FOOD & FRIENDS
is the only home-visiting
nutrition service that delivers hope by the meal—
specialized, fresh, delicious.
Who we are

Our Mission
To improve the lives and health of people with HIV/AIDS, cancer, diabetes and other life challenging illnesses that limit their ability to provide nourishment for themselves.

Our Vision
We believe in a community where everyone who is seriously ill has the nourishment they need to manage their illness. Food & Friends is built on a simple premise: anyone can get sick and everyone can help.
Our solution

• **Home-Delivered Meals**  
  Breakfast, lunch, and dinner home-delivered once a week, based on 12 specialized meal plans

• **Home-Delivered Groceries**  
  Pantry staples, along with frozen proteins and fresh produce, clients with a caregiver who can prepare meals delivered every-other week, based on 9 specialized meal plans

• **Nutrition Counseling & Education**  
  Individualized medical nutrition therapy from our registered dietitians, cooking classes, and ongoing education
What is a medically-tailored meal?

Medically tailored meals are delivered to individuals living with serious or chronic illness through a referral from a medical professional or healthcare plan.

Meal plans are tailored to the medical needs of the recipient by a Registered Dietitian Nutritionist (RDN), and are designed to improve health outcomes, lower cost of care and increase patient satisfaction.

www.fimcoalition.org
Why Medically Tailored Meals?

**Fewer admissions:** inpatient, skilled nursing facility admissions, ER admissions

**Reduction in healthcare costs** for “medically complex”, type 2 diabetics, dual-eligible

**Improvements in medication adherence**, mental health & quality of life, hypoglycemia

- [https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2730768](https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2730768)
FOOD IS MEDICINE

Treatment

Medically-tailored meals for those with serious illness or disability who cannot shop or cook for themselves

Medically-tailored food for those with acute or chronic illness

Medically-tailored food for those at risk for acute or chronic illness

Prevention

Healthy food for those who are malnourished or food insecure
Referral process & eligibility

• Intake forms on website can be submitted through fax, encrypted email, or soon-to-come direct portal

• Eligibility criteria:
  • Serious or chronic illness, or receiving home hospice care
  • Nutritionally compromised, i.e. chewing/swallowing, diarrhea, nausea, vomiting, involuntary weight loss, etc.
  • Needs assistance with adls, i.e. meal preparation, grocery shopping, ambulation

• Illnesses: HIV/AIDS, Cancer, Renal Disease, CHF, COPD, MS, ALS, Parkinson’s Disease, Diabetes Cystic Fibrosis
What clients receive

• Meal plans: regular, heart healthy, diabetic, GI-friendly, renal, no dairy, no fish, vegetarian, soft**, pureed**, shelf-stable**, high-calorie, gluten-free*

• Up to 18 meals a week

• Up to 12 meals per week for family caregivers and minor dependents

• Free of cost, home delivered or shipped

• Friendship, linkage to care

* Groceries only; Children’s Hospital only

** Meals only
Statistics

• Founded in 1988 for those with AIDS; expansion to cancer in 2000, other illness 2013-present

• Geography: DC, 9 counties in MD,
  • 7 counties in VA

• 26 million meals to date to 43,000 people

• 1.4 million meals to 4,000 people this year
Need for support

• Referrals doubled since January 2022

• Volunteers
  • 8500 in 2019
  • 2900 in 2022
  • Volunteer
  • Lunch & Serve

• Funding
  • 50% philanthropy
  • 35% public
  • 15% health plans
  • Donate
Contact Information

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