



Community Supports – Medically tailored Meals



6/25/25

INTRODUCTION:

In CA , every **five** days, a person loses their life to pregnancy-related complications.

- California's pregnancy-related mortality ratio—pregnancy-related deaths per 100,000 births—is lower than the national ratio, it has been rising in recent years, and the majority of these pregnancy-related deaths are preventable.¹
- Medi-Cal covering 40% of births statewide, DHCS is uniquely positioned to drive significant improvements in maternal health and birth equity.
- In 2023, DHCS began developing a comprehensive policy and care model roadmap called the **Birthing Care Pathway** to cover the journey of all pregnant and postpartum Medi-Cal members from conception through 12 months postpartum.
- The Birthing Care Pathway is designed to be a strategic roadmap for state entities, managed care plans (MCP), counties, providers, social service entities, philanthropy, and other key partners serving pregnant and postpartum Medi-Cal members.
- The goals supported by the [California Health Care Foundation](#) (CHCF) and the [David & Lucile Packard Foundation](#), are to reduce maternal morbidity and mortality and address racial and ethnic disparities that disproportionately affect Black, American Indian/Alaska Native, and Pacific Islander individuals. ¹ [Birthing Care Pathway Report](#)

Roadmap to better nutrition care!

Care Management and Social Drivers of Health:

Delivering whole-person care; addressing social needs - **nutrition;** and strengthening partnerships with community providers with perinatal expertise.



Medically Tailored Meals - General Benefit Description – Current state

- Eligible members may receive 2 per day up to 12 weeks (168 meals)
- Weekly produce
- Paired alongside with nutrition education from a health educator over 12 weeks
- Program extension possible upon review.



**Eligibility criteria may vary by the Medi-Cal Managed Care Plan*

DHCS MEDICALLY TAILORED MEALS/MEDICALLY SUPPORTIVE FOOD – July 1, 2025

Summary of Refinements

The Medically Tailored Meals/Medically Supportive Food (MTM/MSF) Community Support provides **targeted food and nutrition services to Members with nutrition-sensitive health conditions**. The meals, food, and nutrition education provided through this service are specific to the Member's eligible health conditions and are a critical part of the Member's treatment plan to improve or maintain their health status.

Eligibility (Population Subset)

Individuals who have chronic or other serious health conditions that are nutrition sensitive, such as (but not limited to): cancer(s), cardiovascular disorders, chronic kidney disease, chronic lung disorders or other pulmonary conditions such as asthma/COPD, heart failure, diabetes or other metabolic conditions, elevated lead levels, end-stage renal disease, high cholesterol, human immunodeficiency virus, hypertension, liver disease, dyslipidemia, fatty liver, malnutrition, obesity, stroke, gastrointestinal disorders, gestational diabetes, high risk perinatal conditions, and chronic or disabling mental/behavioral health disorders.

Noting: Eligibility criteria may vary by MCPs.

Better Together!



