



### WHO IS ELIGIBLE FOR THE CARING PLATE?

Cancer patients who are currently receiving treatment and meet the program criteria can be referred by a physician affiliated with East Tennessee Children's Hospital, the Provision Center for Proton Therapy, Provision Radiation Therapy, Tennessee Cancer Specialists, and the Knoxville Comprehensive Breast Center - Members of the Provision Health Alliance (PHA).

### WHAT HAPPENS NEXT?

The Caring Plate staff will contact each participant. A telephone interview will be conducted and The Caring Plate staff will complete an "intake" form. The staff member will also review the program details with the participant at this time. Menu options, meal start date, delivery times, contact information, directions to home, etc. will be discussed.

### WHEN WILL MY MEALS START?

Generally from the time the referral is received to the first delivery will be three working days unless the participant's treatment begins at a later date.

### WHEN AND HOW WILL MY MEAL BE DELIVERED?

Your meal will be delivered by a volunteer each **weekday**, usually between 10:00 am and 1:00 pm, about the same time each day. Occasionally there are delays, but if your meal is not there by 1:00 pm, call **524-2786** to let us know. **Animals need to be restrained if there is potential harm to our volunteers.** Please do not tip the person who delivers. **Weekend meals will be delivered on Friday.** Christmas and Thanksgiving meals are available to you and will be delivered on those holidays by a special group of volunteers. On other holidays we do not deliver meals, but you will receive a meal in advance to be eaten on the holiday.

Occasionally we are not able to deliver your meal due to bad weather, Please listen to the radio or TV to hear the announcement "*CAC/The Caring Plate will not be served today, please eat the emergency SNOW DAY meal.*" If there is no announcement, we will deliver meals. If we can't reach you because your street is impassable, we will contact you to be sure you are okay.

### WHAT WILL THE MEAL BE LIKE?

The food is prepared and packaged in the CAC state-of-the-art cook chill facility. Participants will receive a choice of entrée each day. They will receive the options on a monthly calendar type format and be asked to circle either "A" or "B" and send back their selections with the volunteer. The "B" entrée is a vegetarian/fish option.

The menu is planned so that each meal meets one-third of the Recommended Dietary Allowance for the day. The meal will include a meat or meat substitute, three servings of vegetables or fruit, bread and milk. The participants can choose either 1% milk or buttermilk. The meals are acceptable for a bland or moderately low-salt diet.

The entrée part of the meal is served hot unless the person requests having it delivered cold. If a person prefers to eat the meal at a later time, the quality of the food will be better if it is heated only once when the person is ready to eat.

### **WHAT IF I WANT TO SAVE MY MEAL TO EAT LATER?**

You can quickly put your meal in the refrigerator and reheat it later in an oven or in a microwave. For food safety, you must not let the meal sit out at room temperature. You may also receive your meal cold so you can place it in the refrigerator and heat the meal later

### **WHAT HAPPENS IF I HAVE TO GO TO THE DOCTOR OR FOR SOME REASON I'M NOT HOME WHEN THE MEAL ARRIVES?**

It is very important to let our staff know if you won't be home to receive your meal. **You can call *the CAC office, 524-2786* or email [info@thecaringplate.org](mailto:info@thecaringplate.org) if you won't be home, preferably the day before.** If we haven't heard from you and you do not come to the door, we will assume that you are inside, and unable to come to the door. We call the emergency contacts. If we are unable to reach anyone we will contact the Police or Sheriff Department and ask that a wellness check be made to your residence. Your safety and well being is of utmost important to us.

### **HOW DO I GIVE FEEDBACK ABOUT *THE CARING PLATE*?**

You can call The Caring Plate office at any time, but our staff will also conduct surveys on a regular basis to assure that we are meeting the needs of the meal recipients and to make improvements.

### **WHO PAYS FOR THE CARING PLATE MEALS?**

There is no cost for cancer patients and approved additional participant(s). Funding for The Caring Plate program has been provided by the Provision CARES Foundation. Participants are also invited to donate to the program to allow for more patients to be served. **Visit [www.provisioncares.com/caringplate](http://www.provisioncares.com/caringplate) or call 865.243.3459.**