FOOD IS MEDICINE

We are dedicated to cooking and delivering the specific, nutritious meals a client’s severe illness and treatment so urgently require. Serving the greater New York City metropolitan area since 1985.

Mission in Action

1,800,000 Meals per year
7,000 Meals per day
10,000 Volunteers adding $2M in service
134%+ Growth in meals in 10 years

People Served

7,000 People
91% are clients
5% are caregivers
4% are children

Home-Delivered Meals

We provide medically-tailored meals by addressing a combination of restrictions, resulting in almost infinite meal variety.

Some restrictions include:
- Pork, Beef, Fish, Vegetarian, Sugar, Fat, Dairy, Renal, Minced, Pureed, Acid/Bland, and Fiber/Gas
- All meals are low in sodium

SPECIAL TOUCHES

Support families by feeding the children and senior caregivers of clients

- Special holiday meals and gifts
- Personalized birthday cakes and cards
- Emergency meal kits for blizzards and blackouts

Food Is Medicine

We are dedicated to cooking and delivering the specific, nutritious meals a client’s severe illness and treatment so urgently require. Serving the greater New York City metropolitan area since 1985.

Mission in Action

1,800,000 Meals per year
7,000 Meals per day
10,000 Volunteers adding $2M in service
134%+ Growth in meals in 10 years

People Served

7,000 People
91% are clients
5% are caregivers
4% are children

Home-Delivered Meals

We provide medically-tailored meals by addressing a combination of restrictions, resulting in almost infinite meal variety.

Some restrictions include:
- Pork, Beef, Fish, Vegetarian, Sugar, Fat, Dairy, Renal, Minced, Pureed, Acid/Bland, and Fiber/Gas
- All meals are low in sodium

SPECIAL TOUCHES

Support families by feeding the children and senior caregivers of clients

- Special holiday meals and gifts
- Personalized birthday cakes and cards
- Emergency meal kits for blizzards and blackouts

Food Is Medicine

We are dedicated to cooking and delivering the specific, nutritious meals a client’s severe illness and treatment so urgently require. Serving the greater New York City metropolitan area since 1985.

Mission in Action

1,800,000 Meals per year
7,000 Meals per day
10,000 Volunteers adding $2M in service
134%+ Growth in meals in 10 years

People Served

7,000 People
91% are clients
5% are caregivers
4% are children

Home-Delivered Meals

We provide medically-tailored meals by addressing a combination of restrictions, resulting in almost infinite meal variety.

Some restrictions include:
- Pork, Beef, Fish, Vegetarian, Sugar, Fat, Dairy, Renal, Minced, Pureed, Acid/Bland, and Fiber/Gas
- All meals are low in sodium

SPECIAL TOUCHES

Support families by feeding the children and senior caregivers of clients

- Special holiday meals and gifts
- Personalized birthday cakes and cards
- Emergency meal kits for blizzards and blackouts

Food Is Medicine

We are dedicated to cooking and delivering the specific, nutritious meals a client’s severe illness and treatment so urgently require. Serving the greater New York City metropolitan area since 1985.

Mission in Action

1,800,000 Meals per year
7,000 Meals per day
10,000 Volunteers adding $2M in service
134%+ Growth in meals in 10 years

People Served

7,000 People
91% are clients
5% are caregivers
4% are children

Home-Delivered Meals

We provide medically-tailored meals by addressing a combination of restrictions, resulting in almost infinite meal variety.

Some restrictions include:
- Pork, Beef, Fish, Vegetarian, Sugar, Fat, Dairy, Renal, Minced, Pureed, Acid/Bland, and Fiber/Gas
- All meals are low in sodium

SPECIAL TOUCHES

Support families by feeding the children and senior caregivers of clients

- Special holiday meals and gifts
- Personalized birthday cakes and cards
- Emergency meal kits for blizzards and blackouts

Food Is Medicine

We are dedicated to cooking and delivering the specific, nutritious meals a client’s severe illness and treatment so urgently require. Serving the greater New York City metropolitan area since 1985.

