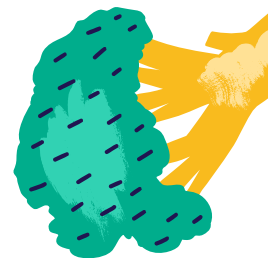




Promoting Health Through Nutritious, Culturally Diverse Meals: The Tangelo Journey



Exploring Tangelo's Diverse and Nutritious Menu Options



Our diverse, chef-curated, dietitian-approved meals cater to individuals with chronic conditions and dietary needs from various cultures. We offer a variety of medically tailored prepared meals, semi-prepared meal kits, and grocery boxes tailored for different cooking abilities and resources, ensuring nutritious options for all members.

Tangelo has 100+ prepared meal options rotated seasonally, so you'll never get bored with your meals. Our chefs focus on using fresh, locally-sourced ingredients to create delicious and nutritious meals that are ready to eat in minutes. With Tangelo, eating healthy has never been easier or more convenient.

Medically tailored prepared

Meals

Meal Kits

Grocery boxes



Precise Nutrition Prescriptions by Tangelo

We prescribe food based on members' dietary risk profiles, using our patented, standardized, scientifically validated Diet Assessment to titrate data driven nutrition interventions like no other can.

- ✓ Our revolutionary system generates real-time, customized nutrition prescriptions.
- ✓ These prescriptions take into account each patient's unique health conditions, dietary needs, and cultural preferences.
- ✓ Our aim is not just to manage, but to improve health outcomes.
- ✓ These improvements are achieved through dietary modifications tailored to each individual's unique health journey.

By choosing to partner with Tangelo, you'll be aligning with an organization steadfastly committed to quality. We pride ourselves on using local, all-natural, and sustainably-sourced ingredients in our meals.



OUR APPROACH

Tangelo's Policy and Commitment

We at Tangelo take immense pride in our **99% delivery success rate**, reflecting our unwavering dedication to quality and reliability. Our culinary masters harness their expertise along with advanced packaging, storage, and transportation technology—ensuring that every meal reaches your doorstep without compromise. We believe that the foundation of good health starts with clean, whole-food ingredients, which is why we meticulously select only the best.



Why do we champion whole food ingredients?

Food as Medicine

Food has the potential to heal and nourish.

High Nutrient Value

Whole foods are packed with vital nutrients.

Gut & Brain Health

A diet rich in whole foods supports a healthy gut and brain.

Freshness Equals Flavor

Fresh ingredients bring out the most authentic flavors.

Sustainable Sourcing

We source our ingredients responsibly to support sustainability

Reduced Food Waste

Our approach leads to minimal food waste.

Cultural Appreciation

Our meals pay homage to a variety of world cuisines.

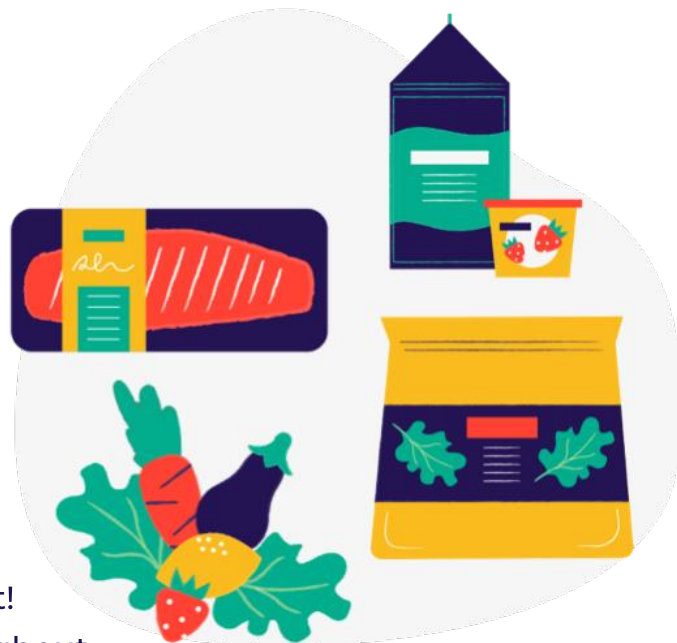
Culinary Creativity

Our chefs have decades of experience turning healthful, wholesome ingredients into delicious, satisfying meals.

Our comprehensive list of food additives that we consciously avoid is available upon request. The minimal additives we do use are meticulously reviewed for safety and have gained approval from our expert nutrition science team.



Tangelo's Medically-Tailored Meals: Convenience Meets Taste



Our meals arrive frozen and ready to heat then eat! Tangelo has over 100+ meal options offered throughout the year. These gourmet meals are designed with freshness and convenience in mind. With Tangelo, gourmet doesn't wait – it's ready when you are.

