



December 2020 - Sending our warmest holiday wishes!

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## You Make This Possible!

What holiday JOY as Meals 4 Health and Healing recently reached a significant milestone and served 76 clients and caregivers 608 servings in one week! We couldn't do this without having access to the larger kitchen space at Calvary United Methodist Church and the ongoing support from friends and supporters like you! We are so honored to be able to provide this vital heart-warming service to our clients and their caregivers.

" THESE MEALS ARE SO GORGEOUS AND THOUGHTFULLY PREPARED AND I FEEL SO LUCKY TO BE ON THE RECEIVING END OF SUCH AN INCREDIBLE GIFT! THANK YOU SO MUCH! YES! I HAVE HAD THE COD AND VEG, THE GAZPACHO, THE BROTH AND THE QUINOA. ALL SO SO DELISH. THANK YOU FOR CHECKING ON ME!! EVERYONE IS SO AMAZING. PLEASE PASS ALONG OUR DEEPEST GRATITUDE." - CURRENT CLIENTS



*Our many beautiful food images, thanks to volunteer Chef Skylar Bush*

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## Your Support of Our Mission Through Our Holiday Caring Community Campaign - Join the Match!

We have kicked off our Caring Community Campaign this holiday season and are off to an amazing start! We are halfway to our goal and you are encouraged to follow along as the campaign donations grow in real time. We are so grateful to those who have already donated during this season of giving. Your support helps us to be poised for a strong 2021, and our work has never been more important!

**We have a very generous campaign match of \$12,000. That means for every dollar donated up to \$12,000, your gift will be matched. This year has been difficult for many and if you are in a position to support our essential Meals 4 Health and Healing program, please consider a donation.**

Your support will mean the world to clients like Diane, who shares her story and the power of our mission. You are her angels. Thank you for this beautiful testimonial,

Diane.



This year we have set up a unique way to support Meals 4 Health and Healing by crowdsourcing your support! Create an individual page or team page through the Caring Community Campaign portal on our website. It is an easy and great way to pool resources and broaden support for Meals 4 Health and Healing.

You can join in sharing your support by any one of the following ways:

- Go to [www.hfmeals.org](http://www.hfmeals.org) and click the banner Caring Community Campaign or
- Go to [www.hfmeals.org/donate](http://www.hfmeals.org/donate) or
- Text hfmeals to (930)212-3456 or
- Mail in your donation to our offices at 4004 Hillsboro Road, Suite 223-B, Nashville, 37215

The Meals 4 Health and Healing program is deeply committed to our clients. We support them from that initial phone call for up to 6 months through the last week of meal delivery and often afterwards. Our meals and nutrition education bring not only comfort through food, but compassion through serving and education for a lifetime.

Please consider donating to Meals 4 Health and Healing so that we can continue serving immune-boosting nutrient-dense meals to clients like Diane and providing nutrition education to teens and adults in 2021!

## Health and Healing Blend - Available for Purchase

We have our unique, flavorful Health and Healing blend available for sale. Simply email [info@hfmeals.org](mailto:info@hfmeals.org) to order your 1oz packet for \$5 each. These make great stocking stuffers and are fun gifts for the home cook!

The spice blend is a mixture of immune-boosting herbs and spices that adds depth of flavor to any dish!



## Thank you Lipscomb Film Department!

So grateful to  
volunteer Ai



Kojima from  
the Lipscomb  
Film

Department for  
working with us  
to capture  
beautiful  
images of our  
Meals 4 Health and Healing meals and the  
weekly work in our kitchen at Calvary United  
Methodist Church. Her work is amazing, and  
we'll be using her images on social media, on  
our website, and for other projects. Hats off  
to you, Ai, and thanks for your volunteer  
spirit and thanks to Professor Brinn Daniels  
and the Lipscomb Film Department for  
helping to make this possible!



[Click here to donate](#)



The Baker family delivered their weekly meals with their adorable children, sharing the spirit of volunteering with Meals 4 Health and Healing!

## Recent Support





We are so grateful to have received a Community Giving Grant from Whole Foods Market. We need their support for our success and are grateful for their endorsement of our "whole foods" mission.



The HCA Foundation has been a supporter of The Heimerdinger Foundation for several years, and we are so grateful for their partnership. We work closely with nurse navigators and doctors throughout the HCA system and we have been so lucky to have HCA employees serve on our board and volunteer for events and programs. We are honored to be a recipient of a 2020 HCA Foundation grant.

## Our Holiday Wish List



Check out our Amazon Holiday Wish List. [Click here](#) to see the list. If you decide to purchase something for Meals 4 Health and Healing, please be sure the item is shipped to our office address - 4004 Hillsboro Pike, Suite 223-B, Nashville, TN 37215. The list has many different price points, and we greatly appreciate your consideration of filling our new kitchen space with items we need to fulfill our mission. In-kind donations are tax deductible!

*While shopping this holiday season on Amazon make sure that The Heimerdinger Foundation is your charity of choice through AmazonSmile. Each time you shop Amazon donates to The Heimerdinger Foundation.*

## Food Connections in the Giving Garden



At the end of November, we gathered to celebrate the work and the workers in our organic Giving Garden. It was a beautiful afternoon for a garden tour and for education around our winter crops by gardener Julia. Thanks to Ginger from Slow Foods of Middle Tennessee for a special presentation on all things herbs. Volunteer Carmen led us in a session on caring for our garden tools. Thank you everyone who

## Meals 4 Health and Healing Holiday Recipes



### ORGANIC THYME SCALLOPED POTATOES

(c=cup; t=teaspoon; T=tablespoon)  
Serves 4

This organic herbs and spices in this dish deliver flavor and anti-inflammatory properties!

#### *INGREDIENTS:*

Organic olive oil spray  
½ c organic unsweetened almond milk  
1 t organic garlic powder  
1 t organic onion powder  
1 T dried organic thyme  
1 lb local organic sweet potatoes, sliced thin  
1 lb local organic red potatoes, sliced thin  
½ c soft organic cashew cheese  
2 t finely minced local parsley for garnish  
Sea salt and black pepper to taste

#### *INSTRUCTIONS:*

Preheat the oven to 425 degrees. Grease a small baking dish or pie pan generously with olive oil spray.

Arrange sweet potatoes in an even layer in the baking dish. Drizzle with almond milk. Season with salt, pepper, and garlic, onion powder and thyme then sprinkle with cashew cheese. Evenly spread out a layer of red potatoes and repeat the process until all the potatoes are gone (alternating between layers of sweet and red potatoes) and the casserole is full.



### ORGANIC CRANBERRY APPLE SAUCE

(c=cup; t=teaspoon; T=tablespoon)  
Serves 4

We use raw honey and grade B maple syrup in our dishes for natural, nutritious sweetness!

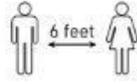
#### *INGREDIENTS:*

1 c fresh or frozen organic cranberries  
1 ripe organic apple, peeled and diced  
½ organic orange, juiced  
¼ c alkaline water  
1 T local organic raw honey  
1 T organic grade B maple syrup  
Pinch of sea salt

#### *INSTRUCTIONS:*

Combine all ingredients in a medium saucepan and bring to a boil. Turn down to a simmer and cook, stirring occasionally, until fruit is tender and sauce is thickened. Taste and adjust seasoning then serve warm or at room temperature.

Top with remaining cheese then spray with olive oil spray on top and bake, covered with foil, for 45 minutes. Uncover scalloped potatoes and bake for another 15-20 minutes until the top is evenly golden brown. Let rest for 20 minutes then serve with parsley garnish.



[Learn More](#)

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