

The Maryland Discharge Meal Program Closing Meeting

September 20, 2019

Onsite meeting:

1-3pm (12:30 lunch)

Brookletts Place- Talbot County Senior Center

400 Brooklets Avenue

Easton, MD 21601

Conference Call

605-313-5371

Code: 138333 #

Welcome and Introductions

AGENDA

- **Welcome and Introductions**
 - Maryland Department of Aging
- **Program Implementation**
 - **Project Rationale** - Judy Simon, Maryland Department of Aging
 - **Menus, Educational Materials and Costs** - Susannah Edwards, Bethesda NEWtrition & Wellness Solutions
 - **Procurement, Packaging and Delivery**– Rick Condon, Maryland Food Bank
- **Program Impacts**
 - **Patient Feedback** - Laura Sena, Maryland Department of Aging
 - **Data Outcomes** - Alice Chan & Paula Cope, University of Maryland St. Joseph Medical Center
- **Hospital & Community Partner Perspectives**
- **Next Steps** - Maryland Department of Aging

Pilot Program Implementation

Project Rationale

Judy Simon, Maryland Department of Aging



Maryland

ANNUAL ESTIMATED MEDICAL COST:

\$340,440,992

That equals roughly \$55 per person

COST FOR ADDRESSING MALNUTRITION IN THESE 8 COMMON CONDITIONS:



MEAL PACKAGES: ADDRESS SERVICE GAP

- Gaps exist in serving nutritionally-vulnerable patients during the first week (or more) post-discharge
 - Research demonstrates ROI for post-discharge, medically tailored meals
 - Local service providers exist, but lack immediate delivery solutions
- Patients at risk for:
 - Malnutrition, dehydration, fluid overload and other complications
 - Results in increased healthcare costs and readmissions
- Area Agencies on Aging (AAAs):
 - Cost-efficient solutions to identify, prevent, and heal malnutrition
 - Address social isolation and behavioral health issues
 - Impact social determinants of health
- Post-discharge meal package distribution options (after initial package provided at hospital):
 - Transitional care clinic – possible incentive
 - Community-based organizations (MAP)
 - CHWs visiting patients at home

A Look Back

- **Aug. 2018 - Sept. 2018:** Established partners, surveyed pilot sites (target population, diet types, outcomes, etc.)
- **Oct. 2018:** Kickoff meeting, draft menu
- **Nov. 2018 - Mar. 2019:** Finalized menu, educational materials, sourced and packaged foods
- **Apr. 2019 - July 2019:** Distribution of meal packages to patients
- **Aug. 2019 - Sep. 2019:** Feedback collection and outcome analysis

Planning: 8 months
Implementation: 4 months
Evaluation: 2 months

PILOT SITE PATHWAYS

| | Peninsula Regional Medical Center | Atlantic General Hospital | University of Maryland St. Joseph Medical Center | University of Maryland Medical Center |
|---------------------------------|---|--|--|---|
| Patients | Diagnosis of CHF, COPD, and/or DM & at high risk for readmission | Positive food insecurity screening and/or high readmission risk (CHF, DM, COPD) | High risk readmission, frequent ED utilizers with comorbid conditions | New diagnosis of DM, COPD, hypertension, or CHF and food insecurity/poor food access |
| Outcomes | 30-day readmission, ED use, health-related QOL | Readmission rate, patient satisfaction, changes in nutrition knowledge | Readmission rate, disease specific clinical indicators | Readmission rate, patient satisfaction, service referrals, diet compliance |
| Screening & Referral | Hospital case management staff evaluate at admission; refer to transitional care team (social worker, CHW) | Screening completed by nursing; positive screens referred to dietitians for assessment | Inpatient nurse manager scores risk, refers to CHW or Transitional Care Center team | Screening conducted by nurses and community health workers |
| Storage | Population Health Department at PRMC and MAC | Patient Center Medical Home (PCMH) office and hospital | Kitchenette at UM SJMC | Coordinated Care Center at UM MC |
| Provision | Initial package at discharge , follow up package delivered by transitional care team within 24 h of discharge | Initial package at discharge, follow up package by Worcester MAP | Initial package at discharge, follow up package during home visit or at Transitional Care Center visit | 3-day package at discharge, follow up package during home visit or at Transition Care Program visit |

