



Eggcup Meal Delivery Service

Eggcup can provide frozen ready-made meals that have been prepared by local chefs. We have main meals and puddings. We can provide up to 7 meals and puddings per week. We would prefer to deliver once per week but can deliver twice a week if a person only has a limited freezer capacity, e.g. a smaller ice box rather than a freezer.

Here are some examples of the meals we have prepared:

- Vegetable soups (various flavours)
- Pasta bakes (both meat and vegetarian)
- Sausage dinner
- Chicken dinner
- Roast pork dinner
- Cheese and onion pie
- Meat and potato pie
- Cottage pie
- Vege stir fry noodles
- Rhubarb & ginger cheesecake
- Bread and butter pudding
- Bolognese bake

We have criteria for people to qualify for the free meal delivery service:

- 1) they should have some difficulty (eg stamina, pain) with preparing and cooking a meal from scratch.
- 2) they can't access ready meals from the shop or a commercial meal delivery service:
 - a. there are no available delivery slots from the supermarket
 - b. they don't have people to go shopping for them/can't afford shopping
 - c. there is no availability from a suitable commercial meal delivery service
 - d. they can't afford a meals delivery service
- 3) they will be vulnerable and self-isolating and/or unable to leave the house.

Here are some questions that we think would be relevant in order to check whether an applicant meets the criteria:

- ✦ Are you in a 'vulnerable' category and unable to leave the house to go shopping? ○ If answer is 'No', probe to check if they should be staying home
- ✦ Are you well/strong enough to do your own cooking or do you need ready meals instead?

- If they say they use ready meals, check that this is because they would find it difficult to cook due to issues with stamina, pain etc, rather than just preference
- If they can do their own cooking, the meals delivery service is not appropriate
- ✦ Have you got a regular supermarket delivery or have you got family/friends picking up food for you?
 - If answer is 'Yes', probe to check that this is regular and reliable
- ✦ Have you tried to get a meals delivery service, eg? Wiltshire Farm Foods?
 - Probe whether they can afford this.

In addition, you should also check the following information:

- ✦ Do they have a freezer?
- ✦ Do they have enough space in the freezer for a once-a-week delivery of 7 meals/7 desserts?
- ✦ Do they have a microwave or other methods of heating the meals? (Please note that the packaging provided is not suitable for ovens so the food would need to be transferred to another container in order to be heated in an oven).
- ✦ Would they need 7 meals and puddings per week, or would they need fewer than this?
- ✦ Do they have any allergies or significant nutritional needs? (This is not food preferences – we do not have the capacity to tailor meals to preferences).
- ✦ Do they need further support with:
 - taking in and storing the meals in the freezer?
 - heating and serving the meals?
- ✦ As well as an evening meal and pudding, do they require further food provision to get through the week, such as tea, coffee, milk, sugar, bread/crackers, butter/margarine, jam, savoury spread/cheese slices, biscuits.