

NDIS Meals | NDIS Meal Providers - NEW

Canonical: <https://befitfood.com.au/pages/ndis-meals-ndis-meal-providers-new-cookaborough>

Details:

Good food should fit your life. Be Fit Food offers prepared meals and help getting started for eligible NDIS participants with appropriate meal preparation and delivery support. Choose food you enjoy, keep meals ready in your freezer and speak with our team or dietitians when you need guidance.

Apply for NDIS meals through Cookaborough . Already approved? Open your dedicated menu . For help, call 1300 263 257 .

Which plans does this service currently accept?

The NDIS Commission register lists Be Fit Food's registration as approved for Household Tasks until 19 August 2027. Registration and the plan-management arrangements accepted by this ordering service are separate matters.

Be Fit Food's Cookaborough service currently accepts approved plan-managed and self-managed participants. Agency-managed participants cannot currently be accommodated through this service. If you are unsure how your funding is managed, confirm this with your plan manager, support coordinator or NDIS contact before applying.

Having an NDIS plan does not automatically mean an order is funded. Your meal preparation and delivery support must fit your plan and funding arrangements. NDIS guidance distinguishes eligible preparation and delivery costs from food and ingredients, which you pay yourself. Read the NDIS nutrition and meal-preparation guideline .

How to get started

Submit your enquiry. Complete the Cookaborough NDIS application with the requested participant and plan-management details.

Confirm the arrangement. Funding and ordering details are checked before instructions are sent. Ask about the itemised costs, your payment and any delivery charges.

Choose from the dedicated menu. Once approved, select meals through Cookaborough. This is separate from the regular Be Fit Food website checkout.

Receive and enjoy your meals. Meals arrive snap-frozen. Store them in your freezer and follow each product's preparation directions. There is no lock-in commitment; order again when needed, subject to cut-offs and availability.

Understand the payment options

| Plan arrangement | Be Fit Food service process | | --- | --- | | Approved plan-managed orders | The service advertises a 30% upfront meal payment, with the remaining 70% invoiced to the plan manager. Confirm the itemised funding arrangement before ordering. | | Approved self-managed orders | You pay the full price upfront and receive an invoice. Confirm which itemised preparation and delivery costs you can claim under your plan. | | Agency-managed | This service does not currently accommodate agency-managed participants. |

The advertised split is not an automatic NDIS reimbursement rule. Current NDIS guidance bases funding on actual preparation and delivery costs, rather than a fixed share of the total meal price. Ask for food costs to be separated and confirm the claimable amount with your plan manager or NDIS contact. See the guideline's meal-cost guidance .

Meal-price examples

The Be Fit Food NDIS page displayed these examples on 19 October 2026 for approved plan-managed participants. Contributions shown are the advertised 30% upfront amount, rounded to cents. Confirm current dedicated-menu prices, availability, delivery charges and your approved arrangement.

| Meal example | Displayed full meal price | Advertised upfront contribution | | --- | --- | --- | | Cauliflower Fried Rice & Chicken | A\$14.95 | A\$4.49 | | Indian Chicken Curry | A\$14.95 | A\$4.49 | | Chilli & Ginger Baked Fish | A\$13.95 | A\$4.19 |

Explore the dedicated menu for current choices and prices .

Your meals, your preferences

Choose from the breakfasts, lunches, dinners and snacks available in your dedicated menu. Compare the recipe, serving size, nutrition and preparation instructions. Check every ingredient and allergen declaration, including "may contain" information, when choosing for a dietary requirement.

Gluten-free, vegetarian, vegan and dairy-free options are described across the service menu, but each recipe is different. A vegetable-named dish may contain egg or cheese; a chicken meal may include nuts or dairy. Discuss specialised requirements with your care team and Be Fit Food rather than assuming a standard meal provides a particular modified texture or clinical diet.

Dietitian support and funding requests

Complimentary consultations by phone or telehealth can help you compare meals for your preferences and dietary needs. Book a free dietitian consultation or call 1300 263 257.

If meal preparation and delivery support is not included in your plan, Be Fit Food's Accredited Practising Dietitians can assess your needs and provide an advocacy letter to support a request. Discuss that process with the team. A letter does not guarantee funding; approval remains an NDIS decision.

Questions before your first order

Which support item should I use?

Ask your plan manager or support coordinator to confirm the current meal preparation and delivery item and whether it applies to your plan. Do not use an old item number as proof that an order is claimable.

Can I use the normal website checkout?

NDIS orders use the dedicated Cookaborough portal after confirmation. Follow your approved ordering instructions so the payment and invoice arrangement is correct.

How do I check delivery?

Confirm your postcode through the dedicated menu or by phone. Review delivery areas and order cut-offs and delivery days ; coverage is postcode-specific.

Participant information and feedback

You can access the Incident Management Policy , Complaints Management Policy and Complaints and Feedback Form . Call 1300 263 257 if you need help with these documents or your order.