Mission in Action

1,800,000 Meals per year
7,000 Meals per day
10,000 Volunteers adding $2M in service
134%+ Growth in meals in 10 years

People Served

7,000 People
91% are clients
5% are caregivers
4% are children

Home-Delivered Meals

We provide medically-tailored meals by addressing a combination of restrictions, resulting in almost infinite meal variety.

Some restrictions include:
- Pork, Beef, Fish, Vegetarian, Sugar, Fat, Dairy, Renal, Minced, Pureed, Acid/Bland, and Fiber/Gas
- All meals are low in sodium

SPECIAL TOUCHES

Support families by feeding the children and senior caregivers of clients

- Special holiday meals and gifts
- Personalized birthday cakes and cards
- Emergency meal kits for blizzards and blackouts

Food Is Medicine

We are dedicated to cooking and delivering the specific, nutritious meals a client’s severe illness and treatment so urgently require. Serving the greater New York City metropolitan area since 1985.

Mission in Action

1,800,000 Meals per year
7,000 Meals per day
10,000 Volunteers adding $2M in service
134%+ Growth in meals in 10 years

People Served

7,000 People
91% are clients
5% are caregivers
4% are children

Home-Delivered Meals

We provide medically-tailored meals by addressing a combination of restrictions, resulting in almost infinite meal variety.

Some restrictions include:
- Pork, Beef, Fish, Vegetarian, Sugar, Fat, Dairy, Renal, Minced, Pureed, Acid/Bland, and Fiber/Gas
- All meals are low in sodium

SPECIAL TOUCHES

Support families by feeding the children and senior caregivers of clients

- Special holiday meals and gifts
- Personalized birthday cakes and cards
- Emergency meal kits for blizzards and blackouts

Food Is Medicine

We are dedicated to cooking and delivering the specific, nutritious meals a client’s severe illness and treatment so urgently require. Serving the greater New York City metropolitan area since 1985.

Mission in Action

1,800,000 Meals per year
7,000 Meals per day
10,000 Volunteers adding $2M in service
134%+ Growth in meals in 10 years

People Served

7,000 People
91% are clients
5% are caregivers
4% are children

Home-Delivered Meals

We provide medically-tailored meals by addressing a combination of restrictions, resulting in almost infinite meal variety.

Some restrictions include:
- Pork, Beef, Fish, Vegetarian, Sugar, Fat, Dairy, Renal, Minced, Pureed, Acid/Bland, and Fiber/Gas
- All meals are low in sodium

SPECIAL TOUCHES

Support families by feeding the children and senior caregivers of clients

- Special holiday meals and gifts
- Personalized birthday cakes and cards
- Emergency meal kits for blizzards and blackouts

Food Is Medicine

We are dedicated to cooking and delivering the specific, nutritious meals a client’s severe illness and treatment so urgently require. Serving the greater New York City metropolitan area since 1985.

Mission in Action

1,800,000 Meals per year
7,000 Meals per day
10,000 Volunteers adding $2M in service
134%+ Growth in meals in 10 years

People Served

7,000 People
91% are clients
5% are caregivers
4% are children

Home-Delivered Meals

We provide medically-tailored meals by addressing a combination of restrictions, resulting in almost infinite meal variety.

Some restrictions include:
- Pork, Beef, Fish, Vegetarian, Sugar, Fat, Dairy, Renal, Minced, Pureed, Acid/Bland, and Fiber/Gas
- All meals are low in sodium

SPECIAL TOUCHES

Support families by feeding the children and senior caregivers of clients

- Special holiday meals and gifts
- Personalized birthday cakes and cards
- Emergency meal kits for blizzards and blackouts

Food Is Medicine

We are dedicated to cooking and delivering the specific, nutritious meals a client’s severe illness and treatment so urgently require. Serving the greater New York City metropolitan area since 1985.
Access To Medically Tailored & Cost Effective Meals

- Improves medication adherence
- Reduces hospitalizations and ER visits
- Can reduce overall healthcare costs up to 62%

Research in Progress
- Health outcomes for clients with metastatic cancer with a hospital in NYC
- Cost savings in a mainstream Medicaid population with an NYC managed care organization

Footnotes: