

# Mealtime made easier



Planning and shopping for meals for yourself or your family can be daunting on days when your MS symptoms are flaring up and your energy is low. Here are a couple of ideas to help:

## **Grocery delivery**

Many stores now offer grocery delivery services, which is helpful on days when you can't leave the house. Brick-and-mortar stores like Walmart and Target, as well as online delivery services such as DoorDash and Instacart, also accept online EBT payments for SNAP-eligible food items. Delivery cost varies across services.

## **Meal planning**

Planning meals ahead of time can make shopping less stressful. Need even more help? Subscription services like eMeals and Hungryroot offer weekly meal plans that you can choose from and will create the grocery list for you. With Hungryroot, groceries are delivered, while eMeals allows you to go shopping on your own or transfers the list to your preferred store and has the items delivered or ready for pickup. Subscription prices vary.

Read "[Company is coming](#)" for tips on how to host people at your home while dealing with MS symptoms.