

2023 | THANK YOU FOR SOWING THESE SEEDS OF GROWTH



211,968

Servings provided to date since 2013



2,757

Clients and caregivers served to date

"I cannot tell you what a profound difference your food has made in my recovery - the food is so incredibly creative and nutritious, not to even mention how fabulous it tastes. It makes such a huge difference to have a refrigerator full of pure love & nutrition when one is going through this often very long process."

- client, Laurie



210

Total volunteers



71

Teen volunteers

"Meals 4 Health and Healing really lives up to its name. The full course meals are tasty, organic, perfectly prepared and include a variety of foods that are known to help fight cancer... I learned new food combinations and methods that I will incorporate into my cooking. I am very grateful to all who worked to provide and deliver these creative and delicious meals. I feel the healthy foods I enjoyed for 12 weeks aided me in having good results from my treatments"

- client, Linda



\$256,737.30

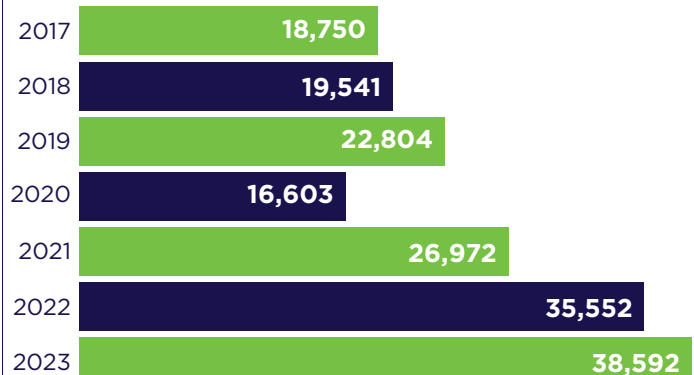
Total value of 2023 volunteer work



8,073.50

Total 2023 volunteer hours

Growth in Servings Provided 2017 - 2023



We nourish the bodies, minds, and hearts of those facing cancer through the power of healthy meals and nutrition education.