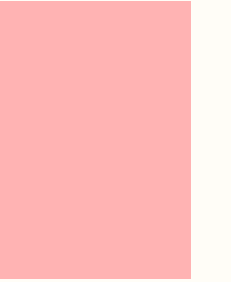
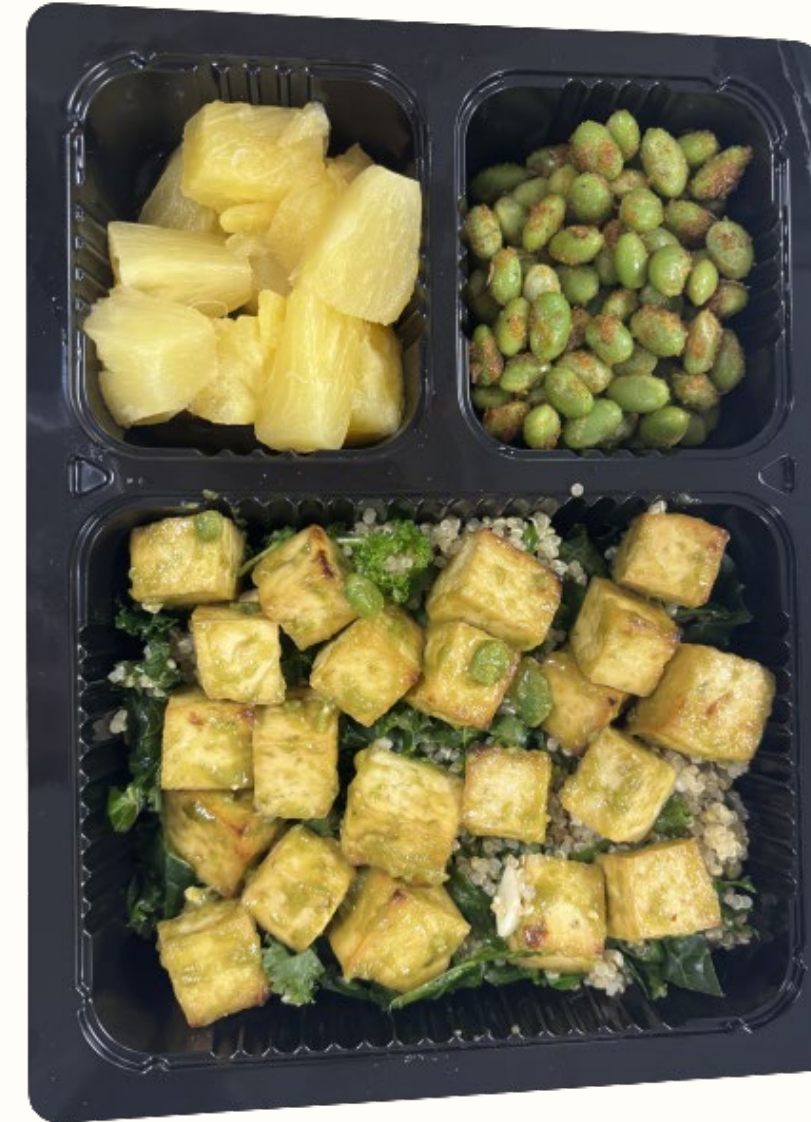




# Community -Based Food is Medicine (FIM) Programs

Supporting Older Adults Through Nutrition





# Meet the Speakers



Brittany Rudy, RDN, LDN  
Director of Nutrition and  
Programs



Sydney Gosik, MPH, MSW  
Director of Strategic Initiatives



## Agenda

- Food Outreach Services and Client Profile
- Food-is-Medicine
- Missouri Senior Nutrition Profile
- Client Impact
- How Community-Based MTM Programs Support Seniors
- Challenges to Scaling
- Solutions/Call to Action