Menus, Education Materials, and Costs

Susannah Edwards, Bethesda NEWtrition & Wellness Solutions

Menu Design Process

- Focus on malnutrition post hospital discharge
- Goal: Medically-tailored, shelf-stable meals for 12 days
- Surveyed the hospitals to discover what health conditions were highest rate of readmission
 - Diabetes, CHF, COPD
- Nutritional considerations
 - Appropriate for health conditions, meeting DRI, appealing & varied, familiar
- Other considerations
 - Ease of meal preparation, single-serving sizes, easy to open containers
- Edibility criteria
 - Age, medical conditions → dietary restrictions, home environment

Educational Materials

- Materials for Hospitals & Staff
 - Eligibility criteria
 - Distribution instructions
 - Menu overview/nutritionals
- Materials for Patients
 - Menu for breakfast, lunch, dinner and snacks
 - Nutrition education
 - Community-based food resources

Start Is My Patient Eligible?

Does your patient have any of the following orders at time of discharge?

- A sodium restriction of less than 2000mg per day?
- A fluid restriction of less than 1500mL per day?
- A potassium, phosphorous or protein restriction
- A modified texture diet order

No to all

Yes to any

STOP
Your patient is **not eligible** for meal packages.*

Is any of the following true about your patient at time of discharge?

- Patient is being discharged to a facility that provides more than seven (7) meals per week (assisted living facility, skilled nursing facility, etc.)
- Patient has a diagnosed food allergy
- Patient has Celiac Disease

No to all

Yes to any

STOP
Your patient is **not eligible** for meal packages.*

Is any of the following true about your patient at time of discharge?

- Patient has no access to refrigeration or storage space (i.e. patient does not have a place of residence)
- Patient has an active substance addiction (including alcohol) and is not currently in active treatment

No to all

Yes to any

STOP
Your patient is **not eligible** for meal packages.
Please see the Community Referral Handout for more options.

Is your patient older than 50?

Yes

No

STOP
Your patient is **not eligible** for meal packages.
Please see the Community Referral Handout for more options.

* Please contact your inpatient dietitian for further evaluation if you have any questions or if you are unsure of patient eligibility. Provide this flowsheet to the dietitian and nutritional information for meal packages found on the back.

Which Meal Package Plan?

Patient has **higher nutritional needs** based on medical condition. This includes:

- COPD diagnosis
- Positive malnutrition risk screen or malnutrition diagnosis
- Order for dietary supplements

Patient has need for **diabetes diet** and/or **heart-healthy diet** OR has no dietary restrictions (regular diet order)

Provide patient with the **Enhanced Healing** Meal Package

Provide patient with the **Carb-Controlled, Heart-Healthy** Meal Package

Carb-Controlled, Heart-Healthy

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 |
|---------------------------|--|---|---|--|---|--|
| Breakfast | Corn Flakes, Fruit Cup, Granola Bar, Milk 68g of Carbs | Oatmeal, Granola Bar, Milk 46g of Carbs | Cereal, Craisins, Milk 64g of Carbs | Corn Flakes, Fruit Cup, Granola Bar, Milk 68g of Carbs | Cereal, Fruit Cup, Milk 58g of Carbs | Oatmeal, Granola Bar, Milk 46g of Carbs |
| Lunch | Crackers, Tuna, Tomato Soup, Mayo Packet 45g of Carbs | Rice & Quinoa, Corn Cup, Salsa, Protein Bar 68g of Carbs | Tuna, Corn Cup, Vegetable Soup, Crackers, Peanut Butter 53g of Carbs | Chicken, Crackers, Chicken Noodle Soup, Carrot Cup, Craisins 57g of Carbs | Crackers, Tuna, Tomato Soup, Peanut Butter 56g of Carbs | Rice & Quinoa, Vegetable Soup 57g of Carbs |
| Dinner | Pasta, Chicken, Green Bean Cup, Yogurt 60g of Carbs | Raisins, Chicken, Carrot Cup, Mayo Packet, Crackers 48g of Carbs | Salmon, Pasta, Green Bean Cup, Mayo Packet 45g of Carbs | Pasta, Tuna, Green Bean Cup, Mayo Packet 44g of Carbs | Chicken, Raisins, Crackers, Mayo Packet, Carrot Cup 48g of Carbs | Salmon, Pasta, Green Bean Cup, Mayo Packet 45g of Carbs |
| Snacks | Crackers, Peanut Butter 33g of Carbs | Fruit Snacks, Yogurt, Applesauce 54g of Carbs | Fruit Cup, Yogurt, Granola Bar 46g of Carbs | Yogurt, Applesauce, Raisins 57g of Carbs | Applesauce, Yogurt, Granola Bar 49g of Carbs | Yogurt, Fruit Snacks, Protein Bar 51g of Carbs |
| Totals¹ | Kcal Pro Fat CHO Na+ K+ 1630 76 62 206 2035 1875 g g g mg mg | Kcal Pro Fat CHO Na+ K+ 1560 70 47 216 1850 1779 g g g mg mg | Kcal Pro Fat CHO Na+ K+ 1598 79 57 208 1890 2018 g g g mg mg | Kcal Pro Fat CHO Na+ K+ 1480 68 39 226 1855 1743 g g g mg mg | Kcal Pro Fat CHO Na+ K+ 1598 71 60 211 1685 2269 g g g mg mg | Kcal Pro Fat CHO Na+ K+ 1520 78 44 199 1545 1486 g g g mg mg |

