



MEDICALLY TAILORED GROCERY PROGRAM

THE
Open
Door



TELEPHONE SUPPORT
One-on-one nutrition counseling!



FRESH FOOD
Pre-prepped meal kits!



FREE GROCERIES
Medically tailored grocery bags
delivered to your home!



VIRTUAL EDUCATION
Nutrition workshops and demos!



EASY MEAL IDEAS
Recipes, menus and kits!

**Are you over the age of
55 and need some help
with the following?**

- Weight management
- High cholesterol
- High blood pressure
- Diabetes
- Kidney disease

**NOW ACCEPTING
APPLICATIONS
for 2020/2021**

- No-Cost 12-week program
- Income qualified
- Registered Dietitian Nutritionist
- Free Weekly Groceries

Learn more about The Open Door Medically Tailored Grocery program:
Call 978-283-6776 x219 or email mtg@foodpantry.org

FOODPANTRY.org | 28 Emerson Avenue, Gloucester, MA 01930 | 978-283-6776 | info@foodpantry.org