FOOD · EST 1988 ·  
OUTREACH

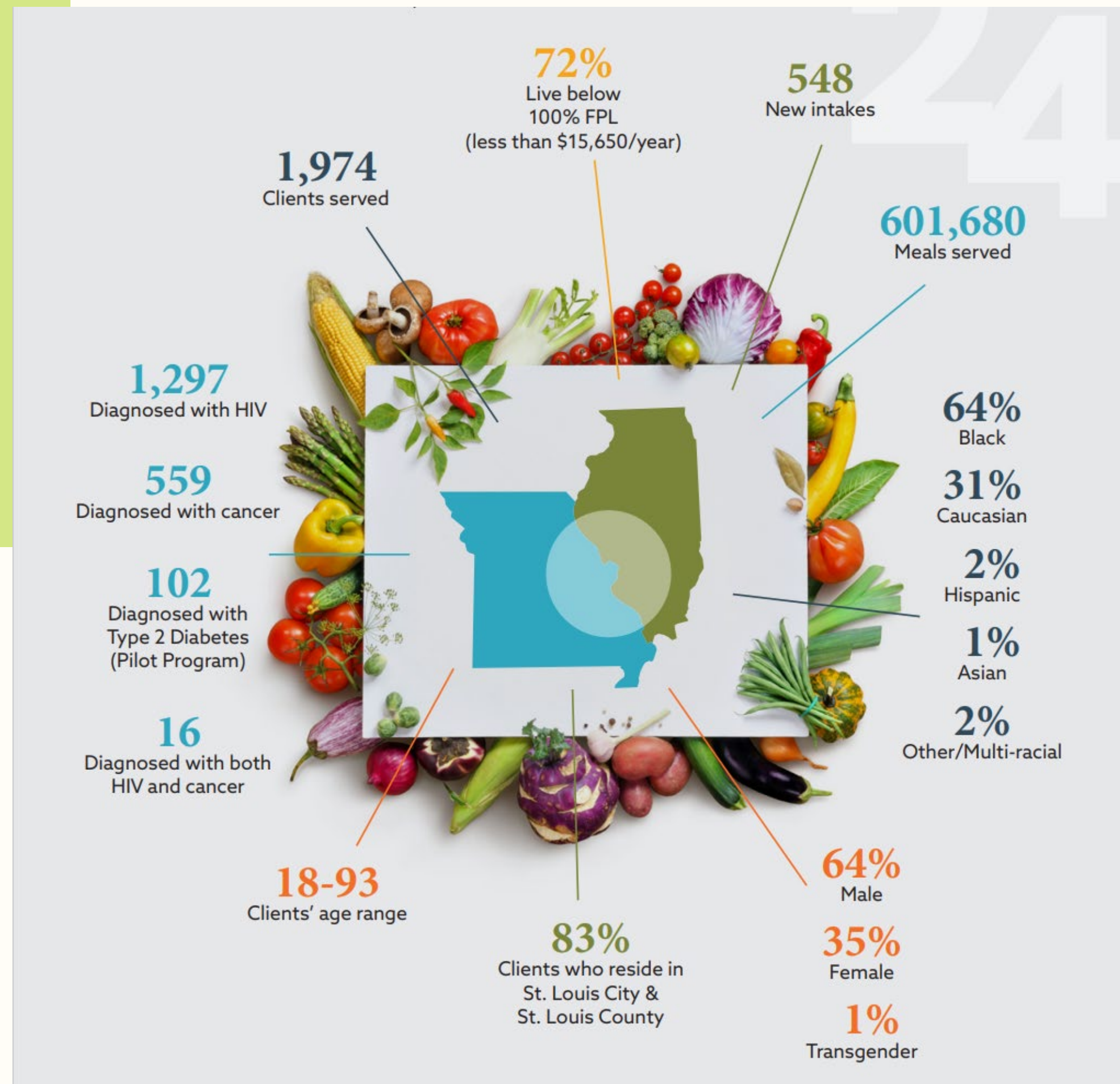
# Mission

---

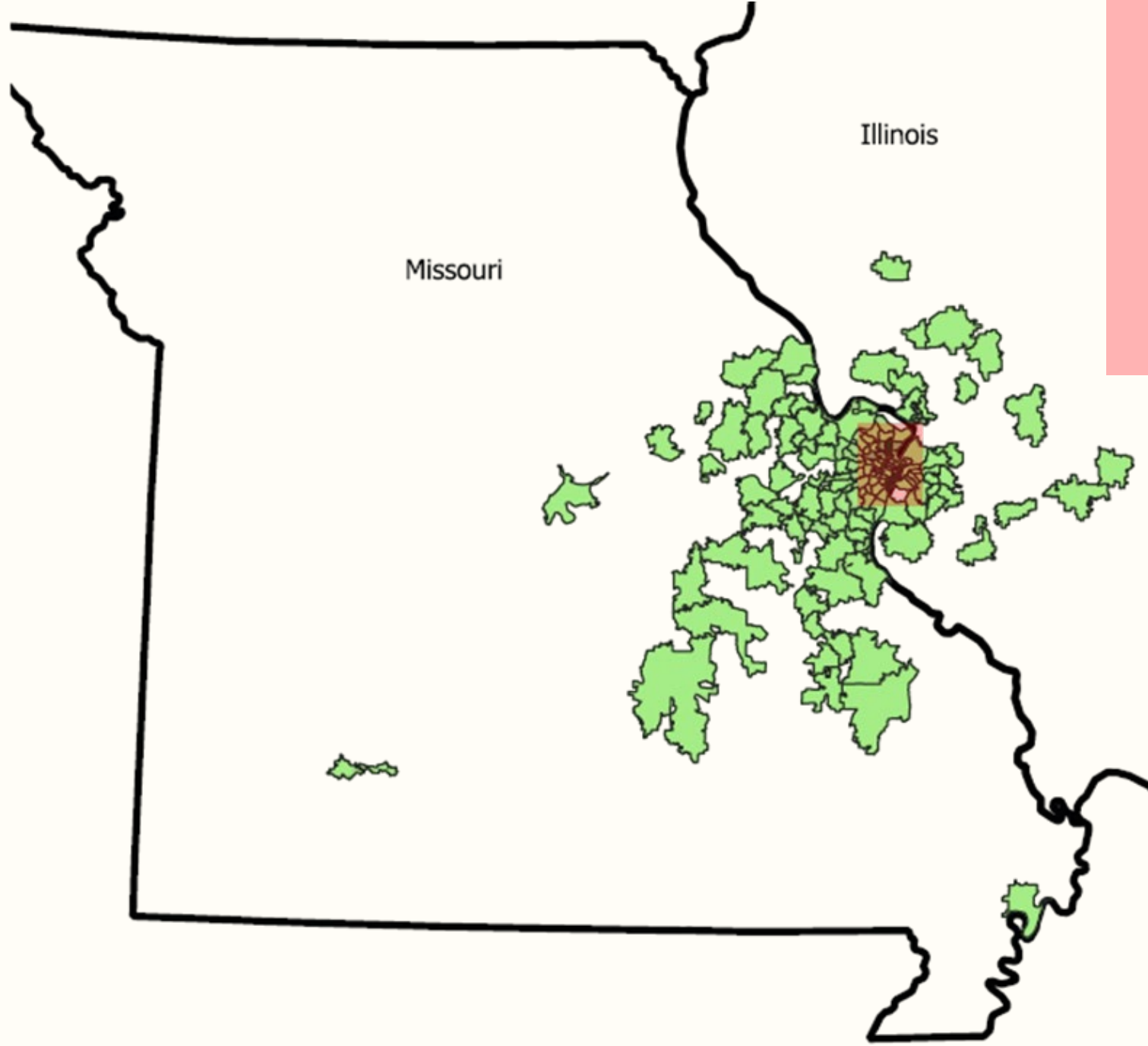
To provide nutritional support and enhance the quality of life of men, women and children living with HIV or cancer.