Improve the quality of life and health outcomes

Meet people where they are in life

Address social drivers of health

Break barriers in accessing care

Reduce cost - whole person care



Maternal Nutrition Program Designs

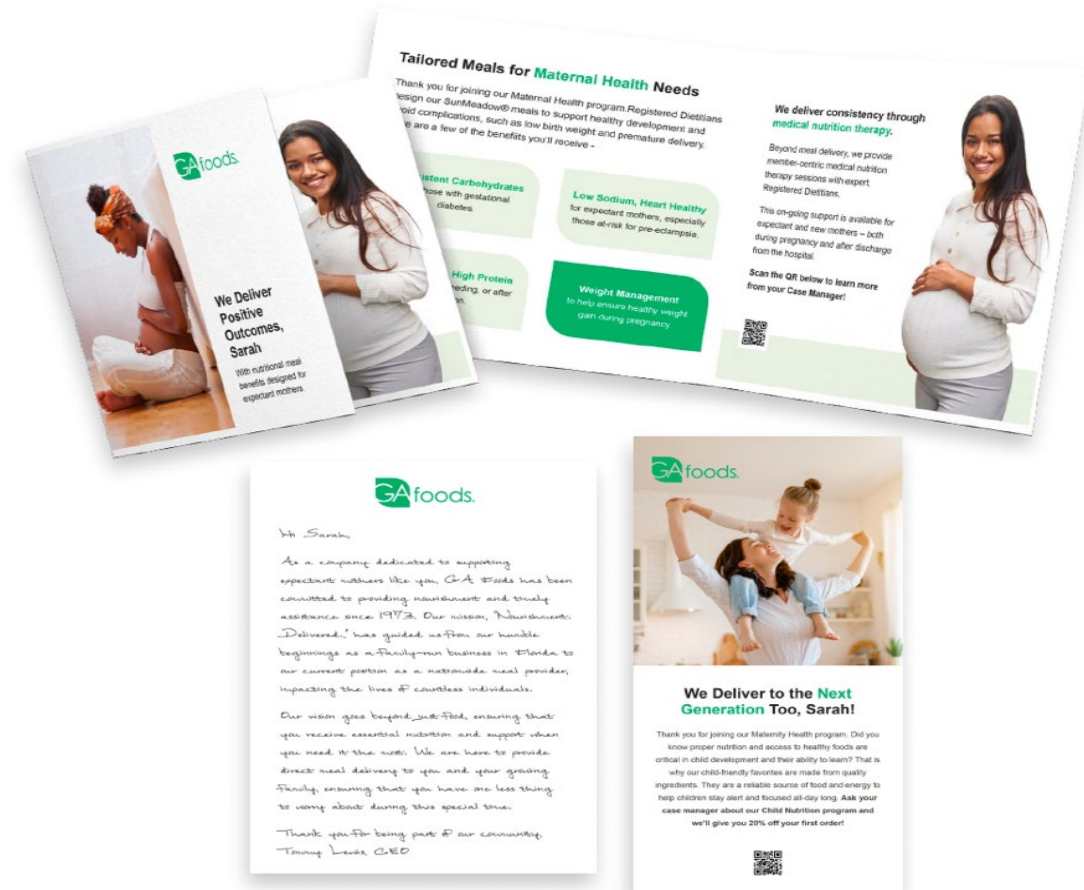
Clinical Impact – Proper Nutritional Support for Prenatal & Postpartum Members

Chronic conditions, such as high blood pressure & diabetes, can negatively affect the health of pregnant & postpartum individuals and increase the risk for adverse maternal & infant outcomes.

Prenatal Nutrition Benefits	Postpartum Nutrition Benefits
Decreases incidence of gestational diabetes mellitus [2]	Supports maternal recovery & overall health, replenishing nutrient stores, preventing postpartum depression, and improved healing from childbirth [5][6]
Reduces risk of preeclampsia and gestational hypertension in some populations [2]	Directly impacts the quality and quantity of breast milk, which is crucial for infant growth and development [5]
Nutrition education and counseling may support appropriate weight gain, avoiding both insufficient and excessive gain [1]	Ensures adequate Vitamin D intake which supports the immune system, brain, and nervous system. It may also help reduce the risk of postpartum depression and anxiety [5]
Promotes adequate intake of key nutrients like calcium, iron, and folic acid thus reducing harmful risks of deficiencies [3]	Provides for healthy fat intake that is crucial for breastfeeding infant brain & vision development, while also reducing the risk of postpartum depression in mothers [5]
Supports the creation of bodily reserves in anticipation of breastfeeding [4]	Increases success of infant meeting milestones through education & counseling of mom [5][6]

Medically Tailored Meals combined with Nutrition Therapy supports maternal health success.

- Maintaining proper nutrition throughout the entire pregnancy is crucial for optimal health of mom & baby.
- Women who follow health-conscious eating patterns during pregnancy have fewer pregnancy complications and adverse child health outcomes.
- The benefits of proper nutrition are evident at any point during pregnancy and postpartum; although the most impactful periods are just before birth and right after birth.



Citations

Citations:

- [1] <https://www.who.int/tools/elena/interventions/nutrition-counselling-pregnancy>
- [2] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9182711/>
- [3] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9492153/>
- [4] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9640361/>
- [5] <https://www.scientificamerican.com/article/top-5-nutrients-for-postpartum-recovery/>
- [6] <https://programs.online.american.edu/msne/masters-nutrition-education/resources/post-partum-nutrition>

We touch
communities,
organizations
and lives.



