

# PERSONALIZED NUTRITION AND WHOLE PERSON CARE PROGRAMS



We believe in a holistic approach to health, and that access to optimal nutrition plays an integral part in the physical, mental and social well-being of every individual.

## WHOLE PERSON CARE

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 foods, supported by clinical services, nutrition education, and our digital health platforms to prevent or manage chronic conditions, improve health outcomes, and reduce the cost of care.



Our medically tailored foods are specially designed to meet diverse health needs, providing nourishing, condition-specific meals that support better outcomes.

**MEDICALLY TAILORED MEALS (MTM)**

**MEDICALLY TAILORED GROCERIES (MTG)**

**PRODUCE & PLANT-BASED PRESCRIPTIONS**

**STEP-DOWN PROGRAMS**

**BENEFIT CARDS**



Our dietary services, delivered by Registered Dietitians and nutrition experts, provide the clinical expertise and support members need to achieve lasting health improvements.

**COMPREHENSIVE NUTRITIONAL ASSESSMENTS**

**EDUCATIONAL GROUP SESSIONS**

**SYMPTOM MANAGEMENT**

**PRESCRIPTION CRITERIA MATRIX**



Our program services deliver comprehensive care through customized multi-week programs that assess, prescribe, educate, provide tailored food interventions, and continuous support to drive sustainable health outcomes.



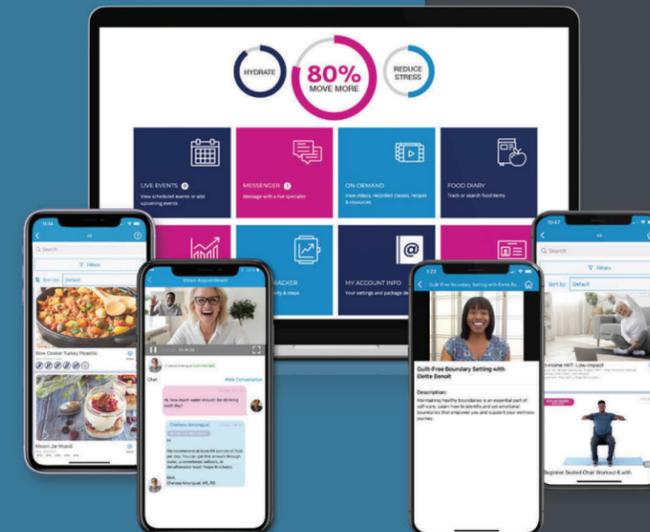
Our digital health platform drives engagement, improves nutrition literacy, and enables predictive insights that deliver measurable ROI for food-as-medicine programs.

**NUTRITION-FOCUSED TELEHEALTH VISITS WITH REGISTERED DIETITIANS**

**PERSONALIZED DIETARY AND WELLNESS PROGRAMMING**

**REAL-TIME BEHAVIORAL TOOLS**

**KEY BIOMETRICS ASSOCIATED WITH CHRONIC CONDITIONS**



# THE UMOJA DIFFERENCE

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

- | Medically Tailored Foods: Meals, Groceries, Plant-based Prescriptions
- | Clinical Services: Dietary Assessments, Group Sessions, Symptom Management
- | End-to-End Program Services
- | Virtual Care Platform Services

White label solutions that emphasize your commitment to program participants



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

- | Accessible 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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