

# YOUR 2019 MID-YEAR UPDATE

Thanks to your support over the past 6 months, we've...

## DELIVERED TO NEIGHBORS FAR AND WIDE

Our drivers have been out on the roads, 6 days a week, every week, to ensure that our clients never miss a meal. Our service area spans 5,346 square miles and includes all of D.C., 7 counties in Maryland, and 7 counties and 6 independent cities in Virginia. **In the last 6 months, we've served 2,563 neighbors in need, delivering 512,496 meals towards our goal of 1 million meals in 2019.**



## REACHED NEW CLIENT POPULATIONS

In March of this year, Food & Friends expanded its eligibility to include six additional late-stage illnesses previously served only if the client was in hospice care. This expansion allows us to begin service at an earlier stage in a person's disease progression to improve their health and quality of life. In the past, we frequently received requests for service for individuals with these serious, life-challenging illnesses who had not previously been eligible for service. Now, we can meet that need while staying true to our core values and mission.

## BUILT HEALTHY FOUNDATIONS

Our Cooking Healthy to Eat and Win (CHEW) classes incorporate the basic principles of nutrition and cooking skills into an interactive hands-on class setting. Classes focus on concepts such as:

- ♥ fighting inflammation
- ♥ getting to know quinoa
- ♥ power breakfasts
- ♥ healthy cookouts
- ♥ eating for digestive health



Each class provides the nutritional knowledge needed to continue good practices even after clients leave our service.



## HONORED OUR VOLUNTEERS

We are able to share so much more with our clients thanks to more than 8,500 volunteers, donating over 115,000 hours of service, who help prepare, package, and deliver food. In April, we held a volunteer appreciation dinner attended by 150 of our treasured volunteers, and were especially proud to honor those volunteers who have been with us for five, 10, 15, and even 20+ years! We also recognized dozens of dedicated members of our community who qualified for the Presidential Volunteer Service Award (PVSA) in 2018. This year's special Above and Beyond Award was presented to Gwena Mason, a delivery volunteer who has covered over 2,200 miles!

# What lies ahead for Food & Friends



## GROWING OUR FOOTPRINT


Currently, our clients living in the farther reaches of Maryland and Virginia receive our Groceries-to-Go service, which includes pantry items, produce, frozen meats and reheatable, scratch-made entrees. We know that some current and future clients living in those areas don't have the benefit of a caregiver to cook for them and are in need of prepared meals. As part of our strategic plan, we are exploring innovative shifts in our delivery operations to maximize impact and give all of our neighbors access to our freshly prepared meals. We are committed to ensuring a high quality of service no matter where someone lives. **Thanks to your steadfast support**, we are able to approach such obstacles creatively and ambitiously, and we look forward to rolling out expanded delivery options.



## USING NATIONAL RESEARCH FOR LOCAL IMPACT

**With your support**, we have spent over three decades serving our seriously ill neighbors. Back then, we knew it was right thing to do. Now, we have the research to back it up. As a member of the national Food is Medicine Coalition (FIMC), Food & Friends' programs reflect the latest research and best practices in the field of medical nutrition therapy.

A 2019 study published in **The Journal of the American Medical Association (JAMA)** is latest in a series of studies showing home-delivered medically tailored meals can improve health outcomes and reduce healthcare costs.

↓  **28%** Reduction in hospitalizations  
**16%** Net healthcare cost savings



When compared to traditional home-delivered meal programs, **only medically-tailored meals** result in both cost savings **and** fewer inpatient readmissions.



### Ways to Engage:

1. Explore our different [volunteer opportunities](#) to help our neighbors in need- one meal at a time.
2. Stay up to date with Food & Friends by following us on [Facebook](#), [Instagram](#) and [Twitter](#).
3. Your compassion can have a lasting impact on our neighbors in need. Visit our website to learn more about [including Food & Friends in your estate plans](#).

## CONTACT INFORMATION

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