2022 | THANK YOU FOR SOWING THESE SEEDS OF GROWTH

173,376 Servings provided to date since 2013
2,252 Clients and caregivers served to date
255 Total volunteers
136 Teen volunteers
$229,791 Total value of 2022 volunteer work
7,672 Total 2022 volunteer hours

“This program was a tremendous help and blessing to me and my family throughout my diagnosis, surgery and treatment. I believe the healthy meals helped my body to heal quicker and gave me peace of mind knowing that I didn’t have to think about food or grocery shopping during this time. This service is invaluable, and I have told many about it since I started the program. I looked forward to each Tuesday to see what was available and enjoyed so many dishes that I wouldn’t have ever tried, and I fell in love with soup again, yum! I love the notecards of encouragement and foods that are beneficial when living with cancer. Overall, it is truly a blessing to have received the meals! THANK YOU.” - Julie

Growth in Servings Provided 2017 - 2022

<table>
<thead>
<tr>
<th>Year</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>18,750</td>
</tr>
<tr>
<td>2018</td>
<td>19,541</td>
</tr>
<tr>
<td>2019</td>
<td>22,804</td>
</tr>
<tr>
<td>2020</td>
<td>16,603</td>
</tr>
<tr>
<td>2021</td>
<td>26,972</td>
</tr>
<tr>
<td>2022</td>
<td>35,552</td>
</tr>
</tbody>
</table>

PROVIDING NUTRIENT-DENSE MEALS AND NUTRITION EDUCATION TO PEOPLE FACING CANCER
THE HEIMERDINGER FOUNDATION MEALS 4 HEALTH & HEALING | HFMEALS.ORG | 615.730.5632