

250,000 Sacramento Residents Now Eligible for Fresh, Chef-Made Meals at No Cost Through Anthem/Medi-Cal and CookUnity



Sacramento, California Nov 27, 2025 ([Issuewire.com](https://www.issuewire.com)) - Upwards of 250,000 Sacramento Residents Now Eligible for Fresh, Chef-Made Meals at No Cost Through Anthem/Medi-Cal and CookUnity

In a major step toward making “Food as Medicine” accessible to everyone, Anthem Blue Cross and CookUnity announced a new program offering fresh, chef-made, medically tailored meals delivered straight to the homes of eligible Medi-Cal members in Sacramento County at no cost. With roughly one in three Sacramento residents enrolled in Medi-Cal, upwards of 250,000 people may now qualify for healthy, ready-to-eat meals that are both clinically aligned and crafted by award-winning chefs.

[CookUnity's Medically Tailored Meals](#) (MTM) are designed by registered dietitians and crafted by top chefs to meet the nutritional needs of people managing chronic conditions such as diabetes, heart disease, cancer recovery, and more. Each meal is fresh, never frozen, and prepared to meet clinical nutrition standards while delivering the comfort and creativity of a restaurant-quality dish.

“Healthy food should heal and delight at the same time,” said Bruno Didier, Head of CookUnity Business. “This partnership with Anthem Blue Cross brings dignity and joy back to the dinner table — giving Medi-Cal members in Sacramento meals that support real health outcomes.”

Through California’s CalAIM Community Supports initiative, Anthem Blue Cross covers the cost of Medically Supportive Food and Medically Tailored Meals for eligible members. Members can easily check their eligibility online at: <https://www.cookunity.com/business/check-my-eligibility-anthem>

Once approved, participants receive a rotating menu of medically tailored meals delivered weekly (for up to 90 days) — freshly prepared and customized to their health needs.

This collaboration marks one of the largest Food-as-Medicine efforts in Northern California, bringing restaurant-quality nutrition to Medi-Cal members who need it most. The Sacramento rollout is expected to serve hundreds of households in its first phase, with plans to expand across Anthem's Medi-Cal service areas statewide in 2026.

CookUnity's Medically Tailored Meals program connects healthcare organizations, payers, and community programs with a nationwide network of chefs and registered dietitians who design meals proven to improve health outcomes. As the nation's first chef-to-consumer platform, CookUnity empowers over 100 independent chefs—including James Beard and Iron Chef award winners—to deliver clinically aligned, fresh, ready-to-eat meals nationwide. Learn more at <https://business.cookunity.com/business/for-healthcare/medically-tailored-meals>

Media Contact

CookUnity

*****@cookunity.com

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