

Medically Tailored Meals and Grocery CCHP Vendor List



Provider	Member Contact Options	Food Type	Menu Options	Fridge/Freezer Requirements	Meal Options	Delivery Options	Dietician?	Additional Info
Urban Tilth	Phone Website	Groceries	Weekly Based on Availability	Fridge	Vegetarian Gluten Free Diabetes Friendly Heart Friendly Low Sodium	Delivery	No	An Urban Tilth bag of groceries contains mostly vegetables and leafy greens, along with 1-2 types of fruit. The items change regularly based on what season it is and availability of produce.
GA Foods	Phone	Groceries Prepared Meals	Weekly Menu	Freezer	Heart Friendly Diabetes Friendly Consistent Carbohydrate Renal Friendly High Calorie & High Protein Low Sodium Low-Fluid Pureed Weight Reduction Shelf Stable	Delivery	Yes	Our Registered Dietitians meet with members telephonically to discuss their health history to include chronic conditions and comorbidities. In addition to medical history, they also discuss lifestyle factors and their access to kitchen facilities/groceries/etc... This information informs the specific diet that is delivered to the member (consistent carbohydrate, renal, low-sodium/fluid, etc.).
Project Open Hand	Phone	Groceries Prepared Meals	Weekly Menu	Fridge or freezer	Meals: Heart Healthy Diabetes Friendly Renal Bland Vegetarian Pescatarian Non-Dairy Groceries: Wellness Renal No Cook Vegetarian	Delivery Pick up	Yes	Each member has an intake and follow up sessions with our dietician typically occur over the phone, although in-person sessions are available to those that need or prefer them. During these sessions, RDs complete a Nutrition Assessment with the client and make recommendations on meal type and grocery selections. We are slowly implementing group opportunities since our pause due to Covid. Our Oakland Grocery Center has recently doubled in size and been remodeled so we hope to be increasing group opportunities shortly and this will come in the form of food preparation demonstrations and classes. They will also be available online.
Tangelo	Phone App	Groceries Prepared Meals	Selection from Menu	Fridge up to 14 days. Freezer for up to 3 months	Heart Healthy Diabetic Friendly Renal Friendly	Overnight delivery	Yes	Our Registered Dietitians meet with each member to explain how the medically tailored meals can help them manage their condition(s), discuss their health conditions, and any allergies, intolerances, or dietary restrictions. If any restrictions, intolerances, or allergies are identified, we make the necessary adjustments to their meal prescription. All nutritional counseling sessions are individual and conducted virtually.
18 Reasons	In Person Zoom	Groceries	Weekly Menu	Will be provided by vendor	Diabetes Friendly	Delivery Pick up	No	Participants must be enrolled in a cooking program with 18 Reasons (Cooking Matters, Nourishing Pregnancy, Food As Medicine, Planned & Prepped) and participate with these programs on a weekly basis in order to qualify for free grocery distribution. Members are able to join a weekly zoom class where they discuss nutrition topics and prepare recipes with the ingredients from the grocery box.
ModifyHealth, Inc.	Phone Video	Prepared Meals	Weekly Menu	Fridge or freezer; fridge recommended	Heart Friendly Renal Friendly Diabetes Friendly Lower Sodium Gluten Free Vegetarian Plant Based General Wellness Weight Reduction	Delivery	Yes	Clinically designed diet with whole and organic foods where possible, no processed meat patties or canned vegetables. Same day outreach by a Clinical Coordinator who stays with the member throughout their 12 weeks of nutrition support. First meal delivery order is placed the day of enrollment, and service usually starts on a Thursday or Friday. All dietician appointments are telehealth, via phone or video.
Mom's Meals	Phone	Prepared Meals	Selection from Menu	Fridge up to 14 days. Can freeze, though not recommended	Diabetes Friendly Heart Friendly Renal Friendly Lower Sodium Pureed Gluten Free Vegetarian	Delivery	Yes	Our Registered Dietitians provide member specific Telephonic Nutrition Counseling sessions with your members. We have Live Bilingual Customer Service Representatives that are trained to recognize and report potential Health And Safety Issues.
Performance Kitchen	Online	Prepared Meals	Weekly Menu	Freezer	Gluten-Free Vegetarian Heart Friendly Vegan Low Carb Renal Dairy-Free Wellness Diabetes Friendly	Delivery	Yes	Dietician meets with members to assess their nutritional needs. Performance Kitchen's mission is to change the way we eat by making healthy frozen meals that are truly nutritious and taste delicious. Our frozen ready-made entrees are medically tailored meals, made with real, wholesome ingredients inspired by the Mediterranean Diet.
Nutribile	Telephone Video Website	Groceries	Selection from Menu	Fridge	Heart Friendly Renal Friendly Diabetes Friendly Lower Sodium Gluten Free Vegetarian Cancer Support General Wellness Weight Reduction Low Fluid High Calorie and High Protein	Delivery Pick up	Yes	Dietician meets with members to assess their nutritional needs. Nutribile focuses on the most vulnerable patient populations and makes it easy for patients to access food that aligns with their medical, cultural, and financial needs.

Referral Order: CalAIM Medically Tailored Meals / Medically Supportive Foods Initial or Renewal

Referring Provider: MD/DO, NP/PA, CCM, ECM, CBO

Eligibility: CCHP Medi-Cal Members (either primary or secondary) with:

A. Members with poorly controlled DM, defined as A1c greater than 7 for at least 6 months (2 measurements at Q3 month intervals) that have not improved despite diet/lifestyle modification education and medication optimization and education.

B. Members with poorly controlled HTN, defined as SBP greater than 160 or DBP greater than 100 for at least 6 months (2 measurements at Q3 month intervals) that have not improved despite diet/lifestyle modification education and medication optimization and education.

C. Gestational Diabetes

D. Obesity with significant comorbidity (e.g. CAD, HTN, OSA and BMI 30 to 39)

E. Severe Obesity (BMI Over 40)

F. Metabolic Syndrome

G. Pediatric Obesity (BMI 95th percentile and greater)

H. ESRD on Dialysis

Duration: 3 months initial authorization. 3 months renewal authorization. Can be renewed up to 3 times.

Updated: 8/2023