Meals on Wheels

1300 909 790

www.gmow.org

Who is eligible: Anyone – NDIS participants, referred patients, and adults >65 are eligible to subsidised meals

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

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 and NDIS clients may be eligible for subsidised meals)

Cost: Lunch/Dinner from \$8.40, desserts \$4.40, soups \$4.60

Delivery days: Mondays/Tuesdays (depending on area)

Delivery areas: Brisbane, Gold Coast, Sunshine Coast, Toowoomba

Delivered how: Frozen

Minimum order: 7 dinners for \$99.19

Delivery cost: Free

Products available: Main meals, desserts, soups and sides

Special meals: Coeliac, dairy free, diabetes, low salt, soft texture, heart smart, 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 \$3.95, Breakfast/soups from \$4.95, meals 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, Sunshine Coast, Mackay

Delivered how: Fresh – 7-9 day shelf life

Minimum order: 7 Lunches or Dinners - \$69

Delivery cost: \$7.50 for orders under \$89

Products available: Breakfast, lunch, dinner, snacks, and meal packages

Special meals: Gluten free, dairy free, nut free, vegetarian, eggs free

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: Meat & veggie meal boxes OR produce boxes from \$65.94

Delivery days: Saturday to Wednesday (dependent on location)

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

Delivered how: Fresh chilled produce in insulated box

Minimum order: \$65.94 box for 6 servings (3 meals for 2 people)

Delivery cost: ~\$9.99 (varies with location)

Products available: Fresh produce and ingredients for meal preparation

Special meals: Vegetarian, gluten free,

Choice available: Yes

Other: Nutritional information available on website

Dinnerly

02 9056 7570

www.dinnerly.com.au

Who is eligible: Anyone

Cost: Produce boxes from \$60

Delivery days: Monday to Friday (dependent on location)

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

Delivered how: Fresh chilled produce in insulated box

Minimum order: \$52.45 box for 6 servings (3 meals for 2 people)

Delivery cost: \$8.95

Products available: Fresh produce and ingredients for meal preparation

Special meals: Vegetarian

Choice available: Yes

Other: Nutritional information available on website

HOME DELIVERED GROCERIES

IGA Shop Online

Phone enquires to local store

www.igashop.com.au

Who is eligible: Anyone

Cost: Similar to general stores

Delivery days: Monday to Friday (dependent upon local store)

Delivery areas: Participating IGA stores across Queensland (including Brisbane, Gold Coast, Logan, Rockhampton, Ipswich, Sunshine Coast)

Delivered how: Refrigerated

Minimum order: \$80

Delivery cost: Dependent upon local store

Products available: Fruit, vegetables, meat, bread, eggs, dairy, snacks, pre-prepared meals, ingredients for meal preparation

Choice available: Yes

Other: Payment can only be made via credit card over the phone but can negotiate with local IGA store for other payment options.

FoodWorks Online

(07) 3340 5200

<https://foodworks.com.au/shop-online>

Who is eligible: Anyone

Cost: Similar to general stores

Delivery days: Monday to Friday

Delivery areas: Baralaba, Cloncurry, Dalby, Goondiwindi, Killarney, Magnetic Island, St George, Tambo, Tara

Delivered how: Refrigerated

Minimum order: No minimum

Delivery cost: Free

Products available: Eggs, fruit, vegetables, bakery items, deli items

Choice available: Yes

Other: Sale items available

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: Many locations Queensland wide

Delivered how: Refrigerated

Minimum order: \$50

Delivery cost: \$0 - \$20

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 - \$15 (dependent on total price of order)

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 DELIVERY

Menulog

Online orders only
www.menulog.com.au

DoorDash

Online orders only
www.doordash.com

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/>

The services listed above connect clients 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.

Food safety

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

Safe food storage

- Keep the refrigerator clean.
- Refrigerate or freeze perishable foods (such as vegetables, meats, and dairy products) as soon as possible.
- Do not leave perishable or cooked foods in vehicles, on stovetops or benches.
- Do not wait for cooked foods to cool to room temperature – refrigerate/freeze after the steam has gone. Store cooked foods in tightly sealed containers.
- Maintain refrigerator temperature between 2°C and 5°C. Maintain freezer temperature below -15°C.
- Do not refreeze uncooked foods already defrosted.
- 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 before handling, preparing, and eating food and after touching raw meat, fish, eggs or chicken.
- Keep kitchen surfaces and utensils clean and disinfect kitchen countertops before food preparation.
- Avoid cross contamination of foods by keeping food preparation separate.
- Defrost foods in the refrigerator or microwave – not at room temperature.
- Eat cold foods cold (less than 5°C) and hot foods hot (more than 60°C). Do not leave food sitting before eating.
- Reheat food until steaming hot throughout (70°C) 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.