

# client referral process

Each year, Food & Friends provides medically-tailored meals and nutrition counseling to thousands of adults and children in the Washington Metropolitan Area living with cancer, HIV/AIDS, diabetes and other life-challenging illnesses. We home-deliver specialized meals and groceries free of charge to our clients, and can also serve their dependents and caregivers.



## What we Provide

### MEDICALLY TAILORED MEALS (MTM)

- Breakfast, lunch and dinner for 6 days (delivered once a week)
- Available in Montgomery and Prince George's Counties, Washington D.C., and Virginia within the beltway
- 11 specialized meal plans: medically balanced, dialysis friendly, mild/low fiber, soft, pureed, no beef/no pork, vegetarian, no fish, low lactose, high-calorie, and shelf-stable

### MEDICALLY TAILORED GROCERIES (MTG)

- Non-perishable pantry items
- Fresh produce and frozen meats, bi-weekly delivery
- Available throughout our 5,300 square mile delivery area
- 6 specialized meal plans: medically balanced, no beef/no pork, dialysis friendly, vegetarian, low lactose, and high-calorie

### NUTRITION COUNSELING AND EDUCATION

- 5 registered dietitians offer individualized counseling by phone or Zoom.
- Cooking and nutrition classes are provided for clients, caregivers and family members

## The Referral Process


Our services would not be possible without referral partners in the health sector who work diligently to ensure that our seriously ill neighbors are connected with the appropriate resources to help them battle their illness. **All of Food & Friends' clients must be referred by a healthcare provider.** The process consists of the following:

1. Complete the intake form
2. Attach additional documents for verification as needed
3. Email forms to **Mira Kauffman-Rosengarten at [intake@foodandfriends.org](mailto:intake@foodandfriends.org)** or fax them to **(202) 635-4261**

After receipt of the completed information, we will respond in two business days confirming receipt. We will contact the client and begin service, starting with a First Day Delivery home visit. **For complete eligibility requirements, see reverse.**

# Client Eligibility Requirements

To qualify, clients must meet one of the bulleted criteria in EACH of the columns below:

QUALIFYING ILLNESS	COMPROMISED NUTRITIONAL STATUS	ACTIVITIES OF DAILY LIVING
<ul style="list-style-type: none"> <li>• Adult diabetes with an HgbA1c over 8% with heart failure, chronic kidney disease, loss of vision/legal blindness, vascular complications, or cerebrovascular disease</li> <li>• Type I Pediatric Diabetes (children under 18) with HgbA1c over 11.5% AND has been hospitalized in the last six months with ketoacidosis</li> <li>• Type II Pediatric Diabetes (children under 18) with HgbA1c over 7.5% AND has a BMI greater than 95th percentile</li> <li>• Cancer and undergoing active chemotherapy, radiation, or immunotherapy</li> <li>• Stage 5 Renal Disease and undergoing dialysis</li> <li>• Congestive Heart Failure</li> <li>• COPD</li> <li>• MS</li> <li>• ALS</li> <li>• Parkinson's</li> <li>• Receiving in-home end of life care</li> </ul>	<ul style="list-style-type: none"> <li>• Chewing/Swallowing Difficulty: requires texture modified food</li> <li>• Nausea: lasting longer than 2 weeks</li> <li>• Vomiting: lasting more than 2 weeks</li> <li>• Fatigue related to illness</li> <li>• Unintentional weight loss: &gt; 5% in 4 weeks' time or &gt; 10% in 6 months' time</li> <li>• Height: _____</li> <li>• Current Wt: _____</li> <li>• Wt 1 mo. ago: _____</li> <li>• Wt 6 mo. ago: _____</li> </ul>	<ul style="list-style-type: none"> <li>• Ambulation</li> <li>• Feeding</li> <li>• Decision making</li> <li>• Grocery shopping</li> <li>• Homemaking</li> <li>• Meal preparation</li> <li>• Transferring</li> </ul> <p><b>Cognitive limitations:</b></p> <ul style="list-style-type: none"> <li>• Exhibits impaired judgment</li> <li>• Disoriented to person/place/time</li> <li>• Exhibits wandering</li> </ul>
<ul style="list-style-type: none"> <li>• HIV/AIDS*</li> </ul> <p>*CNS &amp; ADL is not required, but status is requested if applicable.</p>	<ul style="list-style-type: none"> <li>• Is homeless, pregnant, or under 21 years of age</li> </ul>	
<ul style="list-style-type: none"> <li>• Cystic Fibrosis*</li> </ul> <p>*ADL is not required, but status is requested if applicable.</p>	<ul style="list-style-type: none"> <li>• Experiences inability to absorb sufficient daily calories</li> </ul>	

## CONNECT



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**Important Information**  
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