



PERFORMANCE KITCHEN  
FOOD IS MEDICINE®

FOOD IS MEDICINE PROGRAMS REDUCE HEALTHCARE COSTS

# A COMPARISON OF MEDICALLY TAILORED MEALS (MTMS) AND PRODUCE PRESCRIPTIONS



# ~\$40B

PREDICTED HEALTH CARE SAVINGS

The National Institute of Health conducted separate studies on roughly 6.5M people to predict healthcare savings when Medically Tailored Meal and Produce Prescription programs were implemented.

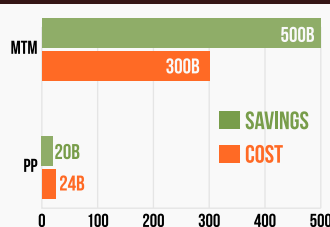
FURTHER ANALYSIS INDICATED THAT MTM EMERGES  
AS THE SUPERIOR COST-SAVING MODALITY

YEARS NEEDED TO SAVE \$40B

MEDICALLY TAILORED MEALS  
1 YEAR

PRODUCE PRESCRIPTION  
25 YEARS

10 YEAR SAVINGS VERSUS COST

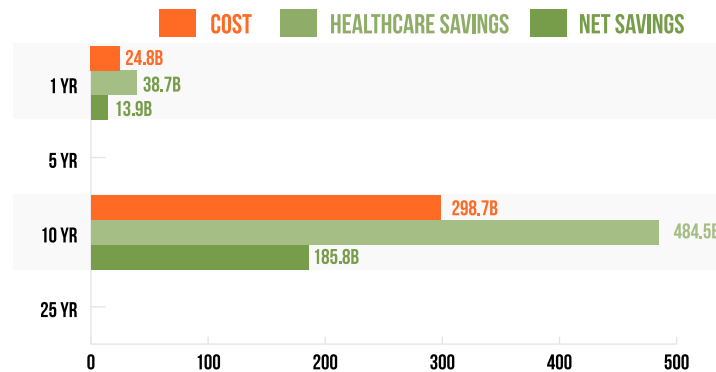


HOW LONG ARE WE ASKING INSURANCE COMPANIES TO WAIT TO RECEIVE COST SAVINGS?



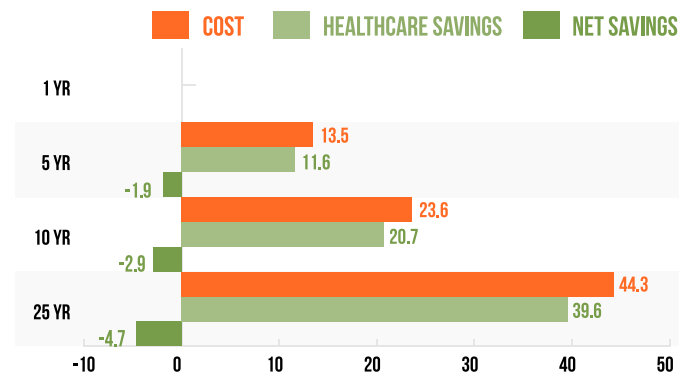
MEDICALLY  
TAILORED  
MEALS

N = 6,309,998  
8 months/year  
10 meals/week  
5 Studies  
Evaluated



PRODUCE  
PRESCRIPTIONS

N = 6,500,000  
Offered at  
\$42/month  
per person  
Redemption avg  
\$32/month  
20 Studies  
Evaluated



MEDICALLY  
TAILORED MEALS

offer incredible net saving over  
the course of 1 year.

NET SAVINGS  
\$2,200/YEAR  
PER PATIENT

Smith, J. A., & Johnson, M. B. (2023). *The Impact of Exercise on Mental Health*. JAMA Network Open, 4(2), 87-95.

Noel, M. W., & Smith, A. B. (2023). *Cardiovascular Benefits of Exercise: A Comprehensive Review*. Journal of the American Heart Association, 122(5), e029215.