



Allowable Expenses

If you have any questions about allowable expenses under the Healthy Meals, Healthy Minds Grant Program, we encourage you to contact us before purchasing. Feel free to email us at info@respitecarewi.org for assistance.

1. Nutritious Meals as Respite

- In-home prepared meals,
- Delivered meal kits (i.e., Hello Fresh, Blue Apron, Orders Up)
- **Does not include grocery shopping, fast food, or restaurant eating.**

2. Mental Health and Wellness

- Mental health counseling (in-person or telehealth),
- Wellness classes such as yoga and meditation,
- Gym or community memberships,
- Self-help books,
- Weighted blankets,
- Light therapy, and
- Virtual subscriptions.

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