Company

- 52 years serving community-based organizations, health plans, military, DOD, disaster relief, FEMA, USDA and child nutrition
- 98% retention customer retention
- 30+ Million Meal Annual Production Rate
- 6+ Million Meals for COVID 180 days
- 2+ Million Fresh Food Boxes in 90 days

Fulfillment

- *Delivery Care Team(GA Drivers)*
 - 72% of meals delivered via GA employees
 - Total routes > 250+
 - 99%+ on-time deliveries
 - 10+ million miles driven annually
- Third-Party Delivery
 - Complete contiguous US coverage, including rural areas

Care Center

- *Average Speed of Answer (PD-ASA)*
 - 20 seconds
- *Weekly Call Volume*
 - Inbound 10,200
 - Outbound 45,000
- *Call abandon rate*
 - 2.5% (below CMS average)



190+ Health Plan Partners



7+ Million Members(eligible members)



52-year history of serving the community



40+ Million Meal Production

Our Managed Medi-Cal Plan Partners

Northern California



Our Managed Medi-Cal Plan Partners

Southern California





How we nourish members
through Community Supports

Medically tailored prepared meals



Members meet with our dedicated team of clinical Registered Dietitians to conduct full assessment and discuss nutrition's impact on their conditions

Members eligible for up to 2 meals per day for 12 weeks. *Longer if medically necessary*

GA Foods Dedicated Clinical Nutrition team of Registered Dietitians

Meal Assignment

Upon enrollment, each member meets with one of our registered and licensed clinical dietitians for a comprehensive assessment. Based on this evaluation, the dietitian assigns a customized diet plan specifically tailored to support the member's chronic health treatment needs.

Nutrition Diagnosis and Goal Setting

Our dietitians work closely with members to establish achievable short-term goals. They provide expert guidance on utilizing our Medically Tailored Meals and produce boxes to support behavior change, nutrition education, and measurable improvements in health status.

Personalized Experience

Our expert dietitians have full access to our meal delivery options and are thoroughly trained in our complete catalog of offerings. This expertise enables them to design truly individualized programs that align with each member's unique needs, preferences, and health objectives.

Continuity of Care

At GA Foods, continuity of care is a top priority. Each member is supported by the same dedicated dietitian throughout their medically tailored program. This consistent relationship ensures a seamless experience and the most cohesive, effective treatment plan possible.

Expedited Care

Our dietitians are integral members of the care delivery team, enabling quick adjustments, updates, and data collection. This streamlined approach ensures that changes are implemented efficiently, making the process fast and stress-free for both you and your members.

Measurable Outcomes

 Our dietitians personalize assessments and follow-ups to focus on the health areas that matter most to you. They provide detailed reporting on each member's progress, offering clear insights into health outcomes before and after program participation.

Medically Tailored Meals

Address essential Health-related social needs (HRSN) for vulnerable populations with GA Foods' variety of 60+ meals.