Enhanced Healing (high-protein, high-energy)

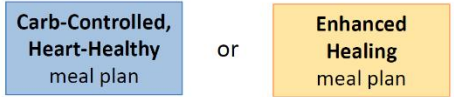
| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 |
|---------------------------|---|---|---|---|---|---|
| Breakfast | Corn Flakes, Fruit Cup, Granola Bar, Milk | Oatmeal, Craisins, Granola Bar, Milk | Cereal, Craisins, Granola Bar, Milk | Corn Flakes, Fruit Cup, Granola Bar, Milk | Cereal, Fruit Cup, Granola Bar, Milk | Oatmeal, Raisins, Granola Bar, Milk |
| Lunch | Tuna, Crackers, Tomato Soup, Mayo Packet | Rice & Quinoa, Corn Cup, Salsa, Protein Bar | Tuna, Corn Cup, Vegetable Soup, Crackers, Peanut Butter | Chicken, Crackers, Chicken Noodle Soup, Raisins | Tuna, Crackers, Tomato Soup, Peanut butter | Rice & Quinoa, Corn Cup, Vegetable Soup, Yogurt |
| Dinner | Pasta, Chicken, Green Bean Cup, Yogurt | Chicken, Raisins, Crackers, Mayo Packet, Carrot Cup, Chocolate Milk | Salmon, Mac & Cheese, Green Bean Cup | Rice & Quinoa, Tuna, Green Bean Cup, Mayo Packet, Yogurt | Chicken, Mac & Cheese, Carrot Cup | Salmon, Pasta, Carrot Cup, Mayo Packet |
| Snacks | Pretzels, Peanut Butter, Chocolate Milk, Ensure, Protein Bar | Pretzels, Peanut Butter, Ensure, Applesauce, Yogurt | Fruit Cup, Yogurt, Protein Bar, Fruit Snacks, Ensure | Applesauce, Ensure, Chocolate Milk, Protein Bar | Fruit Snacks, Yogurt, Ensure, Applesauce, Protein Bar | Fruit Cup, Ensure, Protein Bar, Crackers, Peanut Butter |
| Totals¹ | Kcal Pro Fat CHO Na+ K+ 2430 123 75 334 2850 2789 g g g mg mg | Kcal Pro Fat CHO Na+ K+ 2360 99 76 322 2740 2895 g g g mg mg | Kcal Pro Fat CHO Na+ K+ 2018 110 65 265 2565 2507 g g g mg mg | Kcal Pro Fat CHO Na+ K+ 1970 105 58 274 2270 2684 g g g mg mg | Kcal Pro Fat CHO Na+ K+ 2018 106 67 266 2365 2499 g g g mg mg | Kcal Pro Fat CHO Na+ K+ 2430 105 77 334 2465 2750 g g g mg mg |

¹Nutrition facts are estimates based on most accurate data and may not reflect the exact nutritional makeup of the meal packages. Days 1-3 and Days 4-6 are packaged together and a client may not eat everything in the exact order as described on this page.