# Food Outreach Program & Community Impact 2024

- Provide FREE nutrition services
- Up to 60 meals per month
- Clients must live at or below 300% of the Federal Poverty Level
- Must have a diagnosis of HIV or undergoing active treatment for Cancer.



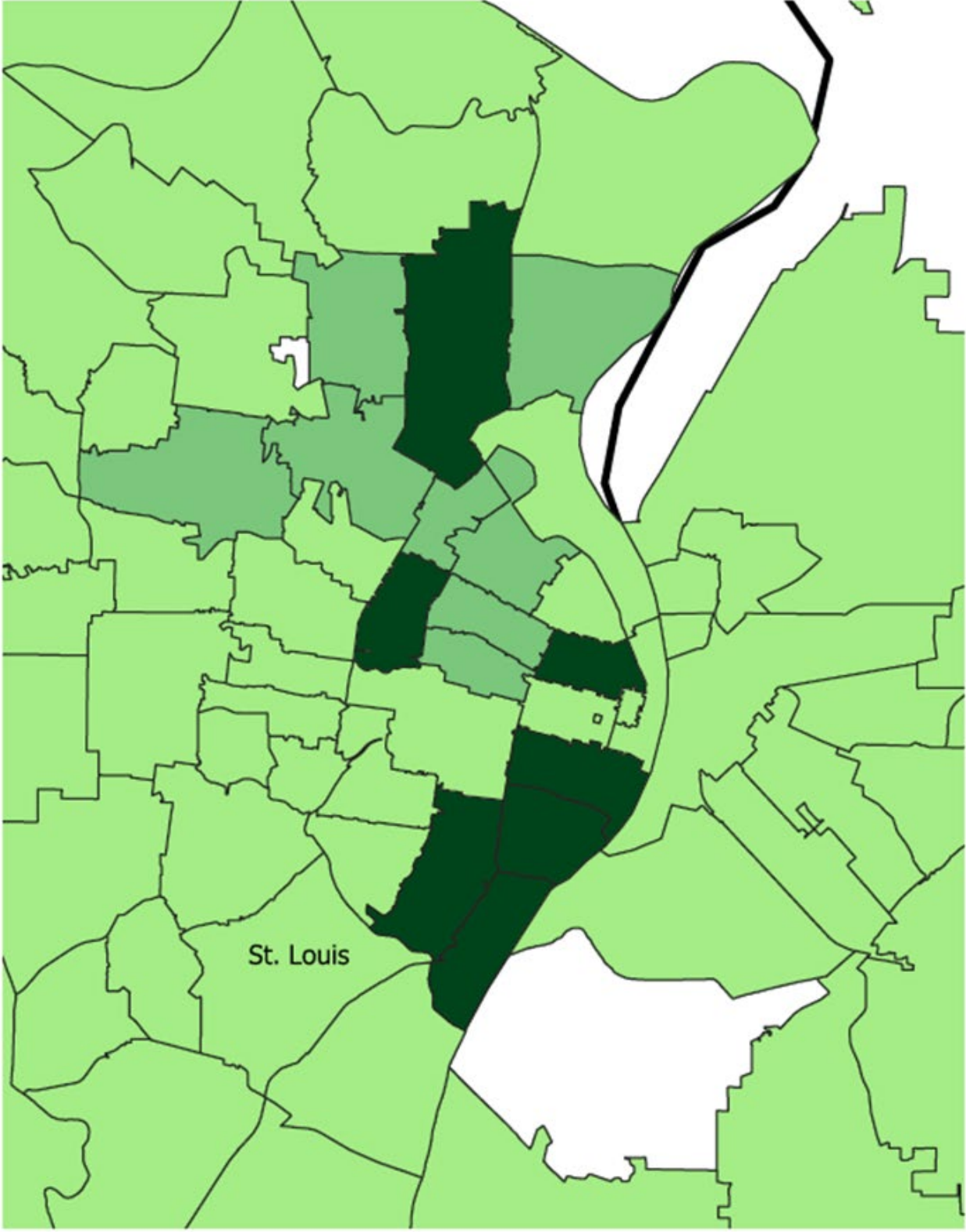
# Food Outreach Clients by Zip code



Food Outreach serves nearly 2,000 clients living in Missouri and western Illinois.