Low Sodium, Heart Healthy

Congestive Heart Failure,
Hypertension, Expectant
mothers & Pre-eclampsia



High Calorie, High Protein

Malnutrition, Cancer, HIV,
Wound Healing, Surgical
Recovery



Diabetes Support

Consistent Carbohydrate,
Gestational Diabetes, and
GLP-1 support



Kidney Friendly

Chronic Kidney Disease
and End Stage Renal
Disease



Culturally Diverse



Pureed Dysphagia



Weight Management

Obesity, Pre-diabetic & Pre-
bariatric surgery goals

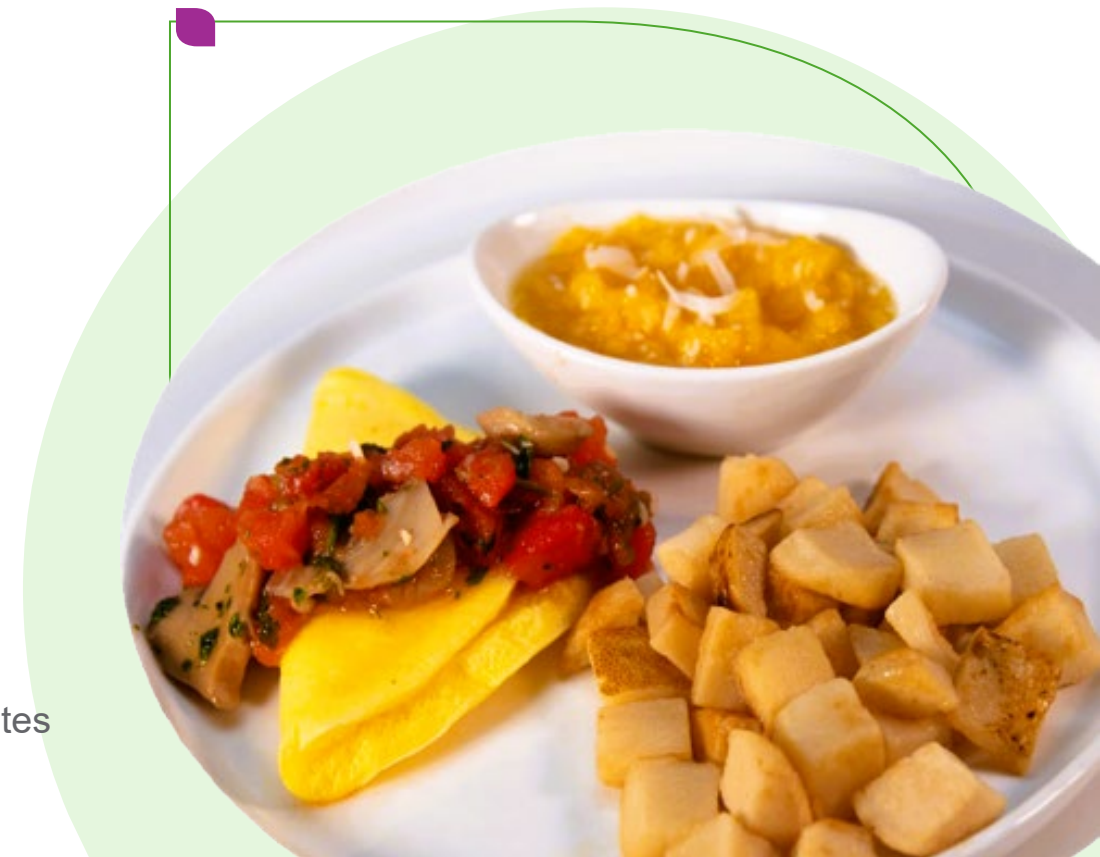


Maternal Health

Preconception,
Perinatal, pregestational diabetes
& pre-eclampsia



Medically
Tailored
Meals



We deliver
innovation in the
products we offer



Importance of Home-Delivered Meals Benefit

Numerous studies prove that home-delivered meals for seniors, expecting mothers, and those with chronic conditions play a significant role in better outcomes and profitable ROI.

- Lower readmission rates
- Improved clinical outcomes
- Reduce complications
- Help reduce food insecurities
- Provide access to healthy food
- Manage gaps in care
- High-cost avoidance
- Improved utilization
- Reduce falls risks
- Reduce mortality & morbidity rates
- Increase NPS scores & Star ratings
- Increased member engagement & retention

...and more!



Proven Impact:

50%

reduction in
inpatient
admissions**

52%

decrease in
readmissions**

40%

decrease in
healthcare
spend*

>\$750

savings in
PMPM care*

Dysphagia Management

(Swallowing Disorders)

We can also serve members that suffer from swallowing conditions, like Dysphagia. We offer Hormel Health Labs Thick and Easy® puree meals that are appealing in flavor and appearance.

Pureed Meals

TMS000688

Pork Chop with mashed potatoes, broccoli, applesauce, margarine, and instant breakfast.

Turkey Breast with mashed sweet potatoes, green beans, and pudding.

Macaroni and Cheese with applesauce, broccoli, and pudding.

Roast Beef with whipped potatoes, green peas, margarine, and pudding.

Ham with mashed sweet potatoes, carrots, pudding, and margarine.

Chicken Breast with garlic mashed potatoes, green beans, applesauce, and instant breakfast.

Beef with cheesy mashed potatoes, corn, and applesauce.

All meals served with nonfat fortified dry milk.

Liquids may need to be thickened as ordered by physician or speech pathologist.

THIS INFORMATION IS NOT INTENDED TO REPLACE MEDICAL ADVICE. PLEASE DISCUSS ANY CONCERNS WITH YOUR PHYSICIAN.



Medically-Tailored Meals



High-Calorie, High-Protein Meals

Week 3

TMS002383

Manicotti Alfredo with corn, carrots, sunflower seeds, whole grain bread, and margarine.

Chicken in Italian Sauce with green beans, diced potatoes, cookie, whole grain bread, and margarine.

Beef Patty in Teriyaki Sauce with mixed vegetables, white rice, applesauce, whole grain bread, and graham crackers.

Pork Chop Patty in Sofrito Sauce with sweet potatoes, stewed tomatoes, fruit juice, cookie, and whole grain bread.

Stuffed Pasta in Broccoli Cheese Sauce with corn, whole grain bread, cookie and applesauce.

Chicken in Thai Ginger Red Curry Sauce with green beans, carrots, peanut butter, cookie, whole grain bread, and margarine.

Pasta Bolognese with Italian vegetable medley, applesauce, fruit juice, whole wheat bread, and margarine.

All meals served with nonfat fortified dry milk.

Week 4

TMS002384

Chicken & Stuffed Pot Pie with mixed vegetables, strawberry applesauce, fruit juice, peanut butter, and whole grain bread.

