



HELPING HANDS PROGRAM

Providing patients with healthy meals.

Ovations recognizes that ovarian cancer patients may need help while battling this disease.

One of the ways we can now assist patients in need is by helping to provide a healthy, well-balanced diet. We are now offering easy to prepare meals – free of charge. These meals are not only healthy, but they are delicious too! Every month you will receive eight (8) fully prepped flash frozen meals for your family. Each meal is designed to serve 4-6 people. If you are a small family, you will receive twelve (12) meals designed to serve 2-3 people. Meals are estimated to take approximately 15 minutes to prepare and no more than an hour total including cooking time.

Simply complete the application and return it to Ovations at the address on the form or feel free to complete the online application at <https://ovationsforthecure.org/patient-programs>. Once that is received, I can process your information and email a menu to you to choose your meal options. If you have any questions, please feel free to contact me.

For the next three months, you will receive these meals. If you are still in treatment you are able to reapply for another three month period as well as re-apply later if you need to start treatment again.

***An email address is required to receive the monthly menus as they change every month.**

***Meals are purchased from Dream Dinners Framingham. Please feel free to visit their website to get a better understanding of what the program provides.**