PROVIDING ORGANIC MEALS TO PEOPLE FACING CANCER AND EDUCATING OUR COMMUNITY ON THE HEALING NATURE OF FOOD

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 approximately 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. Fifty-one percent of our clients report an income of $44,999 or less and 13% of those earn $10,000 or less. Our mission has never been more essential.

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 EXECUTIVE DIRECTOR
KATHARINE RAY

“I’m very appreciative of you guys. There were so many days I was just so broken I couldn’t have fed myself without these meals. Just wanted y’all to know how grateful I am.” – Client, Leah

“Broken” - we hear all too often how cancer has a deep physical, emotional, and economical impact on many households. Appointments, determining treatment options, medical bills, the loss of work on a household budget, all take a devastating toll on individuals and families. Add in the complexities of being immune-suppressed during a pandemic and trying to stay nourished during one of the most challenging times imaginable, and the stress is unbearable. Meals 4 Health and Healing strives every day to alleviate some of that burden by providing immune-boosting meals that serves as a healthcare intervention to everyone in the household that we serve. This year, we are serving 40% more clients than in 2020, and the majority of our clients experience the dual challenge of limited income and serious illness. Thank you for joining us in turning “brokenness” into hope and healing.

MEALS 4 HEALTH AND HEALING

Mission Impact
We partner with many community organizations including Ascension Saint Thomas, Vanderbilt Ingram Cancer Center, Sarah Cannon, and Tennessee Oncology and work closely with nurse navigators, oncologists, and social workers to bring people into our program and to inform our community of our services. We also have partnerships with Vanderbilt University and Tennessee State University to incorporate dietetic interns into our program. We work closely with local farms and gardens to procure fresh vegetables and sustainably sourced protein.

Each Meals 4 Health and Healing client is on our program for up to 24 weeks. To evaluate the success of our Meals 4 Health and Healing Program and the promotion of a plant-forward diet, our clients complete pre- and post-program surveys. This data provides the baseline from which we work with each client. The results of our post surveys as tabulated for 2021 show a 38.6% increase in energy during treatment, and a 28% decrease in clients feeling alone in their illness by the program’s end.

We have found that 35% of our clients worry about having enough food before they are able to purchase more and 30% report that the food they purchased didn’t last and they weren’t able to purchase more. Due to COVID-19, 26% of our clients report barriers to grocery stores due to transportation, too costly, too tired, doctor orders, or fear of exposure to the virus. Now more than ever, Meals 4 Health and Healing is an essential program in our community.

Important Statistics at End of 2021

- 137,824 SERVINGS PROVIDED TO DATE
- $1.62 PER SERVING
- 144 VOLUNTEERS IN 2021
- 1,736 CLIENTS AND CAREGIVERS TO DATE
- 6,870 TOTAL VOLUNTEERS HOURS IN 2021
- $196,112 TOTAL VALUE OF VOLUNTEER WORK IN 2021

We are grateful for these 2021 community supporters:

Bloomsbury Farm
Broadway Sports Media
By Faith Farm
Calvary United Methodist Church
Cronin Creative
Field of Dreams Farm
Green Door Gourmet
Jason Brockman
Jeff Fisher
Paul Campanis
Tennessee Oncology
West Glow Farms
Woman’s Club of Nashville

The Heimerdinger Foundation Staff
Katharine Ray, Executive Director
Missy Hamilton, Garden Manager
Juan Kirby, Chef & Teen Coordinator
Bijal Mehta, Volunteer & Outreach Manager
Susan Poteet, Kitchen Manager
Lexy Vogel, Nutrition Educator
Tonya Whittaker, Client Manager
Nan Zierden, Fundraising & Development Manager
Below is a list of volunteers who donated at minimum 50 hours in 2021. We are so grateful for their time, talent, and passion for our Meals 4 Health and Healing mission.

50 TO 100 HOURS
- Maria Acevedo
- Karen Anderson
- Christine Barnes
- Beth Bowie
- Jeanette Bowie
- Wyeth Burgess
- Hala Daouk*
- Munir Daouk*
- Suhayl Daouk*
- Alicia Davis
- Barbara Dorris
- Ruth Drury
- Linda Endres
- Mary Jo Coscia Hanks
- Bill Joslin
- Joy Kosarsky
- Becky Lamar
- Diana Lowry
- Gwen McKinney
- Janie Omer
- Shiv Patel*
- Daniel Ray
- Michael Shaughnessy
- Lynn Spaw
- Joe Sumislawski
- Robert Templeman
- Katy Wilson
- Dana Zelenik

100 TO 200 HOURS
- Cheryl Baird
- Skylar Bush
- Marie Coz
- Rebecca Duke
- Carli Emerson
- David Eyler
- Alberta Fitzgerald
- Jeff Fuldauer
- Elaine Loughlin
- Denise Pastina
- Glen Sisk
- Carol Smith
- Dana Sullivan
- James Vaughter
- Vincent Walkup
- Ann Walkup
- Becky Young

200+ HOURS
- Jim Chesney

300+ HOURS
- Kathy Ford
- Judi Medford

*Teen Volunteers
THANK YOU FOR SOWING THESE SEEDS OF GROWTH

$10,000+
Tennessee Oncology
Mercy Multiplied
Team Chad
Galena Foundation

$5,000 - $9,999
Cindy and John Borum
Chuck and Tricia Elcan
AIG
Beth Bowie
Endodontics Associates, PA
Lynda Davenport
Don and Mandy Diffendorf
Tim and Sarah Falade
Food Sales East, Inc.