Meatloaf with Stewed Tomatoes with cheesy mashed potatoes, cookie, whole grain bread, and margarine.

Three Cheese Macaroni & Cheese with green beans, carrots, applesauce, whole grain bread, and margarine.

Honey Mustard Chicken with diced potatoes, carrots, fruit juice, whole grain bread, margarine, and cookie.

Meatballs & Pasta Marinara with green beans, sunflower seeds, and whole grain bread.

Batter-Dipped Crispy Fish Nuggets with carrots, green beans & red peppers, tartar sauce, applesauce, whole grain bread.

Beef Patty in Brown Gravy with mixed vegetables, brown rice, whole grain bread, mixed fruit, and cookie.

All meals served with nonfat fortified dry milk.

THIS INFORMATION IS NOT INTENDED TO REPLACE MEDICAL ADVICE. PLEASE DISCUSS ANY CONCERNS WITH YOUR PHYSICIAN.



Be Healthy

Medically-Tailored Meals

These meals are suitable for members with:

-  **Diabetes**
-  **Cardiac Diseases**
(Except for Congestive Heart Failure)
-  **Obesity**

The nutrient targets for Be Healthy are:

-  **Calories:** <650 cal/meal
-  **Fiber:** 20-30g/day, >7g/meal
-  **Fat:** <20-35% total calories
-  **Protein:** >20g/meal
-  **Sat Fat:** <7% total calories
-  **Cholesterol:** <200mg/day
-  **Carbohydrates:** 60-75g/meal
-  **Sodium:** <2300mg/day

Week 1
TMS002377

Honey Orange Glazed Fish with broccoli, garlic mashed potatoes, whole grain roll, and margarine.

Breaded Chicken in Country Pepper Gravy with mixed vegetables & squash medley, Brussels sprouts, graham crackers, and mixed fruit.

Beef Patty in Mushroom Gravy with Brussels sprouts, garlic mashed potatoes, peaches, whole grain bread, and margarine.

Meatballs in Stuffed Pasta in Italian Sauce with Italian vegetable medley, fruit cup, whole grain bread, and margarine.

Pork Riblet in BBQ Sauce with mixed vegetables, garlic mashed potatoes, whole grain roll, and margarine.

Chicken Patty in Picadillo Sauce with corn and sweet potatoes,

Pork Rib in Korean BBQ Sauce with broccoli, pineapple Mandarin fruit, whole wheat bread, and margarine.



Be Well

Medically-Tailored Meals

These meals are suitable for members with:

-  **Renal Disease**
-  **Liver Disease**
-  **Cardiac Diseases**
Like congestive heart failure or poorly controlled high blood pressure.

The nutrient targets for Be Well are:

-  **Protein:** <20g/meal
-  **Potassium:** <800mg/meal
-  **Sodium:** <600mg/meal (most are <500mg)
-  **Phosphorus:** <350mg/meal

Week 1
TMS002385

Beef Patty in Teriyaki Sauce with white rice, mixed vegetables, and pears

Chicken Patty in Picadillo Sauce with corn, sweet potatoes, and margarine.

Meatballs & Pasta in Marinara with green beans and pears.

Cheese Omelet Skillet with Garden Sauce with diced breakfast potatoes, sliced peaches, and margarine

Breaded Chicken with Country Pepper Gravy with mixed vegetable & squash medley, Brussels sprouts, and mixed fruit.

Eggs in Garden Sauce with diced breakfast potatoes with onion, cranberry apples, and peaches.

Mexican Bean Burrito with Queso with carrots and parsleyed corn.



Weekly Produce Box – Seasonal Fresh Veggies & Fruits

- Made available in lieu of frozen meals (based on the RD's assessment and recommendation, case by case)
 - ❑ Depending on each case, member may receive 6 weeks of frozen meals & 6 weeks of fresh produce box.
 - ❑ Extension available if medically necessary.
- Consists of 2 bundles of greens, 1 head of cabbage, 1 head of broccoli, 1 bell pepper, 1 onion, 4 apples, 4 oranges, 1 sweet potatoes, 1 lb. mini carrots (*subjected to change depending on seasonal availability. If an item is not available, it shall be replaced with another fruit or vegetable*)
- Cooking recipe inserts

Sweet Potato Apple Soup - Serves 4

1/2 tsp olive oil or vegetable oil
1/2 cup onion, chopped small
1 piece celery cut small pieces
1 apple, cored, cut into small dice
1 garlic clove, chopped fine

2 cups chicken or vegetable broth
no sodium
1/2 cup water
2.5 sweet potatoes, peeled & diced
.5 tbs lime juice fresh

DIRECTIONS

Put large pot on medium heat. Add oil, onions, celery and cook until clear, about 6 minutes. Add apples, garlic, a few pinches of salt and cook for about 2 minutes. Add stock, water, and sweet potatoes and bring to a boil. Reduce heat to medium simmer for about 30 minutes or until all vegetables are tender with a fork. Add lime juice and salt to taste. Garnish with pumpkin seeds.

