



Mosaic Meals
BY THE COOK'S NOOK

TO GO



Mosaic Meals & Mosaic Meals To-Go

BECAUSE EVERYONE DESERVES NUTRITIOUS, DELICIOUS MEALS.

The Cook's Nook Food Services proudly makes and delivers **Mosaic Meals** and **Mosaic Meals To-Go** daily to communities throughout Central Texas. We are a purpose-driven food and nutrition services group, created to help our clients make meaningful improvements to food security and equitable access within their communities.

Through our chef-led, dietician-designed Mosaic products, we help our clients – public institutions, government agencies, nonprofits, insurers, retailers, and other businesses:

- ✓ Cost-effectively provide nourishing, nurturing food choices for people seeking better nutrition;
- ✓ Positively affect food security among nutritionally challenged communities;
- ✓ Improve health outcomes for people with limited access or dietary restrictions; and
- ✓ Align with and fulfill their own organizational mission.

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Mosaic Meals are fully cooked and delivered meals that are affordable, convenient, and dependable.

Prepared daily in our commercial kitchen in Austin, all Mosaic Meals are nutritionally complete, diabetes-friendly, and whole-food-based. Mosaic Meals also lets our clients target the nutritional needs of the people they serve through medically-tailored meals – including low-fat, low-carb, low-sodium, or renal-friendly meals.

Every Mosaic Meal includes a protein, a vegetable, and a carbohydrate, and is specially created to:

- ✓ Present a broad spectrum of nutritionally rich, healthy food options;
- ✓ Delight with chef-led, culturally competent selections made from fresh, simple, whole foods; and
- ✓ Offer nourishing, nurturing food prepared by professionals passionate about their work.



Mosaic Meals To-Go are fresh, healthy, ready-to-eat sandwiches, soups, salads, and snacks, as well as select meals.

Mosaic Meals To-Go are dietician-reviewed and -approved, and prepared daily in our Austin kitchens. These whole-food-based, low-fat, low-carb, low-salt options are designed for grab-and-go eating, and are delicious and nutritious with every bite.

Mosaic Meals To-Go are a refreshing alternative to typical on-the-go food, and provide:

- ✓ Customers with affordable, convenient, healthier options for meals and snacks;
- ✓ Convenience store retailers, local markets, and residential communities with better choices for those who depend upon these shops as their main food access; and
- ✓ Regular, direct-to-store delivery that gives access to healthier options with margins to support the bottom line.

We offer a wide variety of plans to help you serve your community.

CONTACT US TODAY TO LEARN MORE ABOUT OUR NUTRITIOUS, DELICIOUS MOSAIC PRODUCTS.

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About The Cook's Nook

Founded by Joi Chevalier in 2017, The Cook's Nook is a community of culinary professionals working to promote and advance food access, equity, security, and sustainability. We provide food and nutrition services, help create businesses and events, and advocate for policies that align with our values.

