

Meals 4 Health and Healing

*Providing immune-boosting, nutrient-dense meals
and nutrition education for people facing cancer*



THE HEIMERDINGER FOUNDATION

*Meals 4 Health
and Healing*

The why behind our mission

Research shows that nearly **80% of cancer patients** end up malnourished as a result of cancer treatment.

We've seen first-hand the incredible burden that cancer places on families.

The diagnosis of a serious illness like cancer often serves as a catalyst to change lifestyle habits, such as rethinking the food we eat.

Inspiration behind our mission

The Heimerdinger Foundation is a nonprofit (public 501(c) 3) organization founded in 2011 following the passing of Tennessee Titans Offensive Coordinator **Mike Heimerdinger** from cancer.

His wife, Kathie, and their family learned first-hand the challenges of managing medical appointments, treatments, and stressful emotions, while also working to find time to shop for and prepare good, nutritious food.

From their family's experience and loss **Meals 4 Health and Healing** was born.

"Thanks so much!!! These meals mean so much and I've started radiation and during all of this it's been so nice to have healthy meals , I want to try to eat better and this has helped me gain knowledge to learn what's healthy and anti-cancer."

Current Client



Kathie and Mike Heimerdinger

To secure your sponsorship or to learn more, please contact Fundraising and Development Manager, Nan Zierden at nan.zierden@hfmeals.org or (615) 730-5632

The Heimerdinger Foundation, 4004 Hillsboro Pike, Suite 223-B, Nashville, TN 37215 hfmeals.org

What we provide

The Meals 4 Health and Healing program provides nutrient-dense meals, **free of charge**, to people in Davidson and Williamson Counties facing cancer.

Through our food is medicine mission, we believe that nutrition support for everyone in the household is critical and paves the way for improved nutrition choices in the future. We provide **8 servings a week** for up to 6 months including - hearty soup, fresh salad, organic vegetables, whole grains, lean proteins and a mineral broth to strengthen the immune system. Each week we are **preparing and delivering approximately 700 servings** to clients and their caregivers in our community.

Through volunteerism and programming, Meals 4 Health and Healing works with teens and adults to teach volunteers how to prepare nutritious meals. The Teen Program is a hands-on based nutrition education program that uses an integrative approach to teaching teens the importance of eating nutritious foods while serving their community and learning valuable job skills. Teens who complete the program receive the designation of Teen Mentor Chef.



"To be able to offer a free program that will provide nutritious meals for my breast cancer patients is invaluable! Thank you for providing not only meals, but love and kindness to these patients!"

Nurse Navigator from Sarah Cannon

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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, Meals 4 Health and Healing has prepared and delivered over **125,000 servings** to over **1,500 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, too tired, or 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.



"We are proud to partner with The Heimerdinger Foundation. We know that those facing cancer are many times also facing financial struggles. A healthy diet is so important as they fight the battle, and that is where The Heimerdinger Foundation is making such a difference. Our Zero Hunger Zero Waste plan is our commitment to ending hunger in our communities and eliminating waste in the company. This Foundation is working to make sure those fighting cancer aren't also dealing with food insecurity. That makes this a great partnership for us."

Melissa Eads, Corporate Affairs Manager for the Kroger Nashville division

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Opportunities for Support

There are many opportunities for Corporate Partners to support Meals 4 Health and Healing. Your support of our program through corporate giving is a profound gesture of goodwill, boosts your own employee's morale, and is supportive of the good work of a local community organization. This needed support also allows us to expand programming and to educate teens about nutritious eating. Of course, it provides crucial funding that allows Meals 4 Health and Healing to serve more clients and caregivers by filling a critical need during their health crisis.

Sponsor benefits include:

- Tickets to special event
- Cooking demonstration at an off-site location
- Catered Meals 4 Health and Healing lunch for 20 employees at corporate location
- Recognition of sponsorship in all program mentions on Meals 4 Health and Healing online media
- Recognition on Meals 4 Health and Healing Facebook page, which has *1,712 followers, 269 average post reach, 20% average post engagement*
- Recognition on Meals 4 Health and Healing Instagram account, which has *496 followers, 183 average post reach, and 37% average post engagement*
- Logo or name on The Heimerdinger Foundation website for up to 1 year
- Logo or name in The Heimerdinger Foundation newsletter (sent to 1500 subscribers) for 1 year
- Branded sponsorship material added to client and caregiver meal bag for 1 month



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