



February 2021

Thanks For the Wonderful Support of Our Virtual Event on February 13!

Hope for Healing at Home -*All You Need is Love*



Thank you for sharing your evening and your incredible music with us, Chuck Wicks!



We are so grateful for our sponsors - Green Door Gourmet, Kraft & Company CPAs, Kendra Scott, and Tim and Sarah Falade!



Edible Nashville Chef Skylar Bush, and Gwen McCoy, President of the Board of Directors and host for the evening



Greg Prince, our volunteer tech expert - hats off to you for your assistance!



Recipe cards - featuring roasted beet salad, a Moroccan-inspired entree, cauliflower vichyssoise, maple-mustard brussels



Cheers - what a great night with client testimonial inspiration!

sprouts with sweet potato
puree - all created by our
incredible staff and
volunteers

Best Virtual Event, Williamson Home Page

Vote for *Hope for Healing at Home*

Hope for Healing at Home - *All You Need is Love* was nominated by the readers of Williamson Home Page for Best Virtual Event!

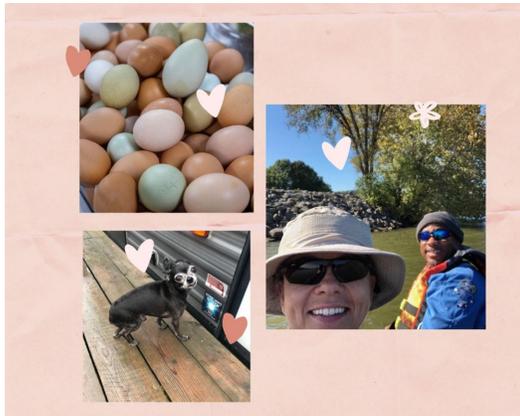
[Click here to vote.](#) Under Arts & Community, scroll to Best Virtual Event and vote for **The Heimerdinger Foundation's Valentine's Dinner.**

We are thrilled to be nominated! Voting will end March 12, so please get your vote in today!



Farm Partner Spotlight

Turtle Island Farms



Located in Ashland City on the Cumberland River, Tonya White and her husband, Frank, raise free-range chickens on Turtle Island Farm. They started their farm last year and ABSOLUTELY LOVE FARM LIFE! Meals 4 Health and Healing uses their gorgeous eggs for our immune-boosting meals and are so grateful for their partnership. Tonya has generously volunteered in our Meals 4 Health and Healing program for years.

"Farmer Frank keeps the girls [chickens] fed, watered and safely locked-up in their

coup at night," says Tonya. Tonya collects and sells the eggs, keeps the coup clean, and does whatever else come up during a farm life day. But the backbone of the operation is their 5 pound chihuahua, Tyson "chicken chaser" White. "Our girls are very, very free range. No fences, so the house and porch are also free range areas for them. They LOVE being around us, and come up on our porch constantly. They also try to come in the house if the door is open, several times a day. Tyson is all that is saving us from a total chicken take over! He is smaller than every chicken we have, but he doesn't mind. He hears them and goes out and runs them all off the porch and way out in to the yard," chuckles Tonya. Needless to say, there is never a dull moment at Turtle Island Farm and we are so glad they are one of our farm partners.

Edible Nashville

January 2021

Check out this nice article from Edible Nashville - thanks, friends!

"The Heimerdinger Foundation Knows the Power of Food"



Photo credit: Skylar Bush

Staff Highlight

Susan Poteet, Kitchen Manager and Delivery Coordinator

Kitchen Manager, Susan Poteet, recently celebrated five years with The Heimerdinger Foundation's Meals 4 Health and Healing program! Susan started as a volunteer in 2013, and then moved to Kitchen Manager in 2016. Each week, Susan develops the menu with the chef, procures all the fresh and local ingredients that go into our immune-boosting meals, works directly with CSAs and local farms, manages the kitchen, and works closely with kitchen volunteers and Delivery Angels. Her support and passion for the Meals 4 Health and Healing mission are invaluable and we are grateful for her dedication.



Susan has worked for over 20 years in all aspects of the food business including broker, dealer, sales, manufacturing representation, school nutrition and clinical dietary technician. She serves as a nutritional counselor to various cancer support groups in Middle Tennessee.

"Susan has managed our Meals 4 Health and Healing kitchen efficiently and successfully during our program growth. We appreciate her commitment and congratulate her on this important milestone!" notes Katharine Ray, Executive Director of The Heimerdinger Foundation.

Vitamix Donation



We are thrilled to have recently received a commercial-grade Vitamix mixer. We use this indispensable kitchen tool to make our nutrient-dense soups and sauces. The Vitamix will save us time in the kitchen and is a breeze to use! We are so grateful for the donation! Thank you Vitamix! [Learn more about Vitamix](#)

Check out our [Amazon Wish List](#) for other items we need in our Meals 4 Health and Healing Kitchen.

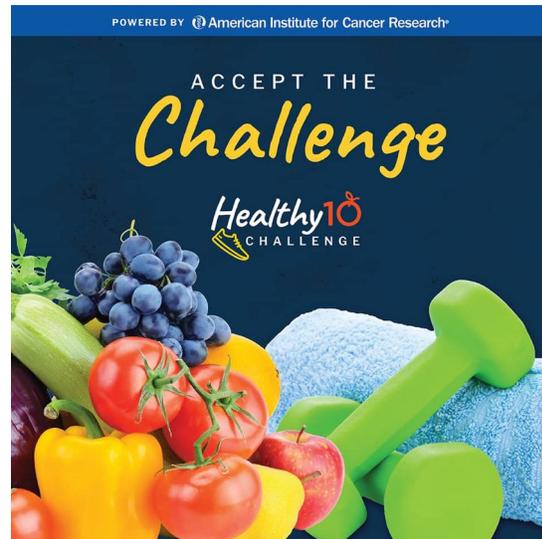
[Click here to donate](#)

Cancer Prevention Month

American Institute for Cancer Research (AICR)

February is Cancer Prevention Month and we're partnering with our friends at AICR to raise awareness of cancer risk factors and to encourage healthy lifestyle habits.

Join the American Institute for Cancer Research's Healthy10 Challenge and receive free access to information and resources to help improve your diet, physical activity and weight. Sign-up today to learn more about the [Healthy10 Challenge](#).



Meals 4 Health and Healing February Recipe

Organic Spinach and Mushroom Frittata



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

INGREDIENTS:

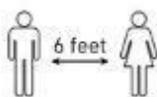
1 organic leek, sliced
Organic olive oil
½ wheel garlic and herb almond cheese, grated
6 large pasture raised eggs, beaten
2 c sliced organic wild mushrooms
3 cloves organic garlic, minced
1 c organic baby spinach
Sea salt and organic black pepper to taste

INSTRUCTIONS:

Preheat the oven to 350°F. Warm a small saute pan over medium low heat. Add 1 tablespoon olive oil and saute the mushrooms in a pinch of salt and pepper until just softened. Add the garlic and spinach and saute until garlic is aromatic and spinach is wilted. Transfer cooked vegetables to the bowl of beaten eggs. Add a little more oil to the pan, so it's well coated.

Pour in the beaten egg and do not stir. Cook in the pan for a few minutes until the egg sets up on the bottom and transfer to the oven and cook through (about 20-30 minutes).

Let cool enough to handle, then turn out onto a cutting board, cut into slices, and serve.



[Learn More](#)

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