



Impact Report

Prepared By :

The Heimerdinger Foundation

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Dearest Friends:

Since 2013, through our Meals 4 Health and Healing program, The Heimerdinger Foundation has provided more than **250,000 servings** to over **3,200 people** undergoing cancer treatment and to their caregivers, **free of charge**, in Davidson and Williamson Counties. **This program is the only one of its kind in our community.** Meals 4 Health and Healing directly offers nutrient-rich, anti-inflammatory meals to patients fighting cancer during a time when eating right can make all the difference.

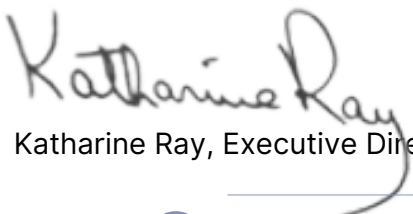
In 2022, we launched a Growth Campaign to renovate a new home for The Heimerdinger Foundation. Our move into this space last year gave us access to our very own, fully equipped commercial kitchen, and so far, we have increased the number of clients we are serving (up to 110 per week) with full use of our kitchen and with the loving help of more teen and adult volunteers.

Our team has also begun offering new programs like Food Connections and Cooking for a Cause, to welcome the community into our spaces to learn about our work and to participate in our “food is medicine” mission.

We are now positioned for increased capacity and impact with our eye on expanding our program by 40% in the coming years. This growth positively affects our neighbors and friends.

This Impact Report includes a summary of our growth and expansion in 2022 and 2023 as a result of hard work and support, with more good news to come. Thank you.

With deepest thanks,



Katharine Ray, Executive Director

The Heimerdinger Foundation Team



Katharine Ray
Executive Director



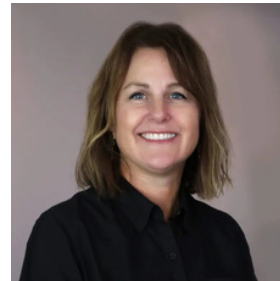
Sydney Desind
Executive Director



Missy Hamilton
Garden Manager



Bejal Mehta
Volunteer/Outreach Manager



Susan Poteet
Kitchen Manager



Tonya Whitaker
Client Manager

Board of Directors

Kevin Elkins, *President*
James O'Brien, *Secretary*
Don Diffendorf, *Treasurer*
Jonas de Souza M.D.
Brian Heimerdinger
Kathie Heimerdinger
Wendi Michelle
Jannis Muscato
Andrew Sartoris

About Us

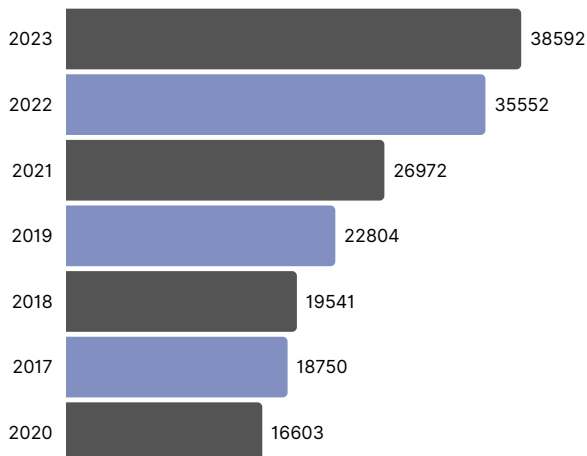


Our Mission

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

The Heimerdinger Foundation provides and delivers organic, 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 serve approximately about **1,000 nutrient-dense servings** to nearly **110 cancer patients and their caregivers** so that those going through cancer treatment can focus on healing. Our clients share with us that this gift of food is a critical source to their healing and that the nutrition education we provide inspires a transformational journey in how they learn to nourish themselves. Food is medicine and is a source of comfort and connection as well.

Growth in Servings Provided 2017-2023



3,176 Clients & Caregivers Served Since 2013



239,840 Servings Provided Since 2013



250 Volunteers Trained

Our Programs



The meals I received from the Heimerdinger Foundation were one of the biggest blessings of my cancer journey. They were delicious and exactly what my oncologist instructed me to eat to help fight the cancer as well as strengthen my body during chemo.

Not only did they send food for me, they sent it for my family as well. Everything was so easy and sent with such love.



I believe one of the reasons I recovered so quickly from the harsh treatments I had to undergo was because of the healing foods I received. The Heimerdinger Foundation was a partner in my healing, and I am so thankful for them! - Chrissy, Client

Meals 4 Health and Healing



Our Meals 4 Healing and Healing (M4HH) is our signature program which includes the following mission pillars: providing nourishing food, nutrition education, and youth development. To provide M4HH's substantive support and nutrition for the duration of treatment, we deliver eight weekly servings with help from volunteer "delivery angels" for up to six months for each family member, depending on the client's treatment schedule and preferences.

Education



Education is deeply imbedded in all of the components of our M4HH program. This nutrition education adds significant value to our community of volunteers, patients, and their caregivers as we share findings on the cancer-fighting properties of all the food we serve and encourage nutritious food choices for life. The diagnosis of cancer often serves as a catalyst to change lifestyle habits, such as rethinking the food we eat.

