



THE HEIMERDINGER FOUNDATION

Meals 4 Health and Healing

PROVIDING ORGANIC MEALS TO PEOPLE FACING CANCER AND EDUCATING OUR COMMUNITY ON THE HEALING NATURE OF FOOD

Our nonprofit organization, The Heimerdinger Foundation, provides and delivers nutrient-dense meals and nutrition education free of charge to people facing cancer through its signature Meals 4 Health and Healing program. Every week, we serve approximately 500 nutrient-dense meals to over 60 cancer patients and their caregivers from all walks of life so that those going through cancer treatment can focus on healing by eating immune boosting, anti-inflammatory meals. We serve people in Davidson and Williamson Counties. Our clients share with us that this gift of food is a critical source of their healing and that the "food is medicine" nutrition education we provide inspires a transformational journey in how they learn to care for and nourish themselves. Surveys reflect our clients reporting a 30% increase in improving their eating habits after experiencing the benefits of healthy eating through Meals 4 Health and Healing.

A critical pillar of our program is teaching others about good nutrition and the philosophy that food is medicine – particularly volunteer teens who learn cooking skills, where food comes from, leadership skills, and the importance of giving back to the community.

MESSAGE FROM OUR DIRECTOR

We're truly grateful for all of you who have contributed your time, funds, and belief in our mission to allow us to nourish our neighbors and to encourage kindness, greater health and healing, and goodness in our community. Calls for new service keep coming, and we're committed to serving an ever-increasing roster of clients. We just couldn't continue this vital food is medicine mission – now more than ever – without your ongoing support. – Katharine Ray, Executive Director

Thank you for the consistent quality and care. Thank you for serving me well through a season of twists and turns. Your light shines brightly, and the food is a tangible representation of love. – Hanna, Former Client



**95,134 MEALS
SERVED TO DATE**



**\$1.60 PER
SERVING**



**6,594 TOTAL 2019
VOLUNTEERS HOURS**



251 VOLUNTEERS



**1,195
CLIENTS AND
CAREGIVERS TO DATE**



**\$159,179 TOTAL VALUE OF
VOLUNTEER WORK**

THE HEIMERDINGER FOUNDATION 2019 ANNUAL REPORT



"I love that the work we are doing is making lives of others a little bit easier and healthier while also educating volunteers and families on preventative care, healthy eating." Current Volunteer



Ceres Affiliate Partner delivers healing organic meals to those facing serious illness. Youth volunteer as chefs, gaining cooking, job and life skills, as they give back to their communities.

MEALS 4 HEALTH AND HEALING

We Grow

We literally move from seeds in our organic Giving Garden to seeds of hope through our nutrient-dense meals that offer profound support and hope to people facing cancer. Working in our own garden, we grow quality, organic vegetables and herbs for use in our meals and share the value of organic gardening. We also have a growing, valuable network of area gardens, producers, farms, and markets who provide us wonderful in-kind donations of organic foods to supplement what we grow and purchase.

We Cook

We prepare and deliver eight weekly nutrient-dense meals (organic vegetables, grains, proteins, and nutritious soups to strengthen the immune system) to each client and their caregivers for up to six months during their cancer treatment journey. We serve only organic food because it is the healthiest, most pure food we can eat. Each week, with a crew of adult and teen volunteers, we prepare over 500 meals for delivery. Believing food is medicine, we cook with purpose and intention.

We Deliver

On Wednesdays, our team of Delivery Angels ensures the meals are delivered directly to our clients' homes. With a caring card and nutritional information tucked inside, the bag of nutrient-dense meals and the personal delivery warm our clients' hearts and support them in their journey.

We Feed

We nourish our community through meals made and delivered with love. Our meals are free of charge to residents of Davidson and Williamson Counties who are in cancer treatment – and to their caregivers in their home. Many are in a medical crisis. Up to 80% of cancer patients become malnourished, and we provide the nutrition critical to recovery. Meals 4 Health and Healing reduces stress and isolation and improves long-term health outcomes.

We Educate

From those we serve to those who volunteer with our mission, we educate about “whole foods” nutrition and anti-inflammatory, immune-boosting foods. We welcome teens as volunteers in our Meals 4 Health and Healing program so that they learn

- Where our food comes from
- How to cook – and enjoy – healthy meals
- Skills for future work success
- Teamwork and leadership
- Compassion and kindness
- Healthy eating for a lifetime

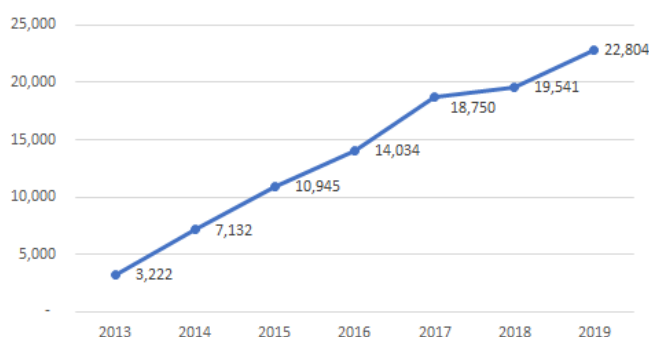
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We are grateful for these 2019 community partners:

Ascension Saint Thomas
Bloomsbury Farm
Bluebird Cafe
Calvary United Methodist Church
Community Foundation of Middle Tennessee
Cronin Creative
Frist Foundation
Galena Foundation
GE Foundation
General William Mayer Foundation
Green Door Gourmet
Hays Foundation
HCA Foundation
Herb Society of Nashville
Jim and Leah Sohr Family Foundation
Kroger
Lamar Advertising
Memorial Foundation
Nashville Predators Foundation
Pinnacle Financial Partners
Sarah Cannon
Sharing Change of Middle Tennessee Electric Membership Corporation
Slow Foods of Middle Tennessee
Team Chad
Tennessee Oncology
Tennessee Titans
White Heart Reunion Concert Beneficiary
Woman's Club of Nashville

Number of Meals Served per Year



2019 Financials
Income: \$396,241.00
Expenses: \$359,126.00

