



# Kinela

## Managing Mealtime Program



### Allied health sessions

Kinela consults are designed by a team of health experts to help you make positive lifestyle changes that last.

The Managing Mealtime Program may include:



The power of meal planning



Building a healthy plate



Smart swaps for healthier eating



Dealing with stress at mealtime



Benefits of hydration



**OR**  
**DESIGN A PROGRAM JUST FOR YOU**

### Personalised meal plan

**Delicious, nutritious meals and snacks delivered to your door.**

Our dietitians and nutritionists design your meal plan just for you.

Turn healthy eating into a habit that lasts.



Clinical sessions are funded through Capacity Building  
**The Managing Mealtime Program requires \$193.99 funding per hour**

An individualised meal plan delivered is funded through Core Supports  
**NDIS can fund up to \$11.61 per meal and you pay \$2 per meal**



# Managing Mealtime Program



Senior Dietitian, Jamil

## What's included in your Managing Mealtime Program...



Understand your needs



Set your goals



Build your journey



The power of meal planning



Building a healthy plate



Smart swaps for healthier eating



Dealing with stress at mealtime



Benefits of hydration



Safe seating and feeding equipment



Review outcomes



Celebrate success



Next steps

# Kinela

**Better health belongs to everyone.**

**Connect with us**

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