



## Medically Tailored Meals Program

The Medically Tailored Meals program is designed to enhance the health outcomes of eligible participants by providing meal support and nutrition counseling to help manage their serious health conditions.

### Program Offerings

Participants enrolled in the program receive the following weekly home deliveries at no cost for six months:

- Twelve frozen, medically tailored entrées.
- Fresh or frozen produce, supplied as necessary.
- Oral nutrition supplements when prescribed by a state-licensed Registered Dietitian Nutritionist (RDN).

In addition to the home-delivered meals, participants benefit from nutrition counseling provided by a state-licensed RDN. Meals are also available for any minor dependents residing in the participant's household.

### Eligibility Criteria

The program is open to residents of the following counties:

- Allegany County
- Baltimore City
- Baltimore County
- Dorchester County
- Prince George's County
- Somerset County

To be eligible, an individual must also meet the following health criteria:

- Have had a recent hospital visit related to diabetes.

### How to Enroll in the Program

There are two ways to enroll in the Medically Tailored Meals program:

1. **Provider Referral:** Ask your health care provider (doctor, nurse, or social worker) to submit a referral to the program on your behalf.
2. **Direct Contact with Partners:** If you believe you are eligible but do not have a provider to refer you, you may contact one of our partner organizations directly:
  - Food & Friends (Serving Prince George's and Allegany Counties)
    - Call 202-269-6881 for enrollment information.
  - Moveable Feast (Serving Baltimore City and County, Dorchester, and Somerset Counties)
    - Call 410-327-3420 or email [clientservices@mfeast.org](mailto:clientservices@mfeast.org) for enrollment information.