



# MEDICALLY TAILORED MEAL PROGRAM

Working with Healthcare Providers and Community Resource Centers to identify food insecure residents, Abound Food Care provides healthy nutritious meals that comply with dietary requirements (such as carb-controlled, low-sodium, heart-healthy, and more). Through this program it is our goal to promote better health outcomes, while reducing hunger and waste.

## PROGRAM STEPS

1

Food Insecurity Screening & Questionnaire

2

Meals made by Food Repurposing Kitchen Network

3

Meals given by local pantry or resource center distribution.

4

Follow up by provider or resource center staff.

## PROMOTING A HEALTHIER FUTURE

This program offers significant health, economic, and environmental health benefits:



**Reduce hunger.** Individual vacuum sealed nutritious meals are prepared under the guidance of registered dieticians.



**Food equality.** Patients have easy access to healthy, medically tailored food conveniently located.



**Better health outcomes.** Improves patient's total health and reduces healthcare costs associated with food insecurity.