



Serving Eastern Maine
Since 1973

Eastern Area Agency on Aging

3D Catering

Delivering Delicious Dinners



3D Catering is perfect for people who care for their health by eating wholesome foods, but who also want to eat a wide variety of delicious entrees, made with the highest quality ingredients.

If you don't want to spend your time prepping and cooking, but want to eat delicious, nutritious meals, try **3D Catering**.



Meals come in packs of 5 and cost \$20

Each 5-pack comes with:

5 entrees

A mini loaf of homemade bread,

5 pats of butter,

5 desserts

Just right for everyone:

These ready to heat meals are lower in sodium and fat, good sources of protein and easy to prepare.

Available Meal Plans

- Low Sodium Meals
- Heart-Friendly Meals
- Diabetic-Friendly Meals
- Renal-Friendly Meals
- Gluten Free Meals
- Pureed Meals
- Vegetarian Meals
- Comfort Food Meals

Eligibility for 3D:

Guidelines for becoming a 3-D Catering customer are very simple:

There are no income guidelines.

Age requirements:

50 and older or
18 and older, with a
disability.



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eaaa.org