

# SEASON

MEET YOUR MEMBERS WHERE THEY ARE

## Culturally-competent, inclusive food-as-medicine offerings

On the Season Health food-as-medicine platform, our members' culinary traditions and food preferences come first. With a broad network of expert chefs and local food vendors, our recipes and meals are both medically tailored and culturally relevant. This makes healthy food choices intuitive for our members, creates a sense of ease and belonging, and leads to better health outcomes.

### Our recipe offerings

**300,000**  
recipes

**14**  
cuisine types

**\$3.06**  
avg. cost per serving

**New recipes**  
added weekly



**Three Sisters  
Soup**

Native American  
\$2.50 /serving



**Scallion Fried Rice with  
Asparagus and Bell Peppers**

Chinese  
\$4.25 /serving



**Lentil-Vegetable Dal  
with Chicken**

Indian  
\$3.50 /serving

### What our members have to say:

“Season is as close as you can get to having a chef prepare healthy meals specifically for you.”

- Lester Mann  
a Season member

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## Our approach

### Membership Analysis

In each of our markets, we partner with health plans to ensure we have recipes that reflect the cultures and common cuisines of their unique member populations. Season's network provides medically-tailored food in all 50 states, including within Native American communities.

### Alignment with Clinical Standards

Culturally-relevant recipes are designed to fit Season's clinical standards while maintaining the recipe's authentic integrity. Our team researches ingredients and flavors commonly used in recipes of different cuisine types and adapts them, with delicious results.

### Tech that Makes Finding Meals Easy

In the Season app, patients can easily search and filter for recipes and meals of specific cuisine types that align with their nutritional needs. Then, they can seamlessly order those groceries and meals, delivered from their preferred local stores, right to their door.

### Real-time Feedback

Every week, we collect recipe feedback from our members and implement changes based on those insights. Our Head of Culinary, Chef Araminta David, reviews each recipe and taste tests along the way.

### Customized Pre-Made Meals

Our network of vendors and kitchens works with us to align pre-made meal options with the culture and demographics of our members. Whether it's Chicken Enchiladas with Salsa Verde or Ethiopian-Style Lentils with Braised Collard Greens, our members can find easy, pre-made meals that align with their culinary traditions.

## Season Culinary Council

Our Culinary Council is made up of expert chefs who represent different cultures. Together, the Council develops and tests recipes that are authentic to the member populations we serve.

For example, we have worked closely with chef and restaurant owner **Juan Carlos Ruelas** who shared his expertise in Mexican cuisine to help expand our collection of Mexican recipes, like the one shown below.



## Chicken Tinga Tostadas

**Prep time:**  
30 minutes

*\$2 per serving*

### Ingredients:

- 4 Radishes
- 1/2 cup Fresh Cilantro
- 1 Yellow Onion
- 2 cloves Garlic
- 8 ounces Rotisserie Chicken Breast
- 1 14-ounce can No Salt Added Crushed Tomatoes
- 1 tablespoon Apple Cider Vinegar
- 1 tablespoon Chipotle Chili Powder
- 1 teaspoon Smoked Paprika
- 1 teaspoon Dried Oregano
- 1 teaspoon Olive Oil
- 8 Tostada Shells
- 2 tablespoons Crumbled Feta

