

Medically Tailored Groceries (MTG)

HEALTHY, CURATED GROCERY ITEMS (PERISHABLE OR NONPERISHABLE)
that aim to treat specific diet-sensitive conditions and support health

WHO: Eligibility

- Patients with moderate clinical risk and/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
- Patients stepping up from PRx when new clinical or social risks emerge

WHY: 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: Components

- Patient or vendor selects food items from an approved product list linked to improved health outcomes and generally underconsumed in the target population.
- Patient receives grocery items through health system partnerships with food retailers, delivery companies, and/or community locations.
- 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 step-up support plan to MTM if diabetes or food insecurity worsens, or step-down support plan to PRx or nutrition education alone if clinical and social risk factors improve.

HOW: Design

Dose: \$50-\$200/month in approved grocery items

Duration: 3-6 months with reassessment as needed

Distribution: Home delivery, clinic-based distribution, or community locations such as food pantries

For more information on designing, implementing, and operationalizing FIM programs in your organization, visit [FIMTOOLKIT.ORG](https://www.fimtoolkit.org)



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