



Medically Tailored Meal Programs
*Personalized Nutrition Solutions
for Healthy Outcomes*



Dedicated to the health and well-being of high-risk Californians

CalFIMC is an association of nonprofit community-based organizations serving California communities. We provide nourishing medically tailored meals and nutrition services to Californians with chronic and acute illnesses. Our services result in improved health outcomes, and reduced healthcare costs.

Depth

More than 150 years of combined experience feeding and caring for high-risk and high-need individuals

Breadth

Serving areas that cover over 65% of the state's Medi-Cal population, and growing

Experience

Partner with diverse health plans and healthcare providers.

A photograph of a plate of food. The main focus is a piece of cooked salmon topped with several slices of fresh lemon. To the left of the salmon are several stalks of green asparagus. In the background, there are green leafy vegetables and a small portion of a salad with red and white ingredients.

Our services help overcome healthcare disparities and promote health equity.

Delicious Nutritious Food and Quality Care

Medically tailored meals (MTM) are meals designed by a Registered Dietitian Nutritionist (RDN) reflecting appropriate dietary therapy based on evidence-based practice guidelines. Tailored to individual conditions, our MTM services are more than home-delivered meals; they include our nutrition counseling and education, supporting self-management and social connection.

Our MTMs benefit patients with nutrition-related health conditions including congestive heart failure, diabetes, chronic kidney disease, cancer, HIV/AIDs, COVID-19, and high-risk pregnancies.

32%

DECLINE IN
HEALTH CARE COSTS

Inspiring
Outcomes
and Benefits

63%

REDUCTION IN
HOSPITALIZATIONS

Greater patient
satisfaction, reduction
in social isolation,
and improved self-
management

High returns on
investment for
healthcare providers
and health plans

50%

IMPROVED
DRUG ADHERENCE

Our Unique Client-focused Services



Our delicious meals are hand-made from fresh ingredients, adapted for medical diagnoses, and home-delivered by our friendly team.



Our registered dietitians provide personalized medical nutrition education, focused on prevention and management of health conditions.



Our wellness checks and care management help to improve outcomes, and empower individuals to better manage their own health.

“Not only do these meals nourish, but they also hold promise for keeping people out of the hospital, preventing health crises, and allowing people to maintain independence at home.”

- Hilary Seligman, MD, MAS, Professor of Medicine,
University of California San Francisco



“Anthem Blue Cross understands that addressing social drivers, such as access to healthy food and nutrition programs, is key to improving health outcomes. That is why we are committed to investing in programs and partnerships that expand access to both healthcare and the life essentials that form the foundation of healthy living.”

—Les Ybarra, Anthem Blue Cross Interim Medi-Cal Plan President

Project Angel Food

Advantages of our Personalized Services

As community-based organizations (CBOs) with decades of experience in nutrition security services, we provide unique values and advantages that large for-profit companies rarely provide:

Human-Centered

- Social connections, with trained caring staff and volunteers who create a positive experience and reduce social isolation
- Personal interaction with nutrition experts through counseling and wellness checks
- Client empowerment about their own diets, nutrition, and self-care

Service-Oriented

- Reliable and timely service enrollment and delivery through local systems
- Collaborative and flexible approach with health plans to adapt programs to requests
- Tasty meals prepared by chefs, using fresh ingredients, tailored to medical diagnoses

Community Values

- Strong connections with other CBOs that can provide additional social services if needed
- Generate job opportunities with Member Agencies.





New Opportunities to Support MTM Benefits

CalAIM and Medi-Cal: The state initiative “California Advancing and Innovating Medi-Cal” (CalAIM) offers new opportunities for health plans and healthcare providers to deliver MTM benefits to their Medi-Cal and Duals members through In Lieu of Services (ILOS) and Enhanced Care Management. CalFIMC agencies are well-prepared to deliver those services.

Medicare Advantage: CalFIMC agencies also serve Medicare Advantage members and patients enrolled in private health plans.

“MTM Client Jacqueline began to see and feel positive changes to her health after a few weeks of eating medically tailored meals. “I did notice that when I ate that food, my energy rose up, and I started to lose weight,” she says. “It’s good for my heart and good for my body.” The education she received, she says, also helps her to ask questions about the nutritional value of foods and make smart choices about what she eats. [The MTM program] “has been a life saver.”

- Jacqueline, Project Open Hand Client



“The most profound impact Ceres had on me was the kindness of the community. You get a sense of hope when you know there’s people battling for you and a team supporting you.”

- Trevor, Ceres Client



Connect with CalFIMC

To contract with CalFIMC agencies or to make referrals, learn more at calfimc.org, email: info@calfimc.org or contact one of our member agencies in your area by visiting their websites, linked below.

Our member organizations:

[Ceres Community Project](#) | Marin, Solano & Sonoma Counties

[Food For Thought](#) | Sonoma County

[Fresno EOC](#) | Fresno, Kings, Tulare & Madera Counties

[Health Trust](#) | Santa Clara County

[Mama's Kitchen](#) | San Diego County

[Project Angel Food](#) | Los Angeles County

[Project Open Hand](#) | Alameda, Contra Costa & San Francisco Counties

[Teen Kitchen Project](#) | Santa Cruz County

