
Medically Tailored Meals (MTM)

Fully prepared meals for patients with severe, complex, or chronic conditions, tailored by a Registered Dietitian Nutritionist (RDN)

WHO

Eligibility

- High clinical risk (e.g. poor diabetes control, acute health event, high medical complexity)
- AND*
- Social risk (e.g. food or nutrition insecurity, significant limitations in activities of daily living)
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WHY

Goals

- Stabilize health status quickly when shopping and cooking are not accessible or reliable
 - Prevent readmission and reduce healthcare utilization
 - Address physical limitations to healthy eating
 - Improve food security and diet quality
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WHAT

Components

- RDN designs ready-to-eat meals based on therapeutic, evidence-based dietary recommendations specific to patients' health needs (e.g., diabetes with CKD)
 - Meals are delivered based on patients' needs and preferences
 - Clinical team offers complementary support (e.g., nutrition education or counseling, referrals to food assistance programs)
 - Clinical team reassesses patient status every 3-6 months to determine continuation or step-down support plan (e.g., transition to MTG or PRx) based on clinical and social risks
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HOW

Design

Dose

10 meals/week

Duration

3-6 months with reassessment as needed

Distribution

Home delivery, in-clinic pick-up, or community site pick-up

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



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