Number of Clients

- 1 - 46
- 46 - 91
- 91 - 136





# Food Outreach Program Model

Nourish to Flourish

## Medically Tailored Meals

Chef and Registered Dietitian created and approved frozen entrees and sides

## Groceries

Shelf stable groceries, fresh fruit and vegetables, and frozen meat

## Home Delivery

Available for clients living within 35 miles of our midtown location and do not have transportation access

## Medical Nutrition Therapy

Registered Dietitian complete full nutrition assessment on every client at intake

## Nutrition Counseling and Education

Registered Dietitians available by appointment for nutrition education

# Medically Tailored Meals and Groceries



## Nutrition with Dignity

Our clients have the dignity of choice between meals and groceries depending on their current desires and levels of energy.

## Scratch Prepared Meals

Our scratch prepared meals are developed by our in-house chefs and registered dietitian nutritionists. They undergo three phases of testing and refinement before reaching the homes of our clients.

## Groceries

Our grocery center is stocked with a rotating menu of frozen meats, fresh produce and shelf stable groceries to support our MTMs.

# Home Delivery



In 2024 we served 252,000 meals across 11 counties to over 500 HD clients

---



We provide delivery to clients within 35 miles of our midtown location.

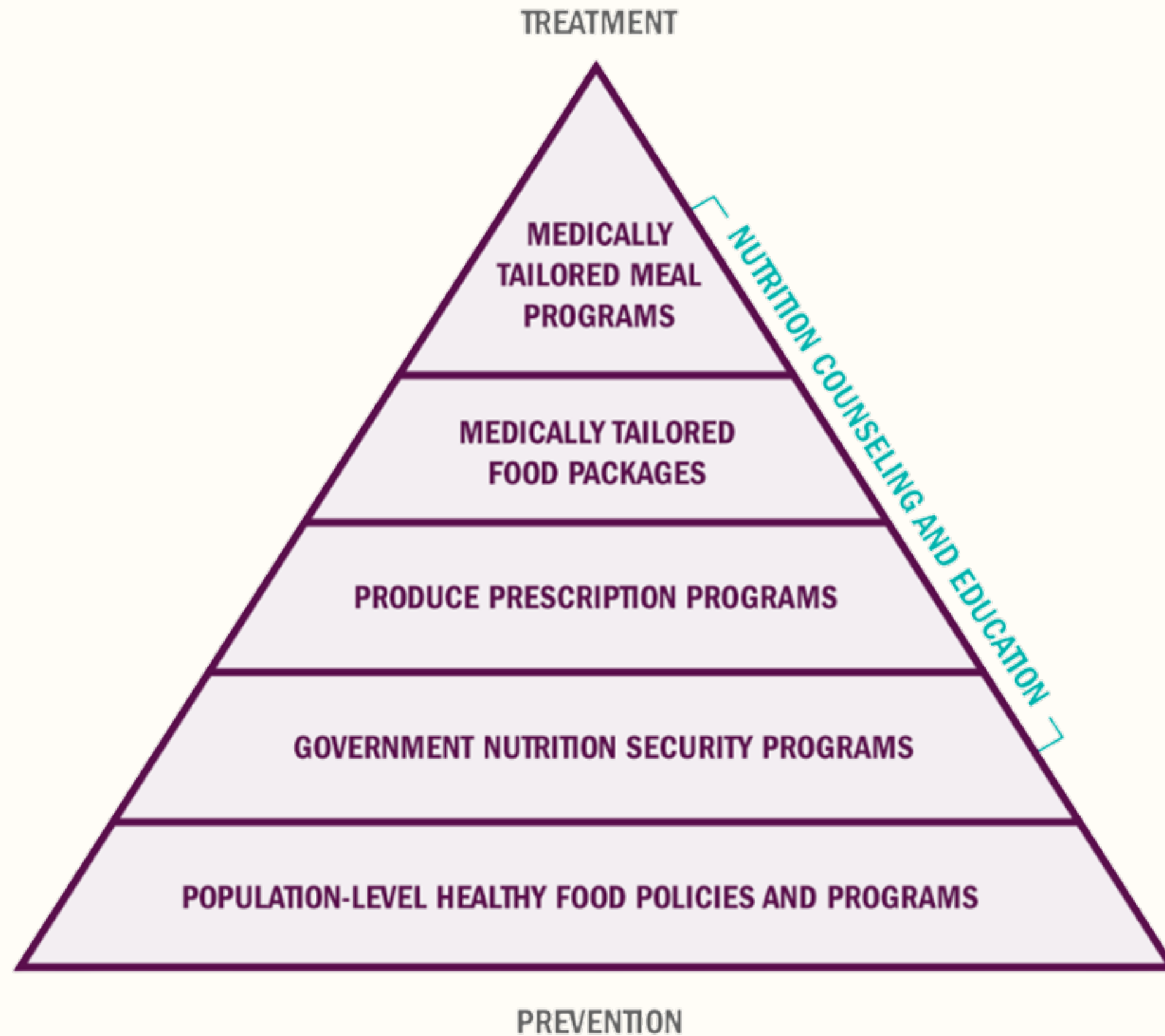
---



Impact of delivery team

# Food is Medicine

---



- Community-based FIM programs support older adults to age in place, experience improved health and quality of life, and supports community social connection.
