
Medically Tailored Groceries (MTG)

Health-supporting staple groceries for food items linked to improved health outcomes

WHO

MTG Eligibility

- Worsening diabetes control or newly introduced social risk such as job loss, caregiving strain, or emergent food insecurity
- Patients stepping down from MTM after acute issues and physical limitations improve

WHY

MTG Goals

- Enhance diet quality by increasing intake of underconsumed, health-promoting foods
- Improve diabetes control and address food insecurity
- Support mental health and reduce stress related to food access

WHAT

MTG Components

- Food items selected from an approved product list linked to improved health outcomes and generally underconsumed in the target population
- Delivered through health system partnerships with food retailers, delivery companies, and community locations

HOW

MTG Design

Dose	Duration	Distribution
\$50-\$200/month in approved grocery items	3-6 months with reassessment as needed	Home delivery, clinic-based distribution, or community locations such as food pantries

Referral & workflow

- Identify eligible patients through diabetes control indicators and nutrition security screening, including social risk factors
- Confirm patients can shop, store, and prepare food; reassess at 3-6 months to determine continuation or step up/down (e.g., MTM or PRx)

For more information on designing, implementing, and operationalizing FIM programs in your organization, visit fimtoolkit.org



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