

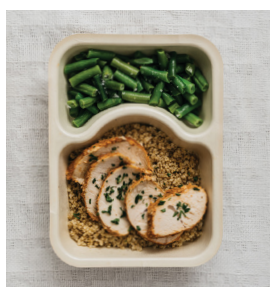
Food is Medicine (FIM) for Central Massachusetts



Project Overview:

Community Servings was awarded a \$250K Synergy Initiative Planning Grant from the Health Foundation of Central Massachusetts (HFCMA) to strengthen and support Central Massachusetts' regional Food is Medicine providers and expand access to medically tailored meals (MTM) across the entire region. The project aims to integrate MTM into healthcare through a three-part strategy:

- 1 Identifying opportunities for expanding MTM delivery in Central Massachusetts in collaboration with health-care partners and community-based organizations and establishing sustainable reimbursement pathways.
- 2 Strengthening and expanding the FIMMA Coalition's Central Massachusetts representation to advocate for new strategies/opportunities from Part 1 and the Food is Medicine policy changes at state and federal levels necessary to sustain them.
- 3 Evaluating the new strategies/opportunities from Part 1 to enhance MTM programming and provide evidence for policy expansion.



Medically Tailored Meal Intervention:

MTMs are personalized for individuals with severe, complex, and chronic illnesses, designed to improve health outcomes, lower costs, and increase patient satisfaction. They are an ideal form of nutrition therapy for patients experiencing multiple chronic health conditions, who can be some of the highest need, highest cost patients to treat, generating up to 50% of overall healthcare costs.

About Community Servings:

Community Servings is a Boston-based nonprofit providing home-delivered MTM and nutrition services throughout Massachusetts and Rhode Island. This year, the agency will home-deliver over 1.2 million scratch-made meals to people with diet-related critical and chronic illnesses like HIV/AIDS, cancer, diabetes, kidney disease, and more. In 2023, 7% of the agency's client referrals and 6% of the agency's deliveries went to 399 clients living in Central Massachusetts.

The agency is also a co-convener of FIMMA, a Massachusetts-based Food is Medicine coalition, and a leading member of the national Food is Medicine Coalition (FIMC), both of which advocate for the reimbursement of MTMs and related nutrition interventions into healthcare payment delivery models.



To Get Involved:

Contact Jean Terranova (jtterranova@servings.org) or Shannon Fain (sfain@servings.org) at Community Servings for more information.

