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Press Release

For Immediate Release:

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Meals on Wheels and Kellyn Foundation partner to provide medically tailored meals!

Meals on Wheels of the Greater Lehigh Valley and Kellyn Foundation, a Lehigh Valley based non-profit, have formed a partnership to provide medically tailored meals for patients dealing with chronic health issues that can be positively impacted by a Food as Medicine approach.

“The research supporting the impact of medically tailored meals proves their value through improved nutrition, lower food insecurity, and significant overall healthcare cost savings among patients with complex diet-related diseases,” states Meagan L. Grega, MD. A recent [JAMA article](#) evaluating the expected return on investment of a medically tailored meal intervention in a cohort of 6.3 million American adults with at least one diet-sensitive chronic disease and one limitation in instrumental activities of daily living demonstrated an estimated 1.6 million hospitalizations averted and a net cost savings of \$13.6 billion in the first year.

Meals on Wheels of the Greater Lehigh Valley, the leader in home-based meals, has been delivering meals to homebound individuals for over 52 years while providing kindness, respect, and social connection at every visit. Kellyn Foundation, a leader in lifestyle medicine since 2007, provides education in schools, food access in neighborhoods, whole food plant-forward prepared meals, culinary medicine sessions and intensive therapeutic lifestyle change programs.

“We could not ask for a better partnership to bring what we have been doing for the last 52 years to a new level. Kellyn and Meals on Wheels have a similar mission and mindset. We are excited to move forward with this initiative.” states Erik McGaughey, CEO of Meals on Wheels.

Eric J. Ruth, CEO of Kellyn Foundation states “We are committed to providing Food as Medicine programs and resources to individuals in our community. The combination of our medically tailored, nutrient-dense and delicious meals, our healthy lifestyle education programs, and Meals on Wheels’ proven ability to provide convenient, healthy meals to participants in their home with love and respect is an outstanding synergistic partnership.”



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