Family Food makes reliable nutrition information easily accessible by providing evidence based nutrition counseling. The nutrition information is provided by a team of Registered Dietitians and is completely individualized. The recommendations are specific to you increasing your rate of success in reaching your nutrition goals. As a reminder, Independence Blue Cross covers the cost of 6 nutrition counseling sessions per calendar year at 100% for participants in both the HMO and CDHP. Representatives from Family Food will be onsite on the following days:

- Wednesday, December 9
- Wednesday, December 16

Please follow the directions below in order to schedule your individual appointment with a Registered Dietitian:

- Visit www.familyfoodllc.com and click on "Book Now" in the upper right corner.
- Select "Work"
- Register or log in
- When the map appears, select the PA on the map and type "Saint Joseph's University" in the company box.
- Select Individualized Nutrition Counseling
- Click on the date and time you want to book.
- Fill in requested info, submit, and confirm your appointment.
- Contact 800-203-8657 or contact@familyfoodllc.com with any questions.