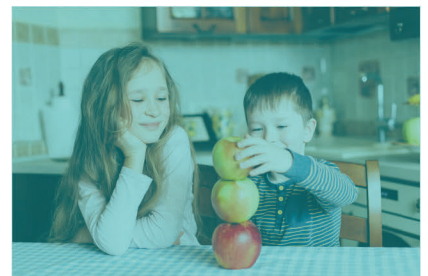


# MEDICALLY TAILORED NUTRITION + EDUCATION EMPOWERMENT PROGRAMS



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, and accessible voucher solutions 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



HYDRATE

80% MOVE MORE

REDUCE STRESS

LIVE EVENTS

EXERCISES

ON DEMAND

FOOD DIARY

MY ACCOUNT INFO

BACKLOG

MY ACCOUNT INFO

Fresh Start Oatmeal

Quick Black Bean Soup

A RANGE OF 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 / SUPPORTIVE GROCERIES (MTG)	<b>TAILORED:</b> medically supportive pantry-style or Fresh + Pantry RD-approved menus designed to meet established nutrition guidelines for specific health conditions. <b>SUPPORTIVE:</b> medically supportive groceries that meet general health recommendations.
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.
GROCERY VOUCHERS	Digital card solutions provide access to a wide range of healthy foods through trusted retailers to guide your community to healthier choices

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

Umoja is the only provider offering a full range of interventions to meet all your Food as Medicine program needs:

- | Medically Tailored Meals
- | Medically Tailored & Medically Supportive Groceries
- | Produce Prescriptions
- | Tailored Step-Down Programs
- | Digital Voucher Solutions

White label solutions that emphasize your commitment to program participants

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

- | Printed Collateral
- | Condition-Specific Education Pathways
- | Web Based Platforms
- | App Based Platforms

Flexible customizations | culturally connected foods, allergen and dietary accommodations



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BUSINESS

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