aspect
plan management



Are you unable to shop for food or prepare meals due to your disability?

If so, Meal Preparation and Delivery may be included in your NDIS plan under Core Supports.

You can request for Meal Preperation and Delivery to be **added to your current plan** with help from your plan manager. You will need to obtain:

A Quote:
From a meal preparation and delivery provider detailing the number of meals and total cost of supports

Supporting Evidence:
From a treating health professional confirming that the support is reasonable and necessary

For more information, contact us:
1300 770 986
www.aspectndis.com.au
contact@aspectndis.com.au

Please note that NDIS does not fund the cost of the ingredients as these are classed as an everyday cost

Meal Preperation & Delivery