TOFU PAD THAI

 Diabetes Friendly

 Heart Healthy

 Dairy free

 BP Friendly

 Kidney Friendly

 Gluten-free

 Vegan

Nutrition Facts	
2 servings per container	
Serving Size	9.5 oz (269g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 530mg	22%
Total Carbohydrate 46g	15%
Dietary Fiber 3g	13%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 22g	
Vit. D 0mcg 0%	Calcium 85mg 8%
Iron 3mg 20%	Potas. 520mg 15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Tangelo's Semi-Prepared Meal Kits Explained

Our meal kits come fully equipped with everything you need, including pre-cooked ingredients, to create a tantalizing meal for yourself or loved ones. These culinary delights, designed for convenience without compromising on taste, can be brought to life in just 10 minutes or less!



VEGETABLE STIR FRY

1 INGREDIENTS

	IN YOUR BOX	USE
Brown Rice	Container	All
Gluten Free Tamari	Bottle	All
Green Bell Pepper	2 Pieces	1 EA
Carrot	2 Pieces	1 EA
Eggplant	2 Pieces	All
Onion	1 Piece	All
Zucchini	1 Piece	1 EA
Garlic	1 Clove	1 EA
Broccoli	1 Piece	1 EA

Nutrition Facts	
1 serving per container	
Serving Size	1 ea
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 820mg	26%
Total Carbohydrate 52g	17%
Dietary Fiber 6g	24%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 9g	
Vit. D 0mcg 0%	Calcium 92mg 10%
Iron 2mg 10%	Potas. 840mg 25%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

3 INSTRUCTIONS

- Heat a drizzle of olive oil in large pan for 1 min on medium heat
- Add onion, garlic, carrots, cook for 4 minutes stirring occasionally
- Add eggplant, zucchini, broccoli, and cook for 2 minutes
- Add rice with 2 oz of tamari sauce and stir, continue to cook for 2 minutes
- Season with a pinch salt and pepper. ENJOY!!



NOURISHING NARRATIVES

The Impact of Tangelo

“

Testimonial from Customer

I just want to thank you guys for such delicious meals. They are pretty tasty, and the calories are great, so thank you guys also for your great service!!!! SO THANK YOU!!!

”

“

Testimonial from Funder

“Through our partnership with Tangelo, Wake County is able to deliver healthy, locally-sourced and culturally relevant food directly to the doorsteps of food-insecure and transportation-limited households across the county. Our joint effort has been so successful it won a 2023 NACo Achievement Award in the health category, and we couldn't more proud!”

”

“

Testimonial from Provider

Tangelo has been a great partner. Many of our patients either live or work in food deserts so getting access to affordable healthy food options is a major barrier. We've already heard great things from patients about how the app is easy to navigate and how excited they are when their box arrives each month. Tangelo and their food-based options have become a great tool in our toolkit to not only keep our patients engaged in care but to support them in their healthcare goals.

”

“

Testimonial from Funder

Tangelo has been very flexible and has shared their expertise in helping us to improve and grow participation throughout the course of the program. Our participants have shared with us their ease of using the Tangelo App and when necessary the timely responses from the Tangelo.

”

“

Testimonial from Payer

Tangelo is excellent at catering to programmatic needs and creating innovative solutions to address population-specific barriers to accessing food. We are excited to launch our innovative Double Up pilot with Tangelo in collaboration with our community partners.

”

“

Testimonial from Provider

Tangelo has allowed our organization to provide a service that is desperately needed in the communities that we serve. These individuals and families usually have many hardships so improving access to healthy foods is one less thing for them to worry about- New York Public Health Solutions

”

SAMPLE MEALS AND SEMI-PREPARED MEAL KITS

Tangelo's Fresh Picks



Overnight Oats

- Diabetes Friendly
- Vegan
- Heart Healthy
- Gluten-free
- Kidney Friendly
- Dairy free
- BP Friendly



Butternut Squash Bowl

- Diabetes Friendly
- Vegetarian
- Heart Healthy
- Dairy free
- Kidney Friendly
- Gluten-free
- BP Friendly



Curried Chickpeas and Lentils

- Diabetes Friendly
- Vegan
- Heart Healthy
- Gluten-free
- Kidney Friendly
- Dairy free
- BP Friendly



Vegan Noodle Stir Fry

- Diabetes Friendly
- Vegan
- Heart Healthy
- Gluten-free
- Kidney Friendly
- Dairy free
- BP Friendly



Tofu Pad Thai

- Diabetes Friendly
- Vegan
- Heart Healthy
- Gluten-free
- Kidney Friendly
- Dairy free
- BP Friendly



Cauliflower Grain Bowl

- Diabetes Friendly
- Vegan
- Heart Healthy
- Gluten-free
- Kidney Friendly
- Dairy free
- BP Friendly

These meals are manufactured in a facility that also handles common allergens. Tangelo cannot guarantee that the meals are completely free from traces of allergens due to potential cross-contamination.



**We deliver prescribed, chef-
designed, RD-approved
meals nationwide.**

Email: sales@jointangelo.com

Visit: jointangelo.com

