

Learn about the Medically Tailored Meal Intervention

What are Medically Tailored Meals?

Medically tailored meals are delivered to individuals living with severe illness through a referral from a medical professional or healthcare plan. Meal plans are tailored to the medical needs of the recipient by a Registered Dietitian Nutritionist (RDN) using Medical Nutrition Therapy.

What is Medical Nutrition Therapy?

Medical Nutrition Therapy uses assessment and counseling to prevent, delay, or manage diseases and chronic health conditions.

What modifications can I expect from God's Love We Deliver meals?

All meals are heart-healthy, low in sodium, made without additives, fillers or preservatives, and member-tested for taste and ease of use.

The medically-tailored meal intervention is evidence-based.

God's Love We Deliver has seven RDNs on staff to design meals, in coordination with our Kitchen department. All clients are referred for both Medical Nutrition Therapy and food. Both are key to the health and well-being of our clients. We provide nutrition education and counseling AND the appropriate food to address each client's illness(es), diagnosis(es), treatment(s) and preference(s).

[Visit our Nutrition FAQs for More Information](#)

Medically Tailored Meals Work!

Here's what our clients are saying about our medically tailored meal intervention:

- 90% of clients agree that MTM meals frequently help them take medication as prescribed.
- 93% of clients agreed or strongly agreed that receiving food from God's Love reduces their stress or worry about not having enough to eat

Meal Modifications Offered at God's Love We Deliver

We offer a range of meal modifications. Please see below and email our team nutrition@glwd.org with any questions.



Need More Information?

View our FAQs and other helpful information on our [Nutrition FAQs page](#) and our [Client Services FAQs page](#).

Or feel free to contact our Nutrition Services Department via email at nutritionservices@glwd.org or telephone at [212.294.8103](tel:212.294.8103).