What's in your Box?



Boxes either contain:



Each patient only gets one type of meal plan

Use the Patient Selection Flowsheet to help you determine which meal plan is right for your patient



Your patient will either get a **Carb-Controlled, Heart-Healthy** or a **Enhanced Healing** meal package plan.

Here are the differences between the two:

| Carb-Controlled, Heart-Healthy | Enhanced Healing (high energy & high protein) |
|---|--|
| <ul style="list-style-type: none"> • Calorie range 1500 – 1700 per day • Carbohydrates are 45-55% of total calories in accordance with the adult Dietary Reference Intake* • Carbohydrates are spread evenly between meals. <ul style="list-style-type: none"> • Meals are about 3-4 carb choices each and snacks are 1-2 carb choices. • Moderate total fat (25 – 33% of total calories) • Adequate protein for maintaining muscle (18 – 20% of total calories) • Sodium is under 2,000 mg per day | <ul style="list-style-type: none"> • Higher calories for medical conditions that use more energy (1900 – 2500 Calories per day) • Adequate protein for maintaining muscle (over 100 grams per day) • No restrictions on fat, carbohydrates, or sodium |

Additional information for both meal package plans:

- Easy to prepare. Requires:
 - Spreading with a knife
 - Opening a can
 - Pulling off a cap
 - Mixing
 - Puncturing with a straw
 - Pulling open a package
- Additional kitchen items required:
 - Water
 - Bowls & plates
 - Forks, knives & spoons
 - Can opener
 - Microwave
 - Optional: scissors (if patient has difficulty opening packages)

Grant funds from the Administration for Community Living (ACL) and the Maryland Department of Aging assisted in the development of this material. Points of view or opinions contained herein are those of the authors and do not necessarily represent the official position or policies of the ACL or Department.



*SOURCE: Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (2002/2005). <https://www.ncbi.nlm.nih.gov/books/NBK56068/table/summarytables.t5/?report=objectonly>



What's in your Bag?



Day 1

Breakfast
Blueberry Muffin, Mixed Fruit Cup, PB & Dark Chocolate Granola Bar

Lunch
Tuna, Classic Tomato Soup, Wheat Crackers, Mayonnaise To-Go

Dinner
Barilla Pasta (1/2 bag), Premium Chicken (1/2 can), Green Beans, Blended Yogurt

Snacks
Wheat Crackers, Natural Peanut Butter, Lowfat Milk



Day 2

Breakfast
Quaker Oatmeal, PB & Dark Chocolate Granola Bar, Lowfat Milk

Lunch
Brown Rice & Quinoa, Sweet Corn, Picante Sauce, Chocolate Deluxe Protein Bar

Dinner
Premium Chicken (1/2 can), Raisins, Diced Carrots, Mayonnaise To-Go, Wheat Crackers

Snacks
Fruit Snacks, Blended Yogurt, Applesauce



Day 3

Breakfast
Breakfast Cereal, Craisins, Lowfat Milk

Lunch
Tuna, Sweet Corn, Hearty Vegetable Soup, Wheat Crackers, Natural Peanut Butter

Dinner
Pink Salmon, Barilla Pasta (1/2 bag), Green Beans, Mayonnaise To-Go

Snacks
Mixed Fruit Cup, Blended Yogurt, PB & Dark Chocolate Granola Bar

Nutritional Content

Carbohydrates
190 – 220 grams per day
45 – 70 grams per meal
15 – 25 grams per snack

Sodium
1500 – 2000 mg/day

A Carb-Controlled, Heart-Healthy Meal Packages

Carb-Controlled, Heart-Healthy Meal Packages

The Carb-Controlled, Heart Healthy meal package is designed to provide you with the food you need to help you recover after your visit to the hospital.

Balanced carbohydrates

Carbohydrates (carbs) from the food you eat effect your blood sugar. These meals and snacks are balanced with the right amount of carbs to keep your blood sugar under control throughout the day.

Low salt

Getting too much sodium (salt) can raise your blood pressure and be bad for your heart health. These meals are low in salt to keep your heart healthy and your blood pressure under control.

Easy to prepare

These foods were chosen because they are single-serve, easy to prepare, and can be kept at room temperature for up to six months.

