

our work in prince george's county

WHO WE ARE

Since 1988, we are the only community-based organization in the D.C. region providing home-delivered Medically Tailored Meals and Medical Nutrition Therapy to our neighbors living with serious illnesses that limit their ability to provide nourishment for themselves.

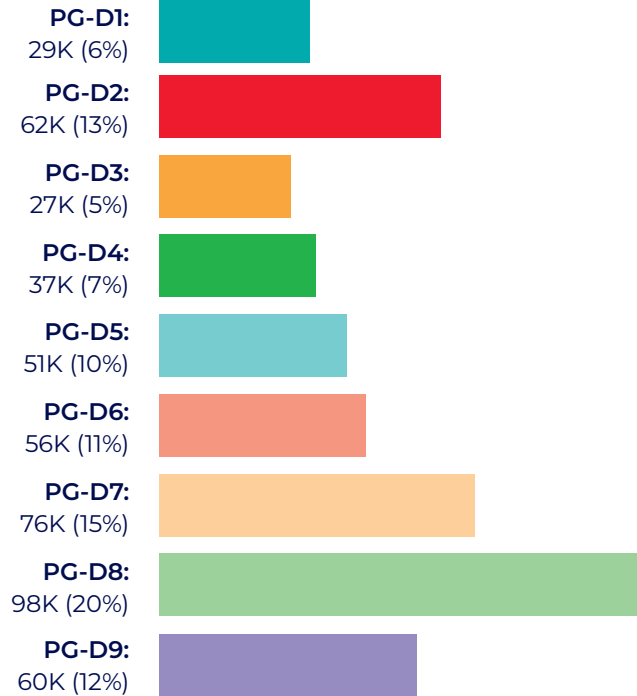
WHAT WE DO

With the help of thousands of volunteers, Food & Friends prepares and delivers nutritionally tailored, delicious meals directly to our neighbors' homes. Our Registered Dietitians and professional chefs work closely to provide individualized services to our clients.

WHO WE SERVE

Food & Friends provides Medically Tailored Meals, groceries, and Medical Nutrition Therapy to people living with life-challenging illnesses. All meals and services are free-of-charge to the client. Recognizing that clients with children often share their food with their kids, Food & Friends also provides services to dependents and caregivers in the household, ensuring the parent can focus on getting well.

TOTAL MEALS DELIVERED



Food & Friends is built on a simple premise: anyone can get sick, and everyone can help.

In FY23, Food & Friends home-delivered over 495,682 Medically Tailored Meals to 1,011 primary clients in Prince George's county. In 2023, our clients had a range of illnesses including cancer, diabetes, renal disease, HIV/AIDS, maternal health concerns, heart disease and other serious illnesses.



495,682
meals delivered
to Prince George's
County each year



1,393
total clients live
in Prince George's
County



605
nutrition encounters
with our registered
dietitians



247
volunteers live in
Prince George's
County



76%
of all households
served have income
less than \$1500/month

CONNECT



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impact in prince george's county

LOWER COST OF CARE

Proper food and nutrition helps increase absorption of medication, reduces side effects, and helps patients maintain a healthy body weight. As a member of the national Food is Medicine Coalition (FIMC), we adhere to rigorous nationwide nutrition and quality standards and uniquely employ Medical Nutrition Therapy through our Registered Dietitians, personalizing each client's nutrition needs and encouraging lifelong improved nutrition.

According to the Maryland Department of Health, serious illnesses such as diabetes cost an estimated \$4.9 billion dollars in Maryland each year for the approximately 2.1M adults with diabetes or prediabetes. Research shows that people living with complex health conditions and enrolled in Medically Tailored Meal programs experience 50% fewer inpatient admissions and 70% fewer emergency department visits than similar patients not enrolled in a MTM program.ⁱ Recently published national research shows that if all US eligible patients received access to MTMs with nutrition standards such as ours, in just the first year of service 1,594,000 hospitalizations could be avoided for a net cost savings of \$13.6 billion..ⁱⁱ

EQUITY

Our Medically Tailored Meals and Medical Nutrition Therapy are free to clients and their families, and we work tirelessly to ensure that no eligible client is turned away. Over 76% of our client households have income of less than \$1500 per month—we immediately address inequitable social determinants of health such as health-care access and food security.

HEALTHIER COMMUNITIES

We believe in the power of compassion and the importance of neighbors helping neighbors, so we create opportunities for impactful and fulfilling volunteer service that helps our sick neighbors and builds a healthier community for all. MTMs have been associated with reduced depressive symptoms and fewer dilemmas between paying for either food, healthcare or prescriptions.ⁱⁱⁱ Our Client survey shows that 73% of our clients report improved mental health, 83% report improved quality of life, 81% report they are better able to follow doctors' orders and over 93% of our clients reported that they learned to eat better for their health condition after talking with our dietitians.



"Thank you! Excellent service, friendly staff, delivery always on time. Feeling a lot healthier and haven't been in the hospital since."

— Food & Friends Client

NEED FOR INCREASED SUPPORT

Food & Friends saw a 23.6% increase in need in Maryland in 2023, likely due to pandemic-delayed diagnosis of severe illnesses and due to rampant food insecurity from inflation and a volatile job market. To achieve our mission, we stitch together Federal, State and local public funds, private contributions and reimbursements from partnerships with Medicaid managed care plans. By supporting Food & Friends' services, Prince George's County engages in a true public-private partnership that benefits the most vulnerable citizens and helps to build a healthier, more economically vibrant community.

i. Seth A. Berkowitz et al, Meal Delivery Programs Reduce the Use Of Costly Health Care In Dually Eligible Medicare And Medicaid Beneficiaries, HEALTH AFFAIRS, (2018).

ii. Hager K, Cudhea FP, Wong JB, et al. Association of National Expansion of Insurance Coverage of Medically Tailored Meals With Estimated Hospitalizations and Health Care Expenditures in the US. JAMA Network Open. 2022;5(10):e2236898. doi:10.1001/jamanetworkopen.2022.36898

iii. Tapper EB, Baki J, Nikirk S, Hummel S, Asrani SK, Lok AS. Medically tailored meals for the management of symptomatic ascites: the SALTYFOOD pilot randomized clinical trial. Gastroenterology Report 2020;8(6):453-456. DOI: 10.1093/gastro/goaa059.