& Our Partners

who make it all possible!

Volunteers

Below is a list of volunteers who donated at minimum 50 hours of service. We are so grateful for their time, talent, and passion for our Meals 4 Health and Healing mission.

1,000+ Hours

James Chesney
David Eyler
Katharine Ford
Elaine Loughlin
Glen Sisk

500+ Hours

Karen Anderson
Chris Casa Santa
Barbara Dorris
Alberta Fitzgerald
Mary Jo Hanks
William (Bill) Joslin
Joy Kosarsky
Gwen McKinney
Carol Smith
Joe Sumislawski
Ann Walkup
Vincent Walkup
Becky Young

300+ Hours

Cheryl Baird
Patricia Casa Santa
Cara Costner
Linda Endres
Jeff Fuldauer
Linn (Al) Hampton
Loraine Lippolis
Denise Pastina
Mike Shaughnessy
Lynn Spaw
Dana Sullivan
James Vaughter
Mary Weary
Mary Gladys Wolfe
Dana Zelenik

200+ Hours

Beth Bowie
Jeanette Bowie
Wyeth Burgess

Alicia Davis
Beatrice deVegvar
Gilbert Fox
Mark Gardner
Cyndy Hinton
Diana (Dee) Parker
Daniel Ray
Nancy Rutherford
Barbara Whittemore

100+ Hours

Connie Allmond
Lynn Brunner
Jennifer Gilbert
Joseph Goodman
Sally Goodrich
Paula Gurette
Benjamin Hagler
David Hodgson
Tracey Kennedy

Joy Nielson
Meredith Pekarske
Kimberly Rose
Suzanne Saveedra
Katherine Shaoul
Mike Skiera
Sara Starnes

50+ Hours

Kimberly Abdallah
Mary Goodwin
Anne Rogers
Shereme Siewnarine
Ginny Welsch
Marni Ward

Farm Partners

Jason Brockman
Brentwood United Methodist
Paul Campanis
Cheekee Gardens
Cul2vate
Davita/PRISM
Franklin United Methodist Church Giving Garden
Jeff Fuldauer

Graceworks
One Generation Away
Michelle and Larry Price
Rochford Family
Sky Gardens
Tennessee Artisan Honey
Mary Weary
West Glow Farm

Growth Campaign

The Heimerdinger Foundation launched a Growth Campaign in 2022 with the goal of \$1.2 million to secure, renovate, and move into a dedicated space from which to operate and grow the Meals 4 Health and Healing program.

For 10 years, Calvary United Methodist Church generously allowed us to use their kitchen and preparation spaces for our program. We are so grateful to them! To grow in service and efficiencies in our operation, we found a new home at 430 B East Iris Drive in Nashville's Berry Hill neighborhood. Our new headquarters enabled us to bring our administrative offices, community meeting and learning spaces, and commercial kitchen under one roof. This space also provides room for us to deepen our reach and expand our programs and number of days of service. We are thrilled about what this new, central location with a dedicated commercial kitchen will mean for our ability to serve more people in the years to come.

Last November, we completed renovation and moved into our new space, and began using our brand-new commercial kitchen (the heart and soul of our work), an outdoor garden, and offices for our volunteers to gather and staff to plan and implement our work, thanks to over a dozen philanthropy partners.

The campaign continues today, with the second phase focused on investment in our program growth with more food, supplies, packaging, adding more volunteers and garden and kitchen shifts, to increase our service by 40% by 2025. We have raised 85% of our goal and we continue to connect with friends and our community to close the gap.

Patricia and Chris Casa Santa
The Joe C. Davis Foundation
The Dettwiller Foundation
Food Sales East
The Frist Foundation
The Galena Foundation
The Marlene and Spencer Hays Foundation
The HCA Foundation
Kharis Foundation
General William Mayer Foundation
Nashville Wine Auction
Speer Foundation
The Glen and Dorothy Stillwell Charitable Trust
Team Chad
Tennessee Oncology
The Cal Turner Family Foundation



Join Us!

We rely on the support of generous individuals to make annual contributions to Meals 4 Health and Healing. Our ability to provide immune-boosting meals for clients and their caregivers each week is vital to our mission. Join our work by donating today. Whether you make a one-time donation or become a recurring partner, you are investing in our Meals 4 Health and Healing Program and making a significant impact on our clients. We also gratefully accept in-kind donations for our gardens, classes, kitchens, and events. We need organic produce, olive oil, and eggs weekly as we cook nutrient-dense meals.

We would also be thankful to have you volunteer with us. Our volunteers, both youth and adult, are the heart of our program. When you volunteer with us, you will step into a safe experience that revolves around learning, growing, and giving back to your community. Become skilled at cooking a wide range of delicious and healthy food, expand your circle of friends, and make a life-changing difference for people in a health crisis.

Thank you for your consideration of supporting our mission.



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**The Heimerdinger
Foundation**