

# food that **heals**

IMPACT REPORT 2022



# our vision

Our vision is a community where everyone who is seriously ill has the nourishment they need to manage their illness.

Food & Friends is built on a simple premise: *anyone can get sick and everyone can help.*

- We believe that everyone managing a serious illness should have the nourishment they need to improve their health and enhance their quality of life, so we prepare and provide specialized meals that are designed to meet the medical and dietary needs of each of our clients.
- We believe in nourishing both the body and the mind, so our meals are delivered by caring community members who also help end the sense of social isolation that can result from a serious illness, particularly for the homebound.
- We believe that no one is immune from illness, regardless of demographics or economic status.

*We believe in the power of compassion and the importance of neighbors helping neighbors, so we create opportunities for impactful and fulfilling volunteer service that helps our sick neighbors in need and builds a healthier community for all.*

# our mission

To improve the lives and health of people with HIV/AIDS, cancer and other serious illnesses that limit their ability to provide nourishment for themselves by:

- preparing and delivering specialized meals and groceries that are designed to meet the medical and dietary needs of each of our clients;
- providing nutritional counseling and wellness education that enhances our clients' quality of life; and
- creating a strong sense of community for both our clients and volunteers that reduces the social isolation that often comes with serious illnesses and provides meaningful opportunities for neighbors to help neighbors in need.

# leadership message

**Dear Friends,**

2022 was a year that encouraged our aspirations, took us on bold new paths, and filled us with gratitude for the community. It was a year where our limits were tested, and as we stretched, grew, and evolved, we stayed true to the same mission we have had since our founding in 1988. We are so thankful for you, and thousands of our neighbors, who made it possible for us to provide medically tailored meals to 4,891 individuals in need, our highest annual total.

Our diverse volunteers, staff, board, and supporters all play a role in delivering our mission every day. As you know, Food & Friends is a place where the community unites, and bridges divides, because we know everyone who is seriously ill should have the nourishment they need to deal with their illness. We are proud of our deep roots in the region, nurtured for decades. In a year that saw demand for our services increase by 30%, when the community needed our help more than ever before, we were there because of you.

There are now nearly 200 health care provider agencies who refer adults and children with life-challenging illnesses to receive **food that heals**. The increase in demand for our services came at the same time as the rising food prices that we've all experienced. With your help, we stood strong with our community and empowered many of our most vulnerable residents to maintain their health and dignity during times of urgent need.

Together, we home delivered 1.59 million medically tailored meals to almost 5,000 of our friends, neighbors, and loved ones as they faced illnesses like cancer, diabetes, HIV/AIDS, Parkinsons, and many more. This would never have been possible without your empathy and generosity. Because of your generosity in time and support, we are positioned to continue to respond to unforeseen circumstances with strength. Our building is teeming with activity, boxes of produce and groceries are piled high, and our space is nearing capacity to produce enough medically tailored meals. We are making plans to expand our space to continue to meet the need in the coming years.

We could not carry out our mission without the thousands of volunteers who help us prepare, package, and deliver our meals, and our generous supporters who include Food & Friends in their philanthropy to financially support our essential operations. Thank you so much for helping us rise to every challenge.

With gratitude,



Jill Baldwin  
Board President



Carrie Stoltzfus, MPH  
Executive Director

# nutrition education progress + new website

**We live in a world** where technology is always evolving and changing how we connect and communicate. Food & Friends leveraged technology in bold new ways to help us better serve adults and children with life-challenging illnesses. Our nutrition education services are a shining example. In 2022, participation in our virtual nutrition education programming increased by 300 percent. Food & Friends is a national leader in clinical nutrition, so this progress builds on our tradition of excellence.



The ingenuity of our community dietitians and the support of our community led to the creation of a new online seminar format. Our registered dietitians (RDN) began creating engaging bite-sized ten-minute videos. They sent this video nutrition content to the neighbors we serve using both email and automated text messages with a quick quiz, then followed up with replies. The team also launched an entertaining “Nutrition in the Kitchen” cooking show hosted by Matt Walker, RDN.

Our team of registered dietitians provide individualized nutrition assessments and nutrition counseling for each client. This is all provided free of charge, thanks to you and our generous community of supporters. The nutritional advice and support our dietitians provide are frequently lifesaving.

The team tracks participation in the videos and then hosts live question and answer sessions on Zoom. If a client has a specific question about the side effects of their illness or wants help with tips for meeting their health goals, our dietitians work closely with them one-on-one. They continually gather and collect questions and actionable feedback.

In our annual comprehensive client survey, our nutrition education program achieved an exceptional 95% satisfaction rate, as did our Brad Clark Meal Delivery Program.

With a generous grant from the Walter and Karla Goldschmidt Foundation, 2022 also marked the launch of a completely redesigned flagship website for Food & Friends, which is mobile friendly and better supports our volunteer services, client services, nutrition services and our fundraising and communications. This progress is not possible without the support of our compassionate donors.



*“The services offered by Food & Friends; groceries-to-go, nutritional counseling and nutrition tips, support my healing and my complete physical, mental, spiritual, and social wellbeing; and not merely the absence of disease.”*

— Donna Lawson, neighbor and former school principal living with HIV and Lupus

# client stories

To these two neighbors, and thousands more, your support means so much.

Aimee Berenson and Nathaniel Reed are two of many clients who shared their stories and helped us amplify the message that food is medicine.