We want you to stay healthy once you leave the hospital. Enjoy these foods on us!

In addition to these meal packages, you may also need:
Water, bowls & plates, forks, knives & spoons, can opener, microwave, scissors

Pro Tip
Be sure not to add any salt to these foods. Try other seasonings, like garlic powder, dried herbs, Mrs. Dash Salt-Free seasoning, or other salt-free seasonings.



Picture source:
<http://www.inrdash.com/products/seasoning-blends/%C2%AE-original-blend>

Grant funds from the Administration for Community Living (ACL), Grant Number 90NNLU0002 and the Maryland Department of Aging assisted in the development of this material. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the ACL or Department.



1-800-243-3425 | AGING.MARYLAND.GOV



Program Costs

| Cost | Carb-Controlled/ Heart Healthy | Enhanced Healing | Typical Home Delivered Meal* |
|------------------------------|-----------------------------------|------------------|---------------------------------|
| Per day (3 meals + 2 snacks) | | | |
| Food | \$8.56 | \$11.56 | \$9.30 |
| Total** | \$10.57 | \$14.27 | \$16.68 |
| Per patient for 12 days | | | |
| Food | \$102.72 | \$138.67 | \$111.60 |
| Total** | \$126.84 | \$171.23 | \$200.16 |

Product sourcing – sourced from grocery retail stores (Target, Walmart, Dollar Tree)

*3 meals/2 snacks and 12 consecutive days of meals are not available through existing home delivered meals programs. These costs reflect the average food cost/meal = \$3.10 and total cost \$5.56 to deliver a home delivered meal. The per day cost listed multiplies these figures by 3, which also provides 100% Reference Daily Intake.

**Total costs for the meal package includes an additional 35% for overhead, labor, transportation. Home Delivered Meals food and total costs are based on reports submitted to the Maryland Department of Aging from statewide Area Agencies on Aging.

Procurement, Packaging & Delivery

Rick Condon, Maryland Food Bank



Procurement and Packaging

- Procurement process – obtaining foods directly from retail stores
 - Outside the normal process for MFB, which is through distributors directly
 - Led to delays in receipt of items to build kits
 - Retail sites did not have needed quantities on hand to service the need
 - Created shelf-life issues on a small amount of items
- Transportation of kitting items from retailers proved difficult
 - Several trips were required due to inventory availability
- Kitting process
 - More complex than traditional MFB kitting projects
 - Overall hours for kitting – 152 staff hours and 180 volunteer hours
 - Storage was a non-issue



Deliveries to Hospital sites

- Due to the small scale of project MFB initially designed delivery from Baltimore
 - As program moved forward MFB shuttled product to Salisbury site and delivered from there for ES sites
- Minimum Order requirements
 - Based on costs to MFB in order to maintain costs
 - Most likely too large for hospital sites
 - Modify size options in any future pilots
- Little to no difficulty with access to locations

Please Share...