- Food Is Medicine Coalition has developed a set of nutrition standards for Medically Tailored Meals
- Not just food access, but nutrition therapy

# Nutrition Standards

Evidenced based nutrition standards and ingredient requirements for all MTM's



## Breakdown of Standards

Serving Size : 1 Meal

---

Must be diabetic friendly and heart healthy

---

Calories: 500-700

---

- Protein: 25-35 grams
  - Carbohydrates: 45-60 grams
  - Sodium: <800 mg
  - Total Fat: 23-31 grams
  - Saturated Fat: 6-9 grams
  - Fiber: 8-9 grams
- 

## Prohibited Meal Ingredients

- Artificial Food Coloring
  - Artificial sweeteners
  - High Fructose Corn Syrup
  - Artificial Preservatives
  - Trans Fats
  - Ultra Processed Foods
-

# Local Partnerships to support our seniors

Through our partnerships with SLAAA and the St. Louis Senior Fund we were able to serve over 300 seniors in the St. Louis area 89,000 meals in 2024.





# Missouri Senior Nutrition Profile

## Barriers to Nutrition

Taste changes and dental issues that occur as we age affect the nutritional intake of many seniors

## Lifestyle

Seniors tend to be less active than younger adults, leading to an increased risk of loss of muscle mass

## Social Support

Social isolation is linked to poor diet and increased nutritional risk

## Food Insecurity

Missouri ranks 37 in food insecurity and poverty for seniors

## Malnutrition

Link to increased vulnerability to malnutrition or undernutrition

# Senior Nutrition Requirements

Older adults are at greater risk of chronic diseases as well as health conditions related to changes bone and muscle mass.