$2,500 - $4,999
Anonymous
Maria and Antonio Acevedo
AIG
Beth Bowie
Endodontics Associates, PA
Lynda Davenport
Don and Mandy Diffendorf
Tim and Sarah Falade
Food Sales East, Inc.

$1,000 - $2,499
Tim Adams
Nancy Alcorn
Bill Armistead
Backfield in Motion
Bob and Ann Baisden
Caroline and Stanley Berry
Bloomsbury Farm
James and Denise Boosalis
Marty Bonick
Jason Bowen
Dr. Lee and Kellee Bryant
John Carr
Karen and Tom Crook
KMZ Foundation
Maria Coz and Allen Reynolds
Rebecca Denton
Dorothy Cate and Thomas F. Frist Foundation
Barbara Dorris

Marlene and Spencer Hays Foundation
Mark and Judi Medford
Ellen More
MTE Sharing Change
Tennessee Titans

Christa and John Gassler
GE Foundation
HCA Healthcare
Bob and Barbara Heimerdinger
Kroger: Zero Hunger Zero Waste
Mark and Kelly Lombardi
Eric and Julie Martin
Gwen and Scott McCoy
Joseph Petty

PiK Foundation
Pinnacle Financial Partners
Katharine and Daniel Ray
United Way of Greater Nashville
NASBA
Waller Lansden Dortch & Davis
Jennifer and Chris Wobensmith
Whole Foods Community Giving

Sarah and Charles Pierce
Jim and Sharon Powlus
Dr. Terryl Propper
Dr. Jerry Reese
Regions Bank
Laura and Spencer Schimmel
Section 119
Tommy Stone
Nicole Tremblett
US Bank
Amy and Arthur Van Buren
Don and Linda Ware
Larry and Alice Wells
Barbara Whittemore
Charlotte and Dennis Witzenburg
Dana and William Zelenik
MEALS 4 HEALTH AND HEALING

$500 - $999
Anonymous
Rose Atkins
John Baker
Luella S. Baker
Greg and Allison Blandford
Lori and Stephen Bridges
James Bristol
Parker Buckles
Charles and Kathryn Clark
Dan Coleman
William Collins III
Joseph Conner
Sam Davis
Dee Doochin
Dr. Tommy and Beth Ducklo
Daniel Elkins and Meryll Rose
Carli and Jim Emerson
Kari Every
Dr. Mark Freeland
Danielle and Harris Gilbert
Honey Glasscock
Brian and Caitlin Heimerdinger
Ashley and Philip Hutcheson
Joanne Katcher
Mac and Nancy Kelton
Rhett Kelton
David and Alicia Landman
Dr. Jeff and Susie Lemay
Luke and Alyssa Lemay
Mike Lemay
Patrick Lowry
Kathie Madden
Richard Manson and Ruth Johnson
Kevin and Kathy Lemay McCarthy
Kathy McGee
Hugh Middlebrooks
Cindy Miller
Tucker Moore

PEO Sisterhood
Alicia and Tim Pepe
Don Reed
Phil Reynolds
Father Ryan High School
Chris and Tricia Casa Santa
Slow Food of Middle Tennessee
Harriet Spear
Chris and Les Steckel
Jenny and Nick Streams
Randall Taylor
Wade and Lauren Weaver
West Glow Farm
Shea Williams
Carol Woodul
Randy Yard
Barry and Becky Young

$250 - $499
DeVan and Karen Ard
Cheryl Baird
Jamie Barber
Kyle and Kayla Barrier
Linda Berg
Johnathan Boren
Wyeth and Ed Burgess
Drs. Floyd and Aleeta Christian
Kimberly Clark
The Jones Company
Brian and Cara Costner
Patty Daniel
Rebecca DeVane
Debe Dohrer
Dianne Doochin
John and Lynly Dwyer
Dr. Cathy Eng
Tiffany Evitt
David and Alberta Fitzgerald
Bobby Jean Frost
Rusty and Marshall Gardner
Donna Germdt
AG Granderson
Susan Gregory
Victoria Hall
Mary Jo and Tom Hanks
Margaret Heard
Ian Hopkirk
Pat D. Jansen
Rebecca Jarrard
Jess and Kathleen Judy
Kraft & Company CPAs
Lorraine and Nicholas Lippolis
Carol McDonald and James Foster
Sharon and Jay McKiever
Thomas and Paula Milam
Tawana and Stacy Mitchhart
Christopher and Lindsay Northam
Donna Owens
Adrienne Parker
Maggie Purcell
Judy Rash
Suzanne Regen
Paul L. Riggan
Paul and Carolyn Riviere
Nancy and Bill Rutherford
Liz Sanders
Josh and Emily Capo Sauerman
Shelley Schmidt
Whitney and Parsa Shariati

Christine Skold
Susan Slack and Bob Driskill
Jennifer and Richard Sluss
Tom and Jane Stoffels
Vanessa Thomas
Candy Tomlinson
Vitality Medical Wellness Center
Janet Walls
Lucy White
Lynda Wimberly
Nan and Nick Zierden
Annual Revenue & Servings Provided
2017 - 2021

Based on 990 reporting

2021 Revenue

- Individual Donations: 39.9%
- Events: 27%
- In Kind Donations: 7.9%
- Corporate & Foundation Giving: 22%
- Earned Income: 3.2%