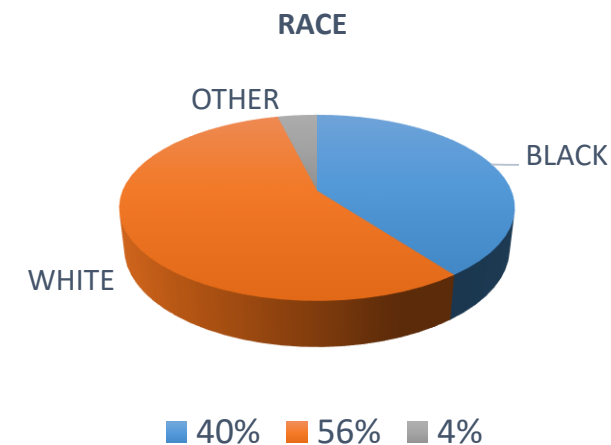
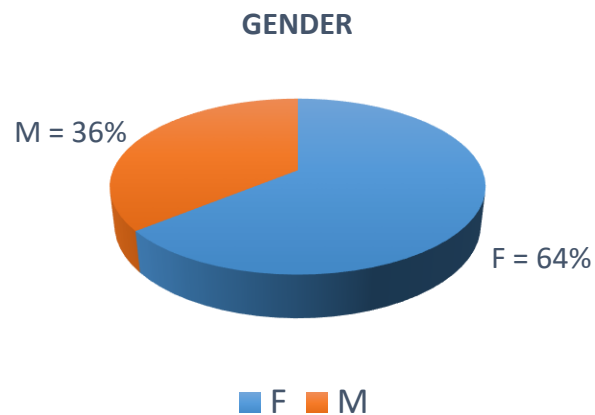
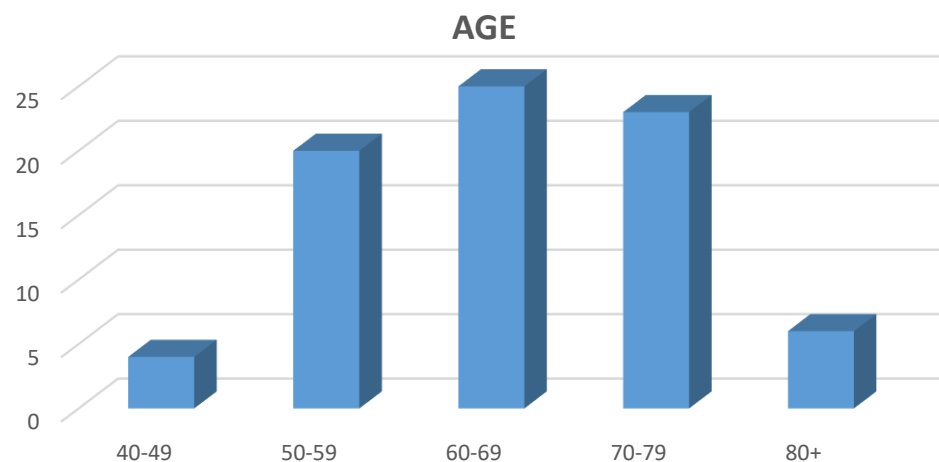
- Lessons learned
 - The procurement process was more costly than need be as product was bought at retail pricing
 - Create enough lead time to allow distributor and nutritionist to develop menu items (unbranded) that are diet appropriate
 - Ship full cases to site to allow for client choice based on dietary restrictions
- Benefits to your organization
 - Allowed MFB to gain further insight into Food as Medicine programs

Program Impacts

Data Outcomes

Alice Chan & Paula Cope, University of Maryland St. Joseph Medical Center

- Four participating hospitals:
 - Peninsula Regional Medical Center, (PRMC), Atlantic General Hospital (AGH), UM Medical Center (UMMC), UM St. Joseph Medical Center (SJMC)
- Total participant =78 patients:
 - PRMC: 18
 - AGH: 14
 - UMMC: 14
 - SJMC: 32

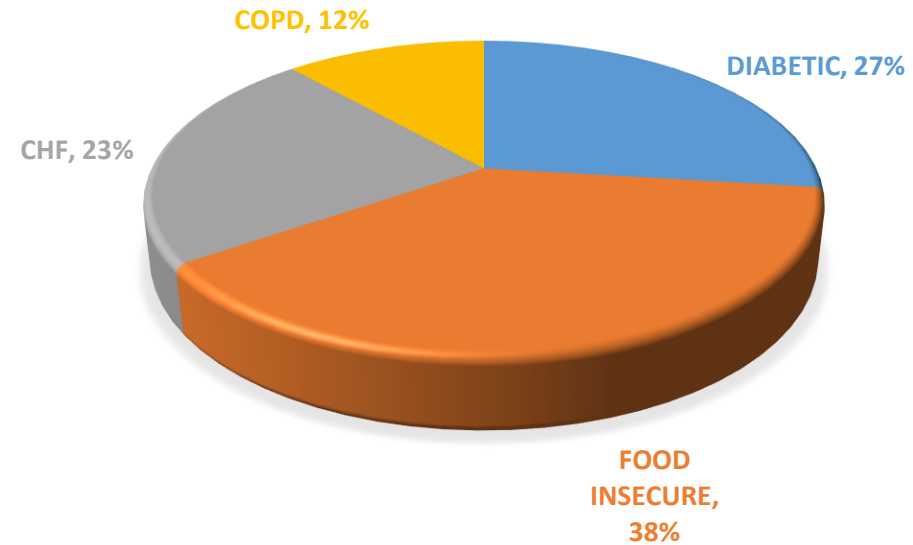


Reasons for Providing Package & Diet type

Per Tracking Forms, of the 78 patients who participated:

- Food Insecurity = 38%
- Diabetic = 27%
- CHF = 23%
- COPD = 12%

22% of participants had food insecurity & diagnosis to determine type of package provided.



