

# SUPPORT HF 1148 / SF 1412

## PREPARED MEALS FOOD GRANT PROGRAM

*An essential part of Minnesota's hunger relief food access network.*

Legislative ask: **\$1 million in one-time funding for Minnesota's Prepared Meals Grant Program** providing ready-to-eat meals for Minnesotans experiencing food insecurity who cannot reliably prepare meals for themselves or their households, helping to fill a critical need by providing eligible Minnesotans with a consistent, healthy, dignified option. Prepared meals support individuals with the right level of food support for challenging life situations while alleviating increasing pressure on other food resources at a time when our hunger relief network continues to experience record breaking demand.

These programs ensure access to complete, ready-to-eat meals when traditional food assistance programs may not be appropriate due to:

- Chronic illness or disability
- Recovery from surgery or medical treatment
- Limited mobility or strength
- Caregiving responsibilities
- Unstable housing or limited kitchen access



## PROVEN STRATEGY FOR HEALTH AND STABILITY

### THE NEED IN MINNESOTA

1 in 5 Minnesota households experience food insecurity

Minnesota food shelves saw 9 million visits in 2024

Many adults ages 18-60 fall outside traditional federal meal programs

**\$1 MILLION  
= 150,000 MEALS**

Prepared meals programs - including medically tailored meals - have demonstrated strong outcomes for both individuals and health & social service systems including:

- Improved management of chronic diseases such as diabetes and heart disease
- Increased engagement in healthcare and treatment plans
- Reduction in hospitalizations and ER visits
- Lower long-term healthcare costs
- Improved mental wellbeing and reduced stress for patients and caregivers

Prepared meals can help individuals maintain stability and avoid medical or other crises with national research estimating prepared meal programs could prevent \$1.6 million in hospitalizations annually and save billions in healthcare costs.

### 2026 PREPARED MEALS COALITION PARTNERS:

Arrowhead Economic Opportunity Agency  
Channel One Food Bank  
Catholic Charities Saint Cloud  
Fairview Health Services

Kitchen Coalition  
Minnesota Community Action Partnership  
Open Arms of Minnesota

Prairie Five Community Action  
The Sanneh Foundation  
Second Harvest Heartland