

Kitchen to Kitchen

Fresh. Local. Reliable

- Freshly cooked, dietitian certified meals
- 5 meals delivered right to your door 3 days a week
- Cost per meal is cheaper than eating out
- Weekly wellness check to ensure your well-being
- Eliminates the need for meal planning/prepping
- Comfort of meals having been prepared within 100 miles of your home

*Proudly serving Logan,
Mason, Menard, Fulton,
DeWitt, and Piatt Counties*

It is the mission of CAPCIL, in partnership with communities in our service area, to empower persons with low income and the aged by creating and implementing poverty-fighting initiatives for those in crisis and those that endeavor a life of lasting independence.



CONTACT US

217-732-2159
1800 5TH STREET
LINCOLN, IL 62656

WWW.CAPCIL.INFO

Helping People. Changing Lives.
**community
Action**
PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK
OF CENTRAL ILLINOIS
KITCHEN TO KITCHEN
MEAL DELIVERY SERVICE

Kitchen to Kichen



K2K is a program dedicated to providing individuals a nutritious meal and a weekly wellness check within CAPCIL's 6 County service area.

All of our meals are only \$8 each (which includes the cost of delivery).

Meals are prepared by CAPCIL's highly trained kitchen staff located at the Corporate Office Central Kitchen in Lincoln, IL

Family members that reside in the home or caretakers can participate in the program.

Individuals who qualify are under the age of 60 that are either temporarily/permanently home bound, disabled, Veteran, special population, or in need of home delivered service.

To apply for meals call the CAPCIL Corporate Office at 217-732-2159, visit us at 1800 5th Street in Lincoln, or fill out our form on our website at www.capcil.info.

Meal service always starts within one week of payment received. Meals are delivered Monday-Friday between 10 a.m. and 3 p.m. All K2K customers are required to keep a small cooler and ice pack outside their door so meals can be delivered in their absence.

Payments can be made by credit/debit, check, or cash. All meals must be paid in advance. Receive 10% off when you pre-order 4 weeks of meals in advance.

Sample Menu

- Ravioli with meat sauce, cheesy Italian vegetables, and a bread stick. Mixed berries with granola for dessert
- Freshly carved turkey with a side of stuffing and gravy. Mixed vegetables and whole grain crackers balance out this meal with mandarin oranges for dessert
- Chicken strips and yummy sweet potato fries. A side of black eyed peas and whole grain bread with cinnamon apples for dessert
- Creamy potato and ham soup with a slice of corn bread. Broccoli and stewed tomatoes for a side with mixed fruit for dessert
- Ham and cheese sandwich on whole grain bread. Sides are tomatoes, cucumbers, and green peppers as well as 3 bean salad. Banana for dessert
- All meals are served with 1% milk

