

2025 | THANK YOU FOR SOWING THESE SEEDS OF GROWTH



297,376

Servings provided to date since 2013



291

Total volunteers



3,803

Clients and caregivers served to date



\$331,113.82

Total value of 2025 volunteer work



106

Teen volunteers



9,517.5

Total 2025 volunteer hours

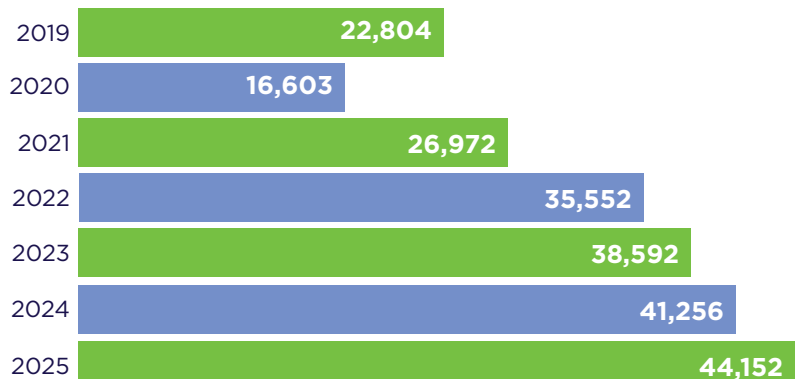


"This is a wonderful blessing to those of us diagnosed with cancer. I have extreme fatigue, and I don't have the energy/stamina to make food. I have actually eaten cold food right out of the can many times because I just couldn't get the energy to do more than that, so, when I say that I appreciate the food, I sincerely mean it. I'm a single woman without close family and no children...so, I'm completely on my own and the meals have changed a part of my life for the better!!! Thank you all so much!!!"

- recent client



Growth in Servings Provided 2019 - 2025



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

THE HEIMERDINGER FOUNDATION MEALS 4 HEALTH & HEALING | HFMEALS.ORG | 615.730.5632