

Synergy Initiative: Medically Tailored Groceries and Mental Health Study

Study Overview

The Synergy Initiative Implementation Phase is a partnership between The Health Foundation of Central Massachusetts, Community Servings, and UMass Chan Medical School. The **Medically Tailored Groceries and Mental Health Study** will test a 6-month medically tailored grocery service for people with depression and food insecurity.

Population

- Worcester County residents
- Diagnosed with depression
- Screen positive for food insecurity
- Able to cook meals at home or have a caregiver/family member help

Study participants will be recruited in partnership with UMass Memorial and Community Care Cooperative (C3).

MTG Service

Those who enroll will be randomly placed in a group to receive either the MTG service or a \$30 gift card from a grocery store each month for 6 months. Participants enrolled in the study will be asked to complete a survey at the beginning and end of the program. They will receive a \$25 gift card for completing each survey.



Medically Tailored Groceries Intervention

For 24 weeks, participants will receive:

- A welcome box with program information, recipes, spice blends, and dried goods.
- 12 food box deliveries every two weeks, which include fresh local ingredients for 20 meals per box (i.e., five recipes with ingredients for four servings) at no cost.
- Access to written and virtual nutrition education resources, 1:1 RDN-led counseling sessions, and a peer support group.





About Community Servings

Community Servings is a Massachusetts-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. The agency is also a co-convenor 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.

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.

For More Information

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