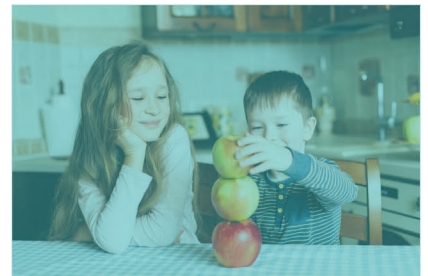


MEDICALLY TAILORED NUTRITION + EDUCATION EMPOWERMENT PROGRAMS



One of every five deaths across the globe is attributable to suboptimal diet, more than any other risk factor including tobacco.

Food is medicine: actions to integrate food and nutrition into healthcare | The BMJ

FOOD + EDUCATION BECOME ONE

At Food For Health, we believe that pairing nutrition with education and lifestyle modification solutions is the most empowering and effective approach to food as medicine. Our programs are designed for at-home delivery of nutritious, tailored meals, groceries and produce to support the prevention or management of chronic conditions, improve overall health and address social determinants of health.

Fully Customizable Programs

Wide Range of Nutritious Pantry, Fresh, and Frozen Foods

Educational Tools, Engagement, and Metrics

Convenient At-Home Delivery



INTERVENTIONS

MEDICALLY TAILORED MEALS (MTM)	Fully prepared, ready-to-eat frozen or shelf stable meals tailored to the nutrition needs of the individual.
MEDICALLY TAILORED GROCERIES (MTG)	Non-prepared pantry-style (shelf-stable) or Fresh + Pantry menus with products selected as part of a specific nutrition or treatment plan.
PRODUCE PRESCRIPTIONS	Supply of a variety of fresh produce and fruits to increase intake of these nutrient-rich foods as part of a specific nutrition or treatment plan.
NUTRITION + EDUCATION EMPOWERMENT PROGRAMS	Multi-phase programs using a stepped approach to nutrition and education with a combination of MTM and MTG food solutions to establish healthier habits and support longer-term change.

MEDICAL AND POPULATION TAILORED SOLUTIONS

Customized Solutions

Diabetes Pre-Diabetes

Heart Disease Hypertension

Maternal Health

Weight Management

SDOH / Food & Nutrition Insecurity

Child Wellbeing

Renal / ESRD

Cancer Care

Unhoused

THE UMOJA DIFFERENCE

Combination of interventions to meet all
your Food as Medicine program needs:

- | Medically Tailored Meals
- | Medically Tailored Groceries
- | Produce Prescriptions
- | Graduated Programs

White label solutions that emphasize your
commitment to program participants

Education and engagement opportunities
to support long-term behavior change:

- | Printed Collateral
- | Web Based Platform
- | App Based Platform

Flexible customizations | culturally connected
foods, allergen and dietary accommodations



James Gillespie, PhD, JD, MPA, MS
Chief Health Officer
jgillespie@umojasupply.com



Jordan Laccetti
COO
jlaccetti@umojasupply.com
518-732-6996



Megan Guillory
National Manager
mguillory@umojasupply.com
479-358-6139



Adam Andre
Business Development & Operations
aandre@umojasupply.com
346-439-8047



UmojaFoodForHealth.com
CALIFORNIA | ILLINOIS | PENNSYLVANIA | TEXAS