Special considerations need to be made for Protein, Vitamin B12 and Fluids

**Estimated Calorie Needs per Day, by Age, Sex, and Physical Activity Level, Ages 2 and Older**

AGE	Males			Females		
	Sedentary <sup>a</sup>	Moderately Active <sup>b</sup>	Active <sup>c</sup>	Sedentary <sup>a</sup>	Moderately Active <sup>b</sup>	Active <sup>c</sup>
61-65	2,000	2,400	2,600	1,600	1,800	2,000
66-70	2,000	2,200	2,600	1,600	1,800	2,000
71-75	2,000	2,200	2,600	1,600	1,800	2,000
76 and up	2,000	2,200	2,400	1,600	1,800	2,000

<sup>a</sup> Sedentary means a lifestyle that includes only the physical activity of independent living.

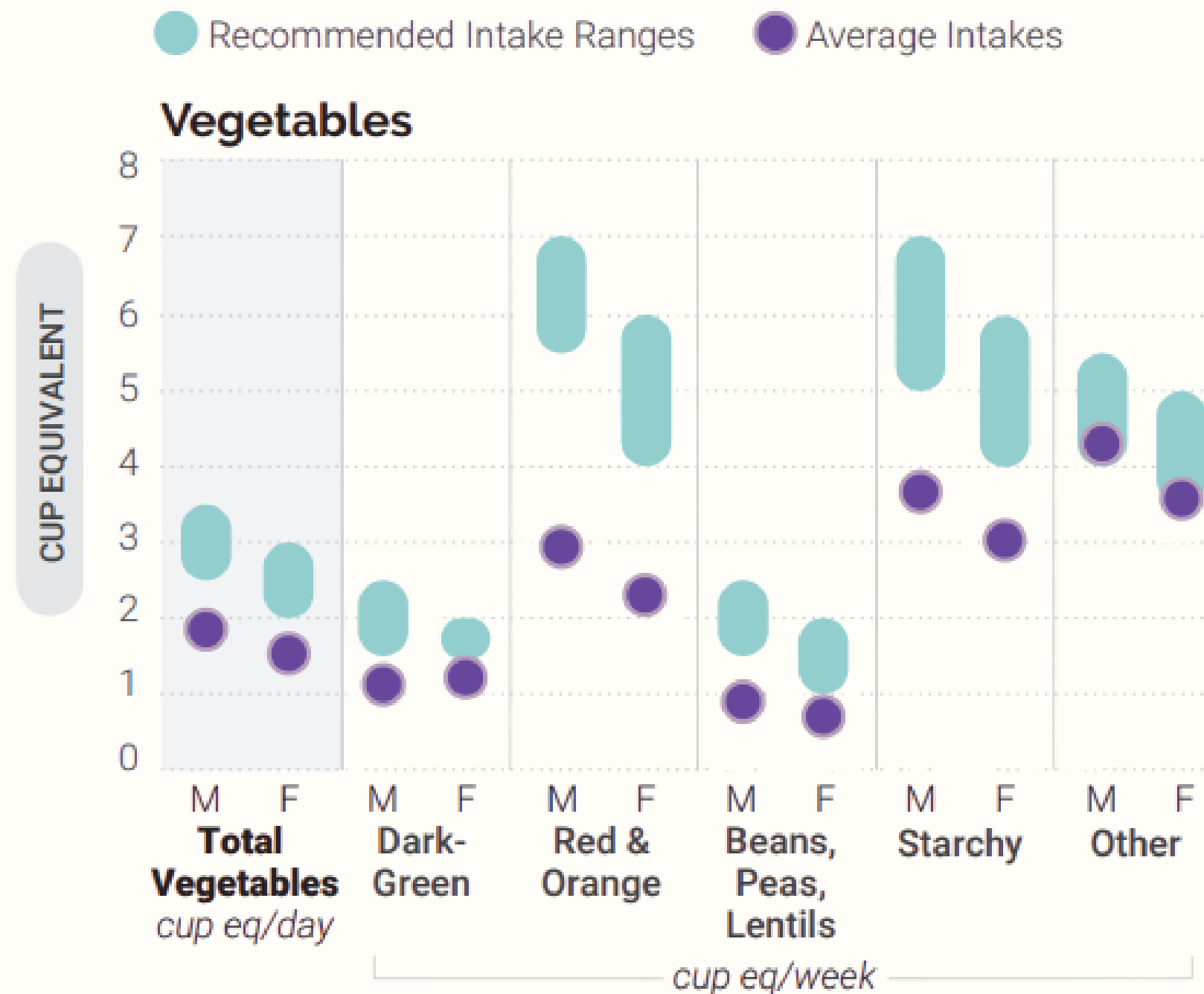
<sup>b</sup> Moderately Active means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the activities of independent living.

