



*Meals on Wheels of Rhode Island (MOWRI) is a Food Is Medicine-focused organization working to help Rhode Islanders statewide achieve equitable access to fully healthy lives.*

## **Frequently Asked Questions**

### **Q: What is Food Is Medicine?**

**A:** Meals on Wheels America defines “Food is Medicine” (FIM) as a comprehensive approach that integrates nutrition and healthcare to improve health outcomes and address chronic diseases. It recognizes that access to nutritious food is a crucial component of health and well-being, particularly for individuals with chronic conditions.

### **Q: What are the types of Food Is Medicine interventions?**

**A:** FIM interventions provide a vital link between nutrition and health:

- Medically Tailored Meals (MTMs)—Prepared meals provided to an individual using evidence-based, therapeutic guidelines to meet assessed nutrition needs.
- Medically Tailored Groceries (MTGs)—Food packages tailored to meet an individual's health needs.
- Produce Prescriptions—Enables patients to access healthy produce to help manage treatment of diet-related health conditions.
- Nutrition Counseling—Tailored counseling to help patients manage diet through healthy and culturally appropriate foods.

### **Q: What health conditions does Food is Medicine help manage?**

**A:** FIM interventions can help individuals diagnosed with a diet-sensitive condition including diabetes, heart failure, obesity, hypertension, kidney disease, cancer or high-risk pregnancy.

### **Q: Do Food Is Medicine interventions really work?**

**A:** FIM approaches have been shown to result in more equitable health outcomes, along with saving health insurance companies thousands of dollars per patient.

For example, a [study](#) published by “Health Affairs” in April 2025 found that providing medically tailored meals to individuals could save on average \$2,500 per person in the state of Rhode Island, with a national annual net savings of \$151B **AND** a reduction of 1.7 million hospitalizations nationwide.

**Q: *What Food Is Medicine interventions that Meals on Wheels of RI offer?***

**A:** MOWRI offers MTMs, therapeutic grocery bags, and nutritional counseling to qualified clients. We serve Maternal Health Patients—high-risk pregnant and postpartum women—and are partnering with UConn on a five-year enhanced Home-Delivered Meal Program to high nutritional risk clients through delivery of healthy meals and therapeutic groceries that also includes community health worker services.

**Q: *Why does Meals on Wheels of RI offer Food Is Medicine interventions?***

**A:** Operating under our 2030 Strategic Plan, “Building Resilience, Deepening Impact,” we are working to advance comprehensive participant-centered services that promote health equity and drive improved health outcomes. MOWRI is well positioned to expand its work in this space through healthcare partnerships, medically and culturally tailored meal models, demonstrating FIM models, and providing nutrition counseling as a supplemental service for meal recipients.