



Provider FAQs: Medically Tailored Meals



Health Partners Plans



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Improving Health.

Are these meals for the whole family or only the child who meets the criteria?

The meals are for the pediatric patient that is referred to the program. If additional children meet the criteria for the program, please fill out separate referral forms.

If the other children in the household under the age of 18 are HPP members, they will receive meals covered by HPP. MANNA will supply meals to non-HPP members. Please follow the instructions on page 2 of the referral form for children that do not meet the criteria but still need meals.

Are the meals calorie restricted?

The children's menu was designed for the recommended national nutrition requirements for children ages 2-12. Please see the sample daily menu with the nutrient description. We can add up to three of our diet modifications to

Sample Daily Menu

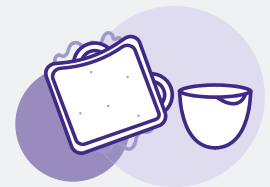
Breakfast

- Whole grain pancakes
- Turkey sausage links
- Pear



Lunch

- Chicken salad sandwich
- Applesauce



Dinner

- Roast Beef
- Mashed Potatoes
- Sautéed Zucchini



Dessert

- Apple Cobbler



Nutrient Description (per day):

1200 KCALS, 50% CHO, 30% FAT, 20% PROTEIN, 17g FIBER
2g SODIUM, 1g CALCIUM, 10mg IRON, 25mg VITAMIN C

this menu to meet full nutritional needs. The pediatric patients who qualify for this program include diabetic, hypertension, high-risk pregnancy and elevated BMI, so we will be able to accommodate each patients' nutritional needs. For older children, we can put them on our adult menu as appropriate.

Will the nutrition counseling be provided in Spanish and other languages as needed?

All registered dietitians at MANNA have access to Language Line Services to help with nutrition counseling for patients who do not speak English.

What are some of the dietary modifications to accommodate different diseases or religious requirements?

MANNA offers 11 different dietary modifications to accommodate different diseases and can adapt to personal or religious requirements. We can combine up to three modifications for each client. Modifications can include:

- Kidney friendly: low potassium, low phosphorus, low sodium
- Diabetic/heart healthy: carbohydrate and sodium controlled
- Low lactose: low in dairy
- GI friendly: low fiber and mild spice
- No pork
- No beef
- No seafood
- Mechanical soft: easy to chew and swallow
- Pureed
- High calorie/high protein: includes additional healthy snack
- Small portions

How long is the program and how many meals will the patient receive?

Each pediatric patient who qualifies for the program will receive 12 weeks of meals with the choice of six more weeks. MANNA offers complete and supplemental meal programs. Please select the appropriate meal plan on the referral form.

Complete

The complete meal program supplies 21 meals/week, which includes breakfast, lunch, dinner and a healthy snack and dessert for each day.

Supplemental

The supplemental meal program was developed for patients who are in school and do not need access to three meals/day during the school week. This meal program provides dinner, plus a healthy snack and dessert during school days as well as breakfast, lunch, dinner and a healthy snack and dessert for the weekends.

How will MANNA deliver the meals?

MANNA is located in Philadelphia and delivers the meals directly to the patient's home using their fleet of freezer trucks. All meals are cooked using fresh ingredients and then frozen to allow MANNA to deliver a full week's worth of meals during each delivery. MANNA delivers Tuesday through Friday. The patient and caregiver will be able to choose the delivery day. MANNA will deliver on the same day each week between the hours of 8 a.m. and 5 p.m. Patients will receive a welcome booklet with their first delivery that provides the proper storage and heating instructions for the meals and contact information for MANNA.