



2026

MEDICALLY TAILORED, PREPARED MEALS

WHAT IS IT?

Fairview's Medically Tailored Prepared Meals program, launched in 2024, provides fresh, nutritious meals to patients, caregivers, and dependents experiencing food insecurity. Funded by the Minnesota Department of Human Services, the program is extended through June 2026. Eligible households can receive up to 14 prepared meals per person, per week, with options that are culturally relevant, recognize food preferences and/or allergies, and low barrier pick-up or delivery opportunities. Participants can access nutrition counseling through Open Arms of Minnesota's Registered Dietitians. Food resource navigators help connect households with food resources like our medically tailored, prepared meal program, and support a healthy diet for the entire household.

HOW DO PATIENTS GET CONNECTED?

Eligible patients from metro area clinics (experiencing food insecurity and would benefit from home delivery of medically tailored, prepared meals) are referred to a Fairview food resource navigator through their primary care clinic to support patients with enrollment and gathering necessary information including diagnosis, health information (height, weight, a1c, blood pressure), household size, and demographics. Open Arms of Minnesota engages patients to offer menu selections and arrange weekly delivery or pick-up. Frozen meal delivery programming available to patients located in Hibbing and Grand Rapids.

PROGRAM DETAILS

14

MEALS PER
WEEK PER
PERSON

200

2024-2026 TOTAL
PARTICIPANTS
TO DATE

60%

INCREASED
CONFIDENCE IN FOOD
SECURITY



"I really like the program. Especially being on dialysis some days I have my strength or other days I don't. It's hit or miss. You guys are like angels."

-Fairview prepared meal recipient

PROGRAM PARTNER

