



January 2, 2024

Dear Tribal Elder,

We are pleased to announce the TBTLA Tribal Council's approval of the 2024 Tribal Elders Meal Program. Listed below are the scheduled order and shipment dates:

Submit Orders	Shipments by Vendors
February 5-19	March 4-6
May 6-20	June 3-5
August 5-19	September 4-6
November 4-18	December 2-4

Each person will be able to **select 1 of the options** below or you may choose to opt out. You must submit a new order each quarter. Meals will NOT be shipped without an order request.

**1. Mom's Meals**

- Choose your health-specific menu:
  - general wellness, lower sodium, heart-friendly, diabetes-friendly, renal-friendly, gluten-free, vegetarian, pureed, cancer support
- 14 fully prepared, refrigerated meals

**2. The Chef's Garden**

- 1 box of seasonal, farm-fresh vegetables

**3. Eat Flavorly**

<https://www.eatflavorly.com/tunica-biloxi-order-page/>

- Select your meals from a variety of menu choices directly from their website using the link above
- 14 freshly prepared meals, frozen for 48 hours prior to shipment

If ordering from EatFlavorly, please submit your order directly to the vendor via the website link above. If ordering from Mom's Meals or The Chef's Garden, please make your selection on the attached form and return it by e-mail to [NMcdonald@tunica.org](mailto:NMcdonald@tunica.org) before the deadline each quarter. You will not receive a shipment without a submitted order. We can **NOT** ship to a P.O. Box.

Best Regards,

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