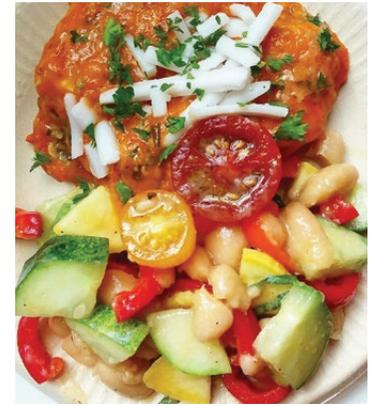


THANK YOU FOR SOWING THESE SEEDS OF GROWTH



95,434

Meals served to date since 2013



1,195

Clients and caregivers served to date



\$6,060

Value of in-kind food donations in 2019



\$1.60

Per serving

“The Heimerdinger Foundation and their Meals 4 Health & Healing program provides an essential service to the Nashville community. The immediate benefit of the program is providing nourishing meals to those confronting a diagnosis of cancer, regardless of type and stage. The secondary benefit, and equally important, is the support provided to family, friends and caregivers of patients.” - Doug (client)



251

Total volunteers



\$159,179

Total value of 2019 volunteer work



6,594

Total 2019 volunteer hours

