



 Ann & Robert H. Lurie
Children's Hospital of Chicago®

Welcome to

KIDney FRIENDLY



We are thankful for our food delivery partner, Top Box Foods, and encourage you to check out their website featuring affordable food delivery options:
<https://topboxfoods.com/>

We are excited to have you and your family join the KIDney Friendly community! KIDney Friendly is an Ann & Robert H. Lurie Children's Hospital program. Every two weeks you and your family will receive a nutritious food box from Top Box Foods. You will also receive a variety of educational materials related to healthy eating habits. These habits help with post-renal-transplant healing and recovery.

KIDney Friendly focuses on two key areas:

1. How to follow a post-transplant diet
2. How to use items in the Top Box Foods delivery

In addition to the food included in your deliveries, your family will receive

- A welcome kit with healthy living essentials
- Recipes featuring the food items included in your box
- Highlights curated by Lurie Children's dietitians
- Access to educational videos created by Lurie Children's tailored for post renal- transplant patients
- Support phone calls and texts

These amazing resources will support healthy living for you and your family post-transplant. Topics will change with each delivery and cover healthy eating, cooking, family mealtime, support for accessing nutritious foods in your community, and more. The program is free and for the whole family!

Happy Cooking!

If you have questions or need assistance reach out to us at FAN@luriechildrens.org or text us at 312-227-5717

To access resources visit luriechildrens.org/fan