



Project Angel Food *Los Angeles County, CA*

Community Presentation

Improving Lives: Luke's Story



About Us

- Medically Tailored Meal community-based organization serving L.A. County.
- Founded in **1989** in HIV/AIDS epidemic
- Since then, prepared and delivered
 - nearly **20 million meals**
 - 1.5 million annually
- Construction project underway -- tripling capacity



Trusted Provider



A FOUNDER OF MTM



WE ARE A PART OF
HEALTHCARE



COMMUNITY
CONNECTIONS AND
KNOWLEDGE



PERSONAL TOUCH



We Have and We Meet High Standards

- 1 of 13 accredited providers nationwide
- Independent auditor with detailed, 30+ page accreditation standards
 - Nutrition care
 - Client services
 - Proper medical tailoring
 - Food safety
 - Volunteer-supported services
 - Privacy and other important standards

- High food quality and safety standards prohibiting
 - Artificial sweeteners
 - Food coloring
 - High fructose corn syrup
 - Preservatives
 - Trans fats
 - Ultra-processed foods

What is a Medically Tailored Meal?

- Locally produced meals that reflect appropriate dietary therapy based on **evidence-based practice guidelines**.
- Plan determined by an RDN
 - Based on a nutritional assessment
 - Guided by referral from a healthcare provider
- Six Core Meal Plans:
 - Heart Healthy and Diabetes-friendly (Options for No Pork & No Beef)
 - Low Protein (CKD)
 - Dialysis-friendly
 - Gastrointestinal friendly/bland
 - Modified texture
 - Vegetarian



Best By: 07/15/2025
Keep Frozen

Mongolian Beef, Seasoned Peas and Snap Peas, Fried Brown Rice

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 serving per container		Total Fat 17g	22%	Total Carbohydrate 40g	15%
		Saturated Fat 4g	21%	Dietary Fiber 5g	19%
		Trans Fat 0g		Total Sugars 7g	
		Cholesterol 52mg	18%	Includes 0g Added Sugars	0%
		Sodium 530mg	23%	Protein 25g	
Calories Per serving		415			
		Vitamin D 0mcg 0% • Calcium 72mg 6% • Iron 4mg 25% • Potassium 597mg 13% • Phosphorus 349mg 28%			

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

(Mongolian Beef HH-CC): Lean ground beef, low sodium soy sauce, green onion, rice vinegar, sesame oil, brown sugar, fresh ginger, garlic, sesame seeds, crushed red pepper flakes, (Fried Brown Rice): water, brown rice, green onion, canola oil, sesame oil, sesame seeds, (Seasoned Peas and Sugar Snap Peas): sugar snap peas, peas, garlic powder, Black Pepper

Contains Sesame, Soybeans, Wheat. Produced in a kitchen that may contain other allergens.

HEATING INSTRUCTIONS:

MICROWAVE – Keep plastic film on and cut a small slit in the middle of each compartment. Heat in microwave for 3 -4 minutes if meal was thawed. Heat for 4 -5 minutes if meal was frozen.

OVEN – Preheat oven to 350 °F. Remove plastic film. If possible, cover with tinfoil. Place meal on cookie sheet (container is oven-safe). Cook for 30 minutes if meal was thawed. Cook for 45 minutes if meal was frozen.

For best quality, thaw meal overnight in the refrigerator. Consume thawed meals within 24-48 hours. Do not heat meal containers above 400 °F.

Heart Healthy	No Pork
---------------	---------

NET WT. 0.0Z (1 g)

Manufactured by Project Angel Food
230 W Ave 26, Los Angeles, CA 90031

Meals, continued

Heart Healthy Meals

Low sodium <650 mg
and provide 400-
600kcal/meal, 30-50g
CHO, 25-35g Protein
and only 3-5 g
saturated fat/meal.

Rotating 12-week cycle
menu

Provides variety and
fewer repeat meals.

Certain
accommodations can
be considered.

No pork, no beef, no
fish.

Not an allergen free
kitchen

No severe reactions:
Trouble breathing,
anaphylaxis, epi-pen,
ED history.

