

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)

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

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

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](https://www.fimtoolkit.org)