



Serving Eastern Maine  
Since 1973

# Eastern Area Agency on Aging

## 3D Catering

Delivering Delicious Dinners



**3D Catering** is perfect for people who care for their health by eating wholesome foods, but who also want to eat a wide variety of delicious entrees, made with the highest quality ingredients.

If you don't want to spend your time prepping and cooking, but want to eat delicious, nutritious meals, try **3D Catering**.



Meals come in packs of 5 and cost \$25

Each 5-pack comes with:

5 entrees

A mini loaf of homemade bread,

5 pats of butter,

5 desserts

## Just right for everyone:

These ready to heat meals are lower in sodium and fat, good sources of protein and easy to prepare.

### Available Meal Plans

- Low Sodium Meals
- Heart-Friendly Meals
- Diabetic-Friendly Meals
- Renal-Friendly Meals
- Gluten Free Meals
- Pureed Meals
- Vegetarian Meals
- Comfort Food Meals

### Eligibility for 3D:

Guidelines for becoming a 3-D Catering customer are very simple:

There are no income guidelines.

*Age requirements:*

50 and older or  
18 and older, with a  
disability.



**Eastern  
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**1-800-432-7812**  
**eaaa.org**