Challenges in CRISP data

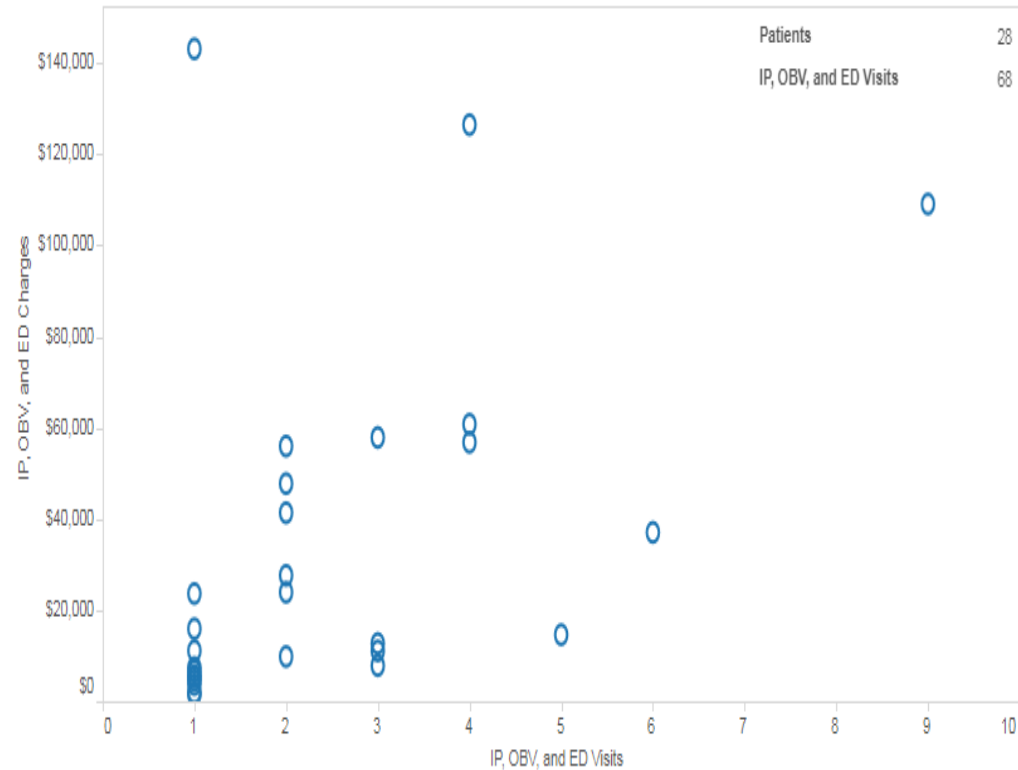
- Unable to group run consortium data as 1 panel
- When analyzing individual hospital data, participant number is too small, CRISP can only show data with 11 or more patients and above for HIPAA reasons.

SJMC CRISP data

- 32 patients uploaded, 5 not found in CRISP

IP, OBV, and ED Visits and Charges in the Last 12 Months (Jul. 2018 to Jun. 2019)

Select one or more bubbles to view patient details



Total Number of Members on Panel that could contribute to analysis

| | 1 Month | 3 Months | 6 Months | 12 Months |
|---|---------|----------|----------|-----------|
| Total Number of Patients in Panel that could contribute to analysis | 23 | 5 | | |

Percent of Members on the Panel with 1 or more Visits

| Time Period | Total Number of Patients with a visit - Pre | Total Number of Patients with a visit - Post | Total Number of Patients with a visit - Pre % | Total Number of Patients with a visit - Post % | Change in Number of Patients |
|-------------|---|--|---|--|------------------------------|
| 1 Month | 23 | 11 | 100.0% | 47.8% | -52.2% |
| 3 Months | 5 | 2 | 100.0% | 40.0% | -60.0% |
| 6 Months | 0 | 0 | | | |
| 12 Months | 0 | 0 | | | |

