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FOR IMMEDIATE RELEASE

**GOD'S LOVE WE DELIVER AWARDED
\$200,000 GRANT FROM HELMSLEY CHARITABLE TRUST**

Grant Supports a Food Is Medicine Study to Determine the Benefit of Medically-Tailored Home-Delivered Meals for Vulnerable New Yorkers with Terminal Illnesses

NEW YORK, NY – May 16, 2017 – God's Love We Deliver has received a \$200,000 grant from The Leona M. and Harry B. Helmsley Charitable Trust in support of their Food Is Medicine Study to determine the impact of Medically-Tailored Home-Delivered Meals on the quality of life of vulnerable New Yorkers living with terminal illnesses.

“Food insecurity is a source of chronic stress, and is a major contributor to poor health outcomes,” said Karen Pearl, President & CEO of God's Love We Deliver. “Our medically-tailored meal program is a cost-effective intervention, and we are honored to have the support of the Helmsley Charitable Trust for this groundbreaking study.”

The project will be completed in collaboration with NYU Langone Medical Center. It is the first-ever randomized controlled trial to assess the effect of medically-tailored meals on quality of life at end-stage illness. The trial will enroll 180 NYU patients. Half the group will be assessed for eating issues and receive customized meals. The other half will receive the current standard of care, including nutrition counseling, without medically-tailored meals.

The trial is expected to run for three years and could potentially elevate the role of medically-tailored meals from supportive care to therapeutic intervention. The study will measure the effect of medically-tailored home-delivered meals on patients' health, well-being, and quality of life. Factors to be evaluated include weight, malnutrition, food security, financial toxicity, survival, depression, anxiety, and healthcare utilization. Other factors include how often patients are admitted to the hospital or emergency room.

“The success of this project has the potential to change the healthcare that is provided to severely ill people,” Pearl said. “This study will build the case for further research and investment in home-delivered meals and nutrition for all people living with chronic and severe illnesses who are too sick to shop or cook for themselves.”

The medically-tailored meal program at God's Love is designed to improve patients' well-being, enhance medication adherence, address treatment side effects, manage symptoms, maintain a healthy body weight, and



reduce healthcare costs, hospitalizations, and re-hospitalizations. Results of this study will help support the case for providing individually tailored home-delivered meals for people affected by severe illnesses such as cancer, HIV/AIDS, Crohn's disease, diabetes, and other chronic and severe illnesses.

About God's Love We Deliver

Founded in 1985 in response to the AIDS pandemic, God's Love We Deliver is the New York metropolitan area's leading provider of life-sustaining meals and nutrition counseling for people living with severe illnesses. Begun as an HIV/AIDS service organization, today God's Love provides for people living with more than 200 individual diagnoses. God's Love cooks and home delivers the specific, nutritious meals a client's severe illness and treatment so urgently require. Meals are individually tailored for each client by one of our Registered Dietitian Nutritionists, and all clients have access to unlimited nutrition counseling. God's Love supports families by providing meals for the children and senior caregivers of its clients. All of the agency's services are provided free of charge, and in its history of more than 30 years, God's Love has never had a waiting list. For more information, visit www.godslovewedeliver.org. Follow God's Love on [Facebook](#) and follow them on Twitter, [@godslovenyc](#). God's Love is a non-sectarian organization.

About the Helmsley Charitable Trust

The Leona M. and Harry B. Helmsley Charitable Trust aspires to improve lives by supporting exceptional efforts in the U.S. and around the world in health and select place-based initiatives. Since beginning active grantmaking in 2008, Helmsley has committed more than \$1.8 billion for a wide range of charitable purposes. Learn more about Helmsley at helmsleytrust.org.

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