



# Postpartum Meals

## Care After Delivery

The postpartum period is the time right after delivery and is also known as the “fourth trimester.” It is an important time for rest, healing, and connecting with your baby. During this time, you also need to focus on your own well-being.

Nutrition, meaning the foods you eat, plays a big role in your healing after you give birth.



**DELAWARE MEDICAID OFFERS HEALTHY MEALS, DELIVERED RIGHT TO YOUR HOME FOR UP TO 12 WEEKS AFTER YOU GIVE BIRTH.**

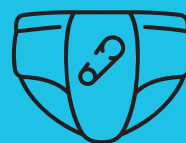
## Meals sent to your home

These meals can help you in your recovery and also give you some help during this time of change.

Reach out to your health plan:

- Delaware First Health - [1-877-236-1341](tel:1-877-236-1341)
- AmeriHealth Caritas - [1-844-211-0966](tel:1-844-211-0966)
- Highmark Health Options - [1-844-325-6251](tel:1-844-325-6251)

In addition to meals you'll get  
diapers and wipes for your baby\*.



\*Restrictions may apply. Please discuss the details with your Care Coordinator.

**CALL YOUR HEALTH PLAN DURING PREGNANCY TO LEARN MORE ABOUT THIS PROGRAM AND YOUR OTHER MATERNAL BENEFITS**

