

July 16, 2026

Dear Ryan White HIV/AIDS Program Colleagues,

For people with HIV, addressing nutritional needs is an important component of improving health outcomes and supporting long-term well-being. Nutrition services help support immune function, manage chronic conditions, promote healthy aging, and keep individuals engaged in HIV care and treatment. Access to nutritious food and nutrition-focused interventions can help prevent and manage chronic disease, support treatment adherence, and improve overall health and well-being, making nutrition services an important component of comprehensive HIV care.

For more than 35 years, the Health Resources and Services Administration's (HRSA) Ryan White HIV/AIDS Program (RWHAP) has supported the nutritional needs of people with HIV. RWHAP recipients can provide nutrition services primarily through two service categories, Medical Nutrition Therapy and Food Bank/Home-Delivered Meals. Both service categories are essential to supporting the overall health and well-being of people with HIV. These nutrition services align with [*Executive Order 14212, Establishing the President's Make America Healthy Again Commission*](#), which emphasizes prevention, wellness, nutrition, and addressing the root causes of poor health.

Medical Nutrition Therapy is a core medical service in which nutrition care is provided by a licensed nutrition professional and includes nutrition assessment and screening, dietary and nutritional evaluation, and nutrition education to help clients make dietary changes that support the management of their medical conditions. Through individualized counseling and evidence-based nutrition interventions, Medical Nutrition Therapy can help clients address complex health needs while supporting HIV treatment goals.

Food Bank/Home-Delivered Meals is a support service used to provide nutritious food, hot meals, or vouchers to purchase food. In addition, the Emergency Financial Assistance support service category may be used to provide limited funds to assist clients with urgent food-related needs, such as groceries or food vouchers. Many RWHAP recipients fund one or more of these three service categories to help improve health and address the unique needs of people with HIV. In 2024, approximately 33,000 RWHAP clients received Medical Nutrition Therapy, and over 90,000 received Food Bank/Home-Delivered Meals. For more information about Medical Nutrition Therapy, Food Bank/Home-Delivered Meals, or the Emergency Financial Assistance service categories, please review [*Policy Clarification Notice 16-02 Ryan White HIV/AIDS Program Services: Eligible Individuals & Allowable Uses of Funds*](#).

As part of the federal government's broader focus on nutrition and health, HRSA is also supporting efforts to expand nutrition-related programming and innovation. We encourage

recipients to explore funding opportunities available through HRSA that support nutrition-focused approaches, including [the Bureau of Primary Health Care's Fiscal Year 2027 Expanding Nutrition Services](#).

We also encourage recipients attending the upcoming [2026 National Ryan White Conference on HIV Care & Treatment](#) to participate in the various sessions focused on nutrition, food-related interventions, and innovative approaches to support the nutritional needs of people with HIV. These sessions provide opportunities to learn from peers, share best practices, and identify strategies that can be adapted and implemented within RWHAP systems of care.

Thank you for your continued commitment to improving the health and well-being of people with HIV through comprehensive, whole person-centered care. Through our collective efforts, we can continue helping people with HIV access the care, treatment, and nutrition services they need to achieve optimal health outcomes.

Sincerely,

/s/

Thomas J. Engels
Administrator