<sup>c</sup> Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the activities of independent living.

**Source:** Institute of Medicine. *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*. Washington (DC): The National Academies Press; 2002.

# Senior Nutrition Requirements

Average Intakes of Subgroups  
Compared to Recommended Intake Ranges:  
Ages 60 and Older



Fruit and Vegetable  
Consumption

Missouri Seniors Rank 48  
for consumption of fruits  
and vegetables

# Food Outreach's Impact



**Michelle Kleinman**  
RD, LD, CDCES  
Registered Dietitian and Diabetes Educator

Food Outreach Home Delivery Client

## Meet Joan

After being diagnosed with lung cancer, Joan struggled to get the nourishment she needed during treatment. Thanks to Food Outreach's home delivery program, she now receives scratch-prepared meals, groceries, and fresh produce right to her door.

Joan shares that the meals not only eased the side effects of treatment but also brought joy and comfort: "You just heat it up—it's so easy and delicious." The handmade encouragement cards included in each box remind her that she's not alone: "It shows that someone out there is rooting for me. That helps."

Today, Joan is on the road to recovery—nourished, supported, and hopeful.





# Community -based Support for Seniors

---

- Improved quality of life
  - Individualized service
  - Wellness checks and connections to additional resources
- Compassionate & responsive services
  - Annual client satisfaction survey
  - Welcoming, reliable, dedicated

➤ **1,300 volunteers donated their time**

Many volunteers are seniors, working to engage with and give back to their community

➤ **Nearly 18,000 volunteer hours in 2024**

Equal to 9 full time employees

➤ **200,000 meals prepared by volunteers**

Volunteers are hands on cooking with the chefs and in packaging our meals

➤ **Grocery Center**

Fulfill client orders and stock shelves in our grocery center



# Volunteer Impact at Food Outreach

Loving hands, nourish hearts

# Challenges to Scaling

- Sustainable funding structures
  - Currently braid public and private funding
- Growing need for services
  - Increased cost-of-living
  - Persistent rates of chronic illness
  - Proposed cuts to SNAP and Medicaid
- Program development
  - Screening , eligibility, and reach
  - Dose & duration of intervention
  - Infrastructure and operations



# Innovation and Action

---



- Integrating MTM programs into senior services and healthcare settings
  - Flexible program models
  - Food Is Medicine HUB models
  - Hospital exit strategies
- Reimbursement for MTMs
  - Medicaid waivers
  - MTM bill: Medically Tailored Home-Delivered Meals Demonstration Pilot Act

# Among individuals with complex health conditions, MTM's led to:

**16%**

**Reduction in Net Health Care Costs**

**50%**

**Decrease in Hospitalization**

**70%**

**Drop in Emergency Department Visits**

According to an independent cost-modeling study by the Tufts Friedman School of Nutrition Science and Policy, if all eligible patients received MTM, nearly: <sup>2</sup>

**3.5M**

hospitalizations could be avoided

**& \$32.1B**

could be saved in just the first year.

# Thank You!

Brittany Rudy, RDN, LDN  
Director of Nutrition and  
Programs  
[brittany@foodoutreach.org](mailto:brittany@foodoutreach.org)

Sydney Gosik, MPH, MSW  
Director of Strategic  
Initiatives  
[sydney@foodoutreach.org](mailto:sydney@foodoutreach.org)