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 provide up to 800 nutrient-dense servings to up to 100 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. During 2020, a pandemic year, we learned how essential our mission is, and we're committed to serving an ever-increasing number 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

"We are very grateful and thankful! I just had my treatment and usually I have no energy. But last night I had the Black Eye Pea Salad and I had the Mineral Broth for breakfast. I haven't felt this good in such a long time. I know it is attributed to the meals." Lashonda, Former Client
MEALS 4 HEALTH AND HEALING

Mission Impact

Through giving hearts and hands, our food is medicine mission wraps a caring community around people and their caregivers during one of the hardest journeys of their lives. Eighty-one percent of our clients report they didn’t receive nutritional information from their medical team during treatment.

Since 2013 and through 2020, Meals 4 Health and Healing has prepared and delivered over 114,000 servings to over 1,400 people in our community. In 2020, we served 29 zip codes in Davidson and Williamson Counties, and 45% of our clients are at or below poverty level.

Because of COVID-19, 84% report that they experience barriers to accessing a grocery store not just from fear of exposure but also doctors orders, they are too tired, or food is too costly. Twenty-six percent of our clients are experiencing food insecurity because of socioeconomic impacts. One-third of our clients were born before 1965 while 12% were born after 1980.

Important Statistics at End of 2020

110,852 SERVINGS PROVIDED TO DATE

218 VOLUNTEERS IN 2020

1,401 CLIENTS AND CAREGIVERS TO DATE

3,340 TOTAL VOLUNTEERS HOURS IN 2020

$1.60 PER SERVING

$90,929 TOTAL VALUE OF VOLUNTEER WORK IN 2020

We are grateful for these 2020 community supporters:

Block Agency
Bloomsbury Farm
Broadway Sports Media
By Faith Farm
Calvary United Methodist Church
Cronin Creative
Delvin Farms
Enterprise Solutions
Frist Foundation
G.E Foundation
Green Door Gourmet
Hays Foundation
HCA Healthcare Foundation
Herb Society of Nashville
Kroger
Lamar Advertising
Martin & Zerfoss
Memorial Foundation
Nashville Predators Foundation
Pinnacle Financial Partners
PricewaterhouseCoopers
Sarah Cannon
Sharing Change of Middle Tennessee Electric Membership Corporation
Slow Food of Middle Tennessee
Team Chad
Tennessee Oncology
Turtle Island Farms
West Glow Farms
Whole Foods
Woman’s Club of Nashville
Thank you for sowing these seeds of growth

$10,000+
Steve and Gail Mooney
Team Chad

$5,000 - $10,000
Ben and Jo Doubleday
Chuck and Tricia Elcan
Dottie Frist
Kathie Heimerdinger
Mark and Judi Medford
Mercy Multiplied
Katharine and Daniel Ray
Cal Turner
Bill and Sally Zierden

$2,500 - $4,999
Marianne DeMeyers
Donald and Mandy Diffendorf
Cody Hodgson
Mac Kelton
Gwen and Scott McCoy
Wade and Lauren Weaver
Jennifer and Chris Wobensmith

$1,000 - $2,499
Luella S. Baker
Katie and William Baker
Caroline and Stanley Berry
Bailey Carr
Samantha and Paul Curd
Lynda Davenport
Barbara Dorris
Kevin and Jenna Elkins
Tim and Sarah Falade
Victoria Foster
Dr. and Mrs. Thomas Frist, Jr
Christa and John Gassler
Robert and Judy Gates, Jr
Rob and Cynthia Grindstaff
Robert and Barb Heimerdinger
David and Pamela Jennings
Patrick Lowry
James and Patricia Martineau
Sharon McKiever
Ellen More
Lauren and James O'Brien
Susan D. Patton
Sharon Peters, PhD
Sarah Pierce
Jim and Sharon Powlus
Dr. Terryl Propper
Christian Rice
Harriet Spear
Candy Tomlinson
Camille Underwood
Amy B. VanBuren
Don and Linda Ware
Larry and Alice Wells
Barbara Whittemore
Charlotte and Dennis Witzenburg

“Delivered was great and the food is amazing! We are loving the meals; they are so good. Thank you so much!”
Client, Chrissy

“I love - The mission. The food. The youth chef program. The camaraderie and friendship. Seeing and hearing of benefits of receiving our food.”
Current Volunteer

“Everything has been wonderful. I'm so thankful for your program. I'm a registered dietitian and I think the meals are perfect. We feel so blessed by this program.”
Client, Alexa
“I am so thrilled with the program! I am recommending the program to other people I meet during my treatments. I even shared some dishes with my husband and it has expanded our eating habits. This was so important during my treatment to know I had nutrient-rich meals to eat. Sometimes my taste buds were off but I still ate the dish because I knew it would help me. Thank you so much!”

Client, Alice
Thank you so much for your meals. They are sustaining my husband and me in so many ways. Yes, the food is delicious but we also feel cared for and loved. Last Tuesday when you made the first meal delivery, we had been at the oncologist office all day. When we got home I found the food and the lovely note included. I burst into tears. Thank you so much for helping us get through this very difficult season in our lives.

Current Client’s wife

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I’ve volunteered with M4H&H for several years and will continue for some time to come. The work is gratifying. M4H&H volunteers can see a clear line of sight from their efforts to the benefit received by our clients in our weekly meal deliveries. It’s a pleasure to work each week with other team members, many of whom have also been with M4H&H for several years. It’s a well-established team that works well together. The work itself is a valuable education in kitchen ways and means and in sound, healthy nutrition. A major attraction for volunteers is the opportunity to work with a strong leadership team that makes the best use of resources and volunteer efforts and that knows to recognize and thank volunteers for their contribution. Those leadership abilities have gone a long way to attract and retain good people. I’m happy to recommend M4H&H volunteer work to others.

Volunteer, Glen

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2020 Financials
Income: $445,439.00
Expenses: $422,992.00
Mineral Broth Recipe - *Prepared each week in our M4HH Kitchen*

"This simple, traditional veggie stock from The Cancer-Fighting Kitchen is full of immune system supporting and super-hydrating minerals. Perfect for the ailing patient, this nutrient dense veggie broth has amazing health properties.”
-Rebecca Katz, The Cancer-Fighting Kitchen

Yields 6 to 7 quarts (T=tablespoon)

**INGREDIENTS:**
6 unpeeled organic carrots
2 unpeeled medium organic yellow onions
1 organic leek, both white and green parts
1 stalk organic celery
4 unpeeled organic cloves garlic, halved
½ bunch organic parsley
4 medium organic red potatoes, quartered with skins on
2 organic Japanese yams or organic sweet potatoes, quartered with skins on
1 organic Garnet yam, quartered with skin on
1 T sea salt
1 strip of kombu
2 organic bay leaves
12 organic peppercorns
4 organic whole allspice or juniper berries

**INSTRUCTIONS:**
Cut the above ingredients into large chunks and place in a 12 quart stockpot. Fill pot (two inches below rim) with filtered water, then cover and bring to a boil. Turn down to a simmer and cook uncovered for 2 - 6 hours until vegetables are tender and stock is a medium caramel color. Strain broth and serve hot or refrigerate/freeze, then reheat as needed.

This magic mineral broth is great to drink on its own, seasoned to taste with salt and pepper. It also makes an excellent base for soups, stews, sauces, and as a cooking liquid for grains and braised dishes.