Healthcare organizations can now partner with Food & Friends to bring the benefits of our evidence-based meal intervention to their most high-need, high-cost members/patients. Food & Friends will work directly with the health plan or provider to tailor our program to the organization’s goals. By partnering with Food & Friends, your members/patients will see better health outcomes, greater patient satisfaction and lower health care costs.

Food & Friends brings 30 years of experience home-delivering meals to clients living with chronic or serious illnesses. Our registered dietitians and chefs have developed 11 specialized meal plans ranging from well-balanced regular fare to heart-healthy, GI friendly and diabetic, and even soft or pureed.

As a member of the national Food is Medicine Coalition (FIMC), our programs reflect the latest research and best practices in the field of medical nutrition therapy.

**Why Medically-Tailored Meals?**
Just 5% of the Medicaid population accounts for 50% of all Medicaid costs. Our service aims to change that equation by providing nutritional support to healthcare superusers. Our clients are a complicated population, often living with multiple co-morbid illnesses.

- **57%** Predicted rise in chronic illnesses (WHO)
- **86%** Portion of healthcare spending attributed to individuals with chronic conditions (CDC)
- **92%** Older adults with at least one chronic disease
- **77%** Older adults with at least two (NCoA)
- **1 in 3** people enter the hospital malnourished

**LOWER HEALTHCARE COSTS**
Research conducted by FIMC members demonstrates significant improvement to patient outcomes:

- **28%** Reduction in hospitalizations
- **16%** Net healthcare cost savings

When compared to traditional home-delivered meal programs, only medically-tailored meals result in both cost savings and fewer inpatient readmissions.

**BETTER PATIENT SATISFACTION**
Food & Friends clients report increased health satisfaction after receiving medically-tailored meals:

- **98%** rate their meal experience “Good” or “Excellent”
- **75%** report being better able to follow doctor’s orders
- **73%** report improved health after receiving meals
- **59%** report fewer hospital readmissions after starting the service, outpacing estimates in the literature

**CONTACT INFORMATION**
Liz Sanders, Strategic Partnerships Manager
(202) 269-6844
lsanders@foodandfriends.org

www.foodandfriends.org/refer
Facebook: /foodandfriends
Twitter: @foodandfriends