

Expanding Medically Tailored Nutrition in Central Massachusetts

The Synergy Initiative Pilot Project is a collaboration between The Health Foundation of Central Massachusetts and Massachusetts-based Community Servings. This innovative program aims to expand access to medically tailored groceries (MTG) in Central Massachusetts, offering a transformative no-cost nutrition intervention to residents facing health and food security challenges.

The pilot, the first of its kind in the region, will deliver MTG prescribed by Community Servings' team of Registered Dietitian Nutritionists to up to 55 residents of Central Massachusetts over a 24-week period who are at risk for food insecurity and experiencing one or more critical or chronic health condition, including diabetes, heart disease, renal disease, and others.



What Are Medically Tailored Groceries?

Medically tailored groceries are distributions of unprepared or lightly processed foods that recipients are meant to prepare for consumption at home. The contents are sufficient to prepare nutritionally complete meals or provide a significant portion of the ingredients for such meals, including produce, whole grains and legumes, and lean proteins.

Medically tailored groceries range from boxes of store-bought shelf products to a format-similar to a meal kit-with ingredients portioned by meal and small allocations of items like spice blends and sauces.

Who Can Enroll?

Central Massachusetts residents diagnosed with one or more critical or chronic illnesses, who face the risk of nutritional deficiency or imbalance due to food insecurity. Participants *must* be capable of preparing meals at home. Referrals to the program can come from healthcare providers, any insurer, or as a transition from Community Servings' more intensive Medically Tailored Meals (MTM) program. Referrals can also come from family members of potential participants, and from the potential participants themselves.

Participants enrolled in the pilot are required to complete a survey prior to starting and upon completion of the program. They will receive a \$25 gift card as compensation for their time.





About Community Servings

Community Servings is a Massachusetts-based nonprofit providing home-delivered MTM and nutrition services throughout Massachusetts and Rhode Island. Since 1990, the agency has prepared and home-delivered over 13M scratch-made meals to neighbors experiencing severe diet-related illnesses and health conditions like HIV/AIDS, cancer, diabetes, and high-risk pregnancies.

As a co-convenor of FIMMA (Food is Medicine Massachusetts) and a leading member of the national Food is Medicine Coalition (FIMC), Community Servings also advocates for integrating nutrition interventions like MTM into healthcare reimbursement models.

About The Health Foundation of Central Massachusetts

The Health Foundation of Central Massachusetts is dedicated to improving the health of those who live or work in Central Massachusetts, with particular emphasis on vulnerable populations and unmet needs. Through its unique and impactful approach to grantmaking, The Health Foundation supports community-identified health issues, with health defined broadly to include social determinants of health and with a focus on promoting health equity. As a health conversion foundation launched in 1999 following the sale of the not-for-profit HMO Central Massachusetts Health Care Inc., The Health Foundation's grants have totaled over \$59 million to more than 230 unique organizations over its history. For more information, visit www.thfcm.org.



To Get Involved

To participate in the pilot or refer a candidate, please submit a completed application form via secure fax at 617-522-7770. For further information, please contact Carmenmari Zaballa (czaballa@servings.org) or Jean Terranova (jterranova@servings.org) at Community Servings.

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