Roasted Potatoes & Carrots- Serves 4

3 potato, sliced rounds
4 carrot, sliced rounds
1 onion, peeled and sliced into 1/2-inch-thick round
1/2 tsp salt
2 tsp canola or olive oil

OPTIONAL

1 tsp parsley, chopped

DIRECTIONS

Preheat oven to 425 degrees. Brush or use hands to mix carrots, potatoes, onions, salt, oil in a bowl. Place veggies on single layers on baking sheet. Roast for about 30 min then flip halfway through, done when tender. Mix all vegetables, add optional parsley as garnish

Four Greens Slaw - Serves 6

1/2 head cabbage, shredded
1 cucumber, small dice
1 celery stalk, small diced
1/4 head broccoli, chopped sm
1/4 of onion, peeled, sliced very thin
1/2 cup dried pumpkin seeds

3 tsp olive oil
2 tsp apple cider vinegar
Presentation last modified: March 6
1/2 tsp salt

DIRECTIONS

Add cabbage, cucumber, celery, broccoli, and onion into a large bowl. In a small bowl, whisk together the olive oil, apple cider vinegar, maple syrup. Pour dressing over the slaw and toss well. Taste and adjust, try not to add more maple syrup! Cover and place in fridge for at least 1 hour to marinate. Remove from fridge, add pepitas, toss, and serve.

Roasted Apples with Balsamic - Serves 4

6 apples
2 sweet potatoes
1 onion
1 tsp olive oil or canola oil
1 tsp balsamic vinegar reduction
1.5 tsp garlic chopped
Salt to taste

DIRECTIONS

Preheat oven to 450 degrees F. Line baking sheet with foil. Core and cut apples into quarters. Cut sweet potatoes into 8 large pieces. Do the same for the onion. Mix all ingredients together and cook for about 40 minutes or until sweet potatoes are cooked. Lightly drizzle balsamic vinegar on top. Too much will make the dish too sweet.



HOW TO STORE FRUITS AND VEGETABLES

Produce to Store in the Fridge Temp 41° F or less	Store These on Your Counter Then Move to the Fridge When Ripe	Produce to Store at Room Temp Temp 50 - 60° F
Apples	Apricots	Bananas
Asparagus	Avocados	Basil
Berries	Kiwi	Cucumber
Corn on the Cob	Mangoes	Eggplant
Broccoli	Melons	Garlic
Brussels Sprouts	Nectarines	Grapefruit
Cabbage	Papayas	Green Beans
Carrots	Peaches	Lemons
Cauliflower	Pears	Limes
Cherries	Pineapple	Onions
Cilantro	Plums	Oranges
Dark Leafy Greens		Potatoes
Grapes		Summer Squash
Leeks		Sweet Potatoes
Lettuce		Watermelon
Parsley		Winter Squash
Pomegranate		Zucchini

Nutrition Education Delivered at each Nutrition Consultation

Nutrition education resources are developed by our team of Registered Dietitians and are available for members

- Disease-specific content on how the member can manage their condition, including medical nutrition information, medication usage, goal setting, and physical activity.
- General information to inspire members on their health journey, like recipes, videos, healthy eating tips, and activity ideas.
- Custom branding available.



Real Results

Our MNT Program has shown an extraordinary transformation among members, showcasing remarkable progress:

- **240%** Surge in Fruit and Vegetable Consumption
- **77%** decrease in intake of sweetened beverages
- **74%** increase in members reporting better understanding of their health and dietary needs
- An average of **5%** weight change within 3 months
- Over **32%** of members reported an improvement in blood sugar
- Members consistently report increased nutrition health management knowledge and confidence in following prescribed plans.