1-Week Heart Healthy Menu Example

Su: Chicken Jambalaya w/ cilantro lime brown rice and collard greens

M: Hungarian pork stew w/ seasoned green beans and brown rice

T: Florentine tart w/ roasted red potatoes and seasoned garbanzo beans

W: Chicken mozzarella and parmesan, w/ polenta and seasoned yellow squash and zucchini

Th: Baked fish w/ mushrooms, brown rice, seasoned peas and roasted broccoli

F: Beef chili and roasted potatoes, seasoned pinto beans and roasted cauliflower

S: Turkey meatballs w/ marinara, seasoned white beans and seasoned green beans

Mongolian Beef, Seasoned Peas and Snap Peas, Fri

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No Pork

NET WT. 0.0Z (1 g)

Manul
230 W



MEDICAL NUTRITION THERAPY

- 1:1 Nutrition-based sessions provided by RD
 - Comprehensive nutrition assessment
 - Personalized nutrition recommendations
 - Counsel clients on behavioral and lifestyle changes
 - Nutrition education
 - Individualized client centered goals
 - Lasting knowledge, impact, and skills!
- Education provided by phone for client's convenience.
- Client or caregiver must be able and willing to complete sessions.
- Health info promotes optimal counseling -- and advocacy for extension of services where applicable.
- Best practices include education as part of client's overall care plan, care coordination and for most impact.



Bethsaida's Journey

Background:

- 66-year-old
- Referred by Anthem
- Lives with cardiovascular disease, COPD, hypertension, lupus, rheumatoid arthritis

Impact:

- **Cholesterol lowered** — no longer on medication
- **Prediabetes risk reversed**
- **Weight loss** from balanced eating, not dieting
- **Improved sleep** after starting CPAP (encouraged by RD)
- **Energy boost** allowed for daily walks & physical therapy
- **Stress reduced:** “I don’t have to use up my energy cooking.”

Next Steps:

- Requested **3-month extension** to build lasting habits
- Became a **vocal advocate**, encouraging others to join



“Food is medicine. I appreciate this so much. God bless everyone who makes this possible.”



Food Is Love ... And We Love L.A.

Services of Love

- Toy drive
- Birthday bags
- Veteran bags
- Holiday meals
- Kids' breakfast program
- Telephone Angels
- Fire Relief & outreach





Volunteer Driven

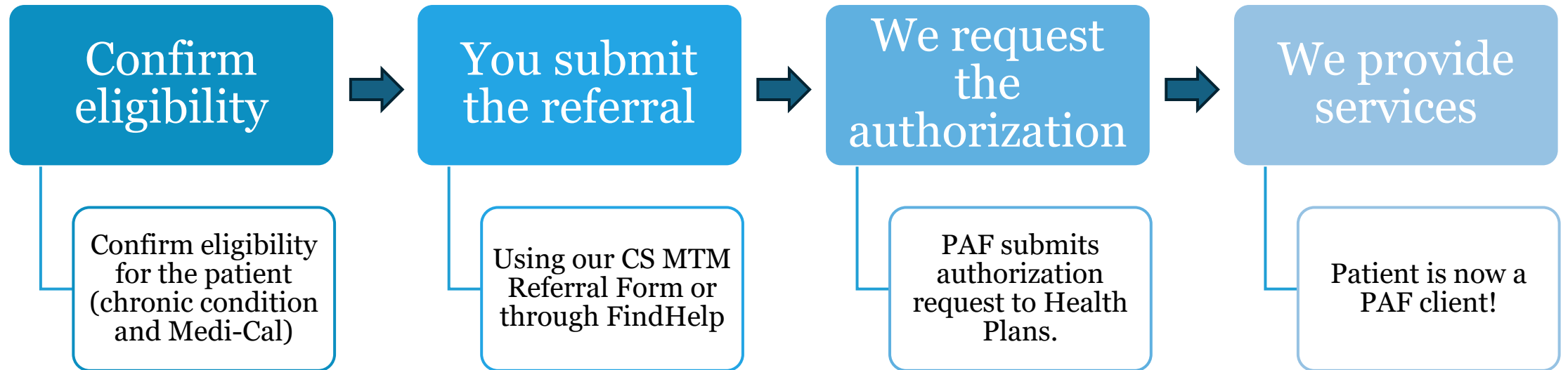
- Volunteers cook every day.
- Volunteers deliver meals to clients.
- In 2024
 - 5,022 volunteers
 - 44,500 hours of service
- Thousands of inquiries during fire relief efforts

Community Supports

in partnership with



Our Process



Services Included



2 MEALS/DAY



FRESH FRUIT



NUTRITION
EDUCATION

Eligibility: Chronic Health Conditions



Cancer



Cardiovascular
Disorders



Chronic Kidney
Disease



Chronic Lung
Disorder



BSC & Health Net Only
Chronic mental
health disorders



Congestive Heart
Failure



Diabetes



End Stage Renal
Disease



Human
Immunodeficiency
Virus (HIV/AIDS)

