

our work in maryland

WHO WE ARE

Since 1988, we are the only community-based organization in the D.C. region providing free home-delivered Medically Tailored Meals, Medically Tailored Groceries, and Medical Nutrition Therapy to our neighbors living with serious illnesses that limit their ability to provide nourishment for themselves.

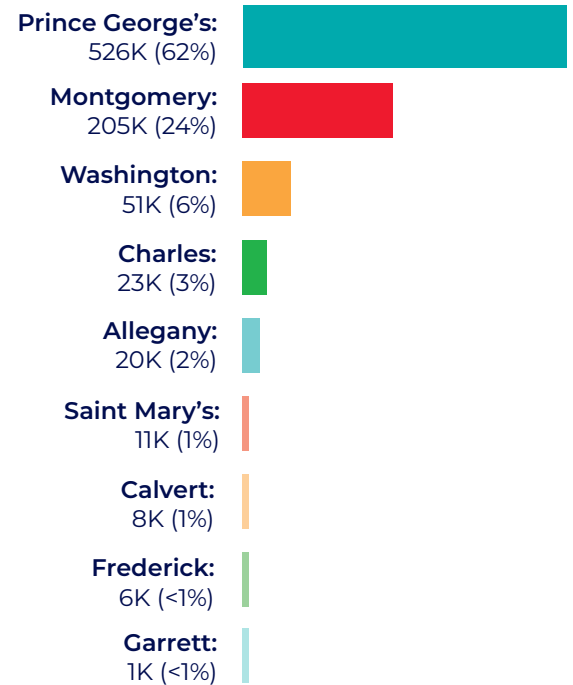
WHAT WE DO

With the help of thousands of volunteers, Food & Friends prepares and delivers nutritionally tailored, delicious meals directly to our neighbors' homes. Our registered dietitians and professional chefs work closely to design meal plans that are tailored to the individualized nutrition needs of individuals living with serious or chronic illnesses.

WHO WE SERVE

Food & Friends provides Medically Tailored Meals, Medically Tailored Groceries, and Medical Nutrition Therapy to people living with life-challenging illnesses. All meals and services are at no cost to the client. Recognizing that clients with children often share their food with their kids, Food & Friends also provides services to dependents and caregivers in the household, ensuring the parent can focus on getting well.

TOTAL MEALS DELIVERED FROM JULY 2024 THROUGH JUNE 2025



Food & Friends is built on a simple premise: anyone can get sick, and everyone can help.

In FY25, our clients had a range of illnesses including cancer, diabetes, renal disease, HIV/AIDS, heart disease, high-risk pregnancy, and other serious illnesses. Caring for our Maryland clients represented 41% of our total work in FY25 and resulted in:



854,361
meals delivered
to Marylanders



2,451
total clients
live in
Maryland



1,749
primary clients live in
Maryland



702
Dependents &
Caregivers
live in Maryland



877
Nutrition Encounters
with clients and a
registered dietitian in
Maryland

CONNECT



Food & Friends

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cost savings + Health Impacts

Proven Return on Investment

- ↓ **67% (\$52,555)** Average reduction in hospital charges for clients in the top 25% of hospital charges
- ↓ **37% (\$9,020)** Average Reduction in Hospital Charges Per Person
- ↓ **45%** Reduction in Avoidable Healthcare Stays/Costs
- ↓ **34%** Reduction in Hospital Visits
- ↓ **36% (\$7,437)** Average Reduction in Hospital Charges Per Person for Those With Diabetes
- ↓ **32% (\$8,331)** Average Reduction in Hospital Charges Per Person for Those With Cardiovascular Disease



The Maryland Medically Tailored Meal & Hospital Utilization Study analyzed participants over 3 years (2021-2023) before and after participating in Food & Friends' medically tailored meal program over 6 months for each outcome: hospital charges, potentially avoidable utilization (PAUs), and hospital visits.

Improved Health Outcomes After 6 Months Enrolled with Food & Friends



84%

maintained or reduced the number of emergency department visits and hospital admissions

75%

of diabetic clients with a reduction in A1c levels from baseline

60%

of clients experienced reduced food insecurity

0%

of clients were readmitted to hospitals during 30 days post discharge

Food & Friends client receives their medically tailored meals from a Food & Friends delivery driver.