Medical Nutrition Therapy Testimonials

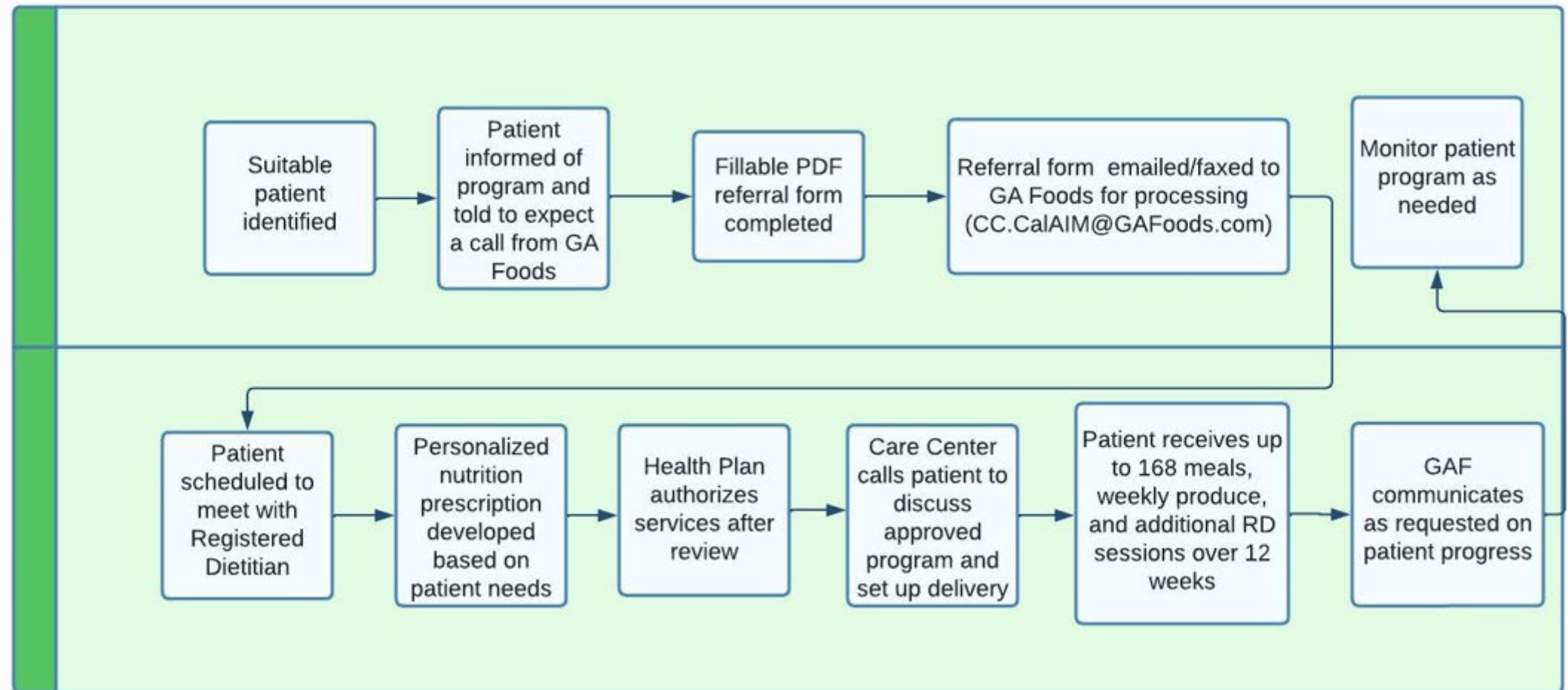
Mrs. Jones is receiving GA Foods Weight Loss meal boxes. She enjoys the meals overall; she is eating 3 meals per day. She has lost 15 pounds since the program started! She is very happy with the results so far and staying on track. She stated that the portion size in the meals has been great in teaching her when to stop eating. She also has been able to make better choices. Member asked for an extension for her meals!

Mrs. Smith is on a consistent carbohydrate diet and lost a total of 11 pounds so far from incorporating GA Foods meals into her diet and started a walking routine! She's up to 30 minutes of walking per day in less than 2 months!

Mr. Johnson is receiving GA Foods renal meals. Before his MNT consultation, he was unsure how to avoid the many foods his doctor had told him about, including potatoes and tomatoes. I talked to him about portion sizes, how to communicate with his dialysis center regarding phosphorus and potassium levels, and how to track total nutrient intake. Mr. Johnson was happy to share that he is much more confident about following his diet and was excited to be able to eat our renal meals. He stated that with GA Foods meals, it's much easier to ensure he is eating a nutritious meal that isn't harmful to his health instead of junk food.