Referral form

One-stop referral form

PAF connects members to services across five MCPs

PAF will request the authorization to the appropriate MCP

Prompt outreach and onboarding


Community Supports MTM Referral Form

PATIENT INFORMATION

Full Name: _____ Preferred Language: _____
Address: _____
Phone: _____ Alternate Phone: _____ Email: _____
Medi-Cal CIN: _____ Date of Birth: _____
Health Plan: ☐ Anthem Blue Cross ☐ Blue Shield Promise ☐ Health Net ☐ L.A. Care ☐ Molina

REFERRER

Name: _____ Title: _____
Agency: _____ Phone: _____ Email: _____

ELIGIBILITY CRITERIA

Chronic Condition *Insert ICD-10 Codes if known:* _____
☐ Cancer ☐ Congestive Heart Failure
☐ Cardiovascular Disorders (Please Specify): _____ ☐ Diabetes
A1C: _____
☐ Chronic Kidney Disease or End-Stage Renal Disease ☐ Human Immunodeficiency Virus (HIV)/AIDS
Stage: _____ ☐ Lung Disorder
☐ Chronic or disabling mental/behavioral health disorders (Health Net and Blue Shield Only) ☐ Stroke: Date(s) _____
☐ Any other known conditions: _____

Is the member at high risk of hospitalization or nursing facility placement? ☐ Yes ☐ No
Has the member been recently discharged from a hospital or nursing facility? ☐ Yes ☐ No
Does the member have extensive care coordinating needs? ☐ Yes ☐ No

CONSENT

Consent: Member consents to meal delivery and nutrition services from Project Angel Food. Member consents to release of medical information from health care providers to Project Angel Food for evaluation of diet and nutritional counseling. The member agrees to this referral. The member consents that Project Angel Food may share information about member's nutrition counseling and diet back to referring agency, and to other agencies involved in member's care, for use in member's treatment.

Allergy Waiver and Disclosure: Member is aware and understands that the Project Angel Food kitchen is not allergen-free, and meals may come in contact with allergens. Member accepts full responsibility for any and all harm resulting from an allergic reaction associated with this service. *Member will not be eligible to if they have a life-threatening allergy.*
Food allergies and reaction: _____

Member Signature or Verbal Assent Made To:

Date

Please submit any supporting documentation such as labs with the referral.

We deliver food as medicine, with love and personal care.

To submit referrals or for any questions:

Email: communitysupports@angelfood.org

www.angelfood.org/communitysupports

Phone: 323-337-9650

Fax: 323-845-1834

Revised: January 2024

Intentional Partnerships



40+ referral partners



In-person and virtual outreach presentations



Care coordination

Nutrition counseling notes
shared with partners
Shared success stories
Closing the loop on referrals

“I’ve known Project Angel Food as a fellow Angeleno myself and have read their amazing work even before working together. The magic that this institution has is visible in their overall work ...I have experienced this on a first-hand basis, as I helped deliver holiday meals...The love felt on this day was true magic!”

**Monica Cotom, CalAIM
Director, St. John’s Community
Health**

St. John’s
Community Health

CalAIM: Year 4

4.5k+

Clients Served

80%

Program Completion



Growing, Large Referral Network



Low rate of
complaints



LANES: Health Exchange
Participant



Funding
Recipient

Visit our website!

- Visit our website to see more information on the program and our impact
- Download the fillable PDF referral form!



COMMUNITY SUPPORTS PROGRAM

PROJECT ANGEL FOOD IS REVOLUTIONIZING HEALTH CARE IN LOS ANGELES BY PARTNERING WITH LEADING HEALTH CARE PROVIDERS TO DELIVER RESEARCH-DRIVEN, MEDICALLY TAILORED NUTRITION, DIRECTLY ADDRESSING THE CRITICAL NEEDS OF OUR COUNTY'S SERIOUSLY ILL RESIDENTS.



WE OFFER STREAMLINED REFERRALS THROUGH A SINGLE FORM FOR QUICK ENROLLMENT, ENSURING PATIENT PRIVACY PER HIPAA, BACKED BY OUR RESPONSIVE, CULTURALLY AWARE, AND MULTILINGUAL TEAM.

To submit referrals or for any questions, email us : communitysupports@angelfood.org Phone: 323-337-9650 Fax: 323-845-1834 Or, download our Community Supports Medically Tailored Meals Referral Form. [CLICK HERE](#)

PARTNERSHIPS FOR ENHANCED HEALTH CARE INNOVATION

Contact Us!

For any additional questions, please reach out to us:



323-337-9650



communitysupports@angelfood.org



angelfood.org/communitysupports





Thank you!