

MEDICALLY SUPPORTIVE FOOD PROVIDER LIST

Provider Name	Member Outreach Type	Service Provided	Menu Selections	Refrigerator / Freezer Requirement	Medical Meal Options	Delivery	Additional Information
Fresh & Fabulous	Phone	<ul style="list-style-type: none"> Tailored meals. Nutrition counseling. 	<ul style="list-style-type: none"> Four-week menu cycle. Customizable meals. 	Refrigeration to store up to six meals at once.	<ul style="list-style-type: none"> Diabetes Kidney disease Heart health Cancer Celiac / gluten-free Reduced sodium Soft / texture-modified Vegetarian / Vegan Weight loss Weight gain 	Provider staff delivers three times per week (typically four to six meals per delivery).	<p>Local Ventura County medically tailored meal provider.</p> <p>Provides meals for members 1-year-of-age and older.</p>
Mom's Meals	Phone	<ul style="list-style-type: none"> Tailored meals. Nutrition counseling. 	<ul style="list-style-type: none"> Members can select from a wide range of meal choices. Meals are not fully customizable. 	Refrigeration or freezer to store up to 14 meals at once.	<ul style="list-style-type: none"> General wellness Heart friendly Diabetes friendly Renal friendly Cancer support Gluten-free Vegetarian Lower sodium Pureed 	<p>Provider staff or major delivery carrier (FedEx) once per week (typically 10 to 14 meals per delivery).</p> <p>National medically tailored meal provider.</p> <p>Provides meals for members 5 years of age and older.</p>	
Slate Bistro	Phone, text messaging	<ul style="list-style-type: none"> Tailored meals. Nutrition counseling. 	<ul style="list-style-type: none"> Total of 120+ options. Customizable meals. 	Refrigeration to store up to six meals at once.	<ul style="list-style-type: none"> DASH / Heart healthy Heart failure Heart healthy diabetic Heart friendly renal Heart friendly renal diabetic Gluten-free Pescatarian / Vegetarian Texture mod: Puree / Chopped 	<p>Provider staff delivers three times per week (typically four to six meals per delivery).</p> <p>Local Ventura County medically tailored meal provider.</p> <p>Provides meals for members 1-year-of-age and older.</p>	
Water's Edge	Phone, text messaging, email	<ul style="list-style-type: none"> Tailored meals. Nutrition counseling. 	<ul style="list-style-type: none"> 120 core options (300 total choices). Customizable meals. 	Refrigeration to store up to six meals at once.	<ul style="list-style-type: none"> Heart friendly Low sodium Diabetes Renal / Dialysis Cancer (Neutropenic) Gluten free/ Dairy free Vegan / Vegetarian High / Low protein High / Low calorie Halal and Kosher High / Low fiber Texture mod: Puree / Chopped 	<p>Provider staff delivers three times per week (typically four to six meals per delivery).</p> <p>Local Ventura County provider currently working with VCAAA to provide meals.</p> <p>Provides meals for members 1-year-of-age and older.</p>	

Meal Provider Contacts:

Fresh & Fabulous:
1-805-486-4547
<https://www.myfreshandfabulous.com/>

Mom's Meals:
1-888-701-5279
<https://www.momsmeals.com/calaim>
Case Managers and Referring Providers:
1-866-224-9485
meal.inquiry@momsmeals.com

Slate Bistro:
1-805-760-2984
<https://themedicalkitchen.com/>

Ventura County Area Agency on Aging (VCAAA):
1-805-477-7300
<https://www.vcaaa.org/>

Water's Edge:
1-805-824-8984
<https://www.watersedgeventura.com>