Medically-Tailored Meals Referral Process



**CalAIM Community Supports
Medically Tailored Meal Service
Referral Form**



Member Information	
First Name:	Middle Initial: Last Name:
Gender:	Language: D.O.B.:
Address:	
Address 2:	Apartment:
City:	State: CA Zip Code: County:
Primary Phone:	Secondary Phone:
Managed Medi-Cal Care Plan:	
Member ID:	Alternative Contact:
Member Qualifications for Meals (check all that apply)	
☐ Member recently discharged or is scheduled to discharge from a hospital or skilled nursing facility. Anticipated discharge date (if applicable):	
☐ Member at risk of hospitalization or nursing facility placement.	
☐ Member has a chronic condition (please specify). ☐ Diabetes	
☐ Congestive Heart Failure ☐ Chronic Kidney Disease ☐ Cardiovascular Disorder	
☐ HIV ☐ Cancer ☐ Stroke ☐ Mental/Behavioral Health Disorder	
☐ Gestational Diabetes ☐ Lung Disorder ☐ Other:	
☐ Member has extensive care coordination needs.	
Referring Person's Information	
Organization:	Contact Name:
Contact Phone:	Contact Email:
Additional Information	
Please use this field to provide any additional relevant information for this member:	
Member consents to release of medical information from health care provider to GA Foods for evaluation of diet and nutritional counseling. Member consents to meal delivery and nutrition services from GA Foods, if authorized.	
<i>Member may be eligible for prepared meals, grocery delivery, and nutritional counseling with a Registered Dietitian.</i>	
Member Signature or Verbal Assent Made To:	Date

For questions about this form, please call the GA Foods Care Center at (844) 830-1602 or email cc.CalAIM@GAFoods.com

**Submit Referral, Member ID Card, & Supporting Documentation
(if available) via Fax to (352) 793-3933 or via Secure Email to
cc.CalAIM@GAFoods.com**



findhelp

We deliver quickly to members nationwide



FedEx®

2-Day Guaranteed



Dedicated case manager support through account management, customer care, text communications, CEUs and educational content.





THANK YOU!!

Janet Uy, MHA

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Member Testimonials



*“Member is receiving our renal meals. Prior to our consult member was unsure how to avoid the many foods his doctor had advised him of, including potatoes and tomatoes. I was able to educate him on portion size, how to communicate with his dialysis center regarding phosphorus and potassium levels, and how to track total intake versus single food items. **He is happy to share that he is much more confident about following his diet and was excited to be able to eat our renal meals. He stated that the meals make it much easier for him to make sure he is eating a full nutritious meal instead of just junk foods that he thought were not harmful for his kidney health.”***

“Member has been receiving our consistent carbohydrate meals and incorporates 2 of them into his diet daily. He stated that his blood sugar has significantly improved since starting our program. His fasting blood sugar has not been over 120mg/dL in months, and he is very excited about this improvement. Member has been able to follow a low sodium, low sugar diet and has also increased his fruit and vegetable intake over the past few months. He is able to heat up the meals on his own and now follows a 3 meal per day routine.”

*“Member reported his blood sugars improved from
190-220 mg/dL down to 140-150 mg/dL & his A1C
dropped from 11.7% down to 8.5% while receiving
our meals. *Major wins!*”*

*“Member has a history of being hospitalized for high blood sugars. When he first started the program his blood sugars were in the 200 mg/dL range. He said since starting our meals, his blood sugars have **stayed below 200 mg/dL and are typically in the 100 mg/dL or below range**, which is a tremendous improvement!”*

“Nutrition follow up completed today with member, all medical and other information provided by member during phone call. Member is receiving our meal boxes and eating 2 meals per day, he is adding his own breakfast and doing his best to stay within our recommendations for healthier options for breakfast. Today he stated that the meals have been integral in keeping him on track with his new diet. He stated that sometimes he doesn't want to eat them and would prefer a fast-food meal, but because our meals are so easy to prepare, he goes ahead and has one of our meals and feels really good that he made the right choice for his health. He stated that he has been told several times to change his diet but has been unable to do it alone and our meals have been the way for him to kickstart these changes. We reviewed his care plan, talked about hydration, good breakfast choices and answered all his questions.”

*“Nutrition follow up completed today with member, all medical and other information provided by member during phone call. Member is Spanish speaking only. He is receiving our meal boxes and eating 2 meals per day. He stated that he has had difficulty eating due to low appetite and not very hungry. He believes it is related to his medications. However, he is determined to eat healthier foods and stay strong, so he is eating our 2 meals each day consistently. **He was grateful for the meals we are sending and said they are helping him stay on track with the restrictions his doctor recommended.** We reviewed his plan, no changes. He asked appropriate questions and verbalized understanding.”*