Average Charge per Member

| Time Period | Total Number of Patients with at least 1 visit pre or post | Total charges - Pre | Total charges - Post | Average Charge per patient - Pre | Average Charge per patient - Post | Total Charges per Patients change |
|-------------|--|---------------------|----------------------|----------------------------------|-----------------------------------|-----------------------------------|
| 1 Month | 23 | \$615,051 | \$130,191 | \$26,741 | \$11,836 | (\$14,906) |
| 3 Months | 5 | \$219,693 | \$54,339 | \$43,939 | \$27,169 | (\$16,769) |

Patient Feedback

Laura Sena, Maryland Department of Aging

Patient Feedback Survey Results

| “Do you feel the meal packages...” | NUMBER | PERCENTAGE |
|--|---------------|-------------------|
| Helped you recover after being in the hospital? | | |
| Yes | 37 | 95% |
| No | 2 | 5% |
| Kept you from losing weight? | | |
| Yes | 20 | 54% |
| No | 17 | 46% |
| Helped you manage your health condition (for example, hypertension, diabetes, etc.)? | | |
| Yes | 33 | 85% |
| No | 6 | 15% |
| Provided you with food that you wouldn’t have otherwise been able to buy or shop for? | | |
| Yes | 31 | 82% |
| No | 7 | 18% |
| Provided you with something to eat when you had difficulty preparing your own meals? | | |
| Yes | 32 | 82% |
| No | 7 | 18% |
| Helped you eat healthier food? | | |
| Yes | 32 | 86% |
| No | 5 | 14% |

| | NUMBER | PERCENTAGE |
|--|--------|------------|
| Considering all the meal packages combined, how much of the food did you eat? | | |
| ¼ or less | 3 | 8% |
| ½ or less | 10 | 26% |
| ¾ or less | 7 | 18% |
| Almost all | 19 | 49% |
| Do you feel the foods met your nutritional needs based on your health condition? | | |
| Yes | 35 | 92% |
| No | 3 | 8% |
| Did you have any trouble opening the food packages? | | |
| Yes | 4 | 10% |
| No | 35 | 90% |
| Was it easy to get the meal packages home from your hospital discharge and follow-up visit (if applicable)? | | |
| Yes | 32 | 89% |
| No | 4 | 11% |
| Did the second meal packages make it more likely for you to attend your follow-up visit? | | |
| Yes | 12 | 50% |
| No | 12 | 50% |
| N/A | 14 | ~ |

| | NUMBER | PERCENTAGE |
|--|--------|------------|
| Did you find the “What’s In Your Bag” menus provided helpful? | | |
| Yes | 31 | 84% |
| No | 6 | 16% |
| Did the pilot program help you connect to organization(s) that provide wellness, meals, financial, housing, caregiver supports (or similar services)? | | |
| Yes | 14 | 39% |
| No | 22 | 61% |
| Did the pilot program help you connect to program(s) that can help you eat better, like senior centers, food pantries, SNAP, etc.? | | |
| Yes | 15 | 41% |
| No | 22 | 59% |
| Of the foods you received what were your top 3 favorites? | | |
| Tuna | 15 | ~ |
| Cereal | 10 | ~ |
| Fruit Cups | 8 | ~ |
| Of the foods you received, what were your 3 least favorite? | | |
| Vegetables (Carrots, Corn, Green Beans) | 4 | ~ |
| Rice & Quinoa | 3 | ~ |
| Salmon | 3 | ~ |

Participant Quotes

"[I] can't drive for a few weeks, so this was extremely helpful!"

"[I] didn't have to worry about getting out to buy food."

"Made it so I didn't have to bother my daughter to shop."

"Thankful for the Ensure [as it is] expensive."

"I'm overweight so the fruit cups and Craisins were great snacks."



Hospital and Community Partner Perspectives

Atlantic General Hospital, Peninsula Regional Medical Center, University of Maryland Medical Center, University of Maryland St. Joseph Medical Center, Maintaining Active Citizens, Inc., Worcester County Health Department

Please Share...

- Patient case study
- Lessons learned (eg, staffing, patient selection, etc.)
- Feasible next steps (What would you like the program to look like going forward? Number and type of meals and price point?)

Next Steps

Judy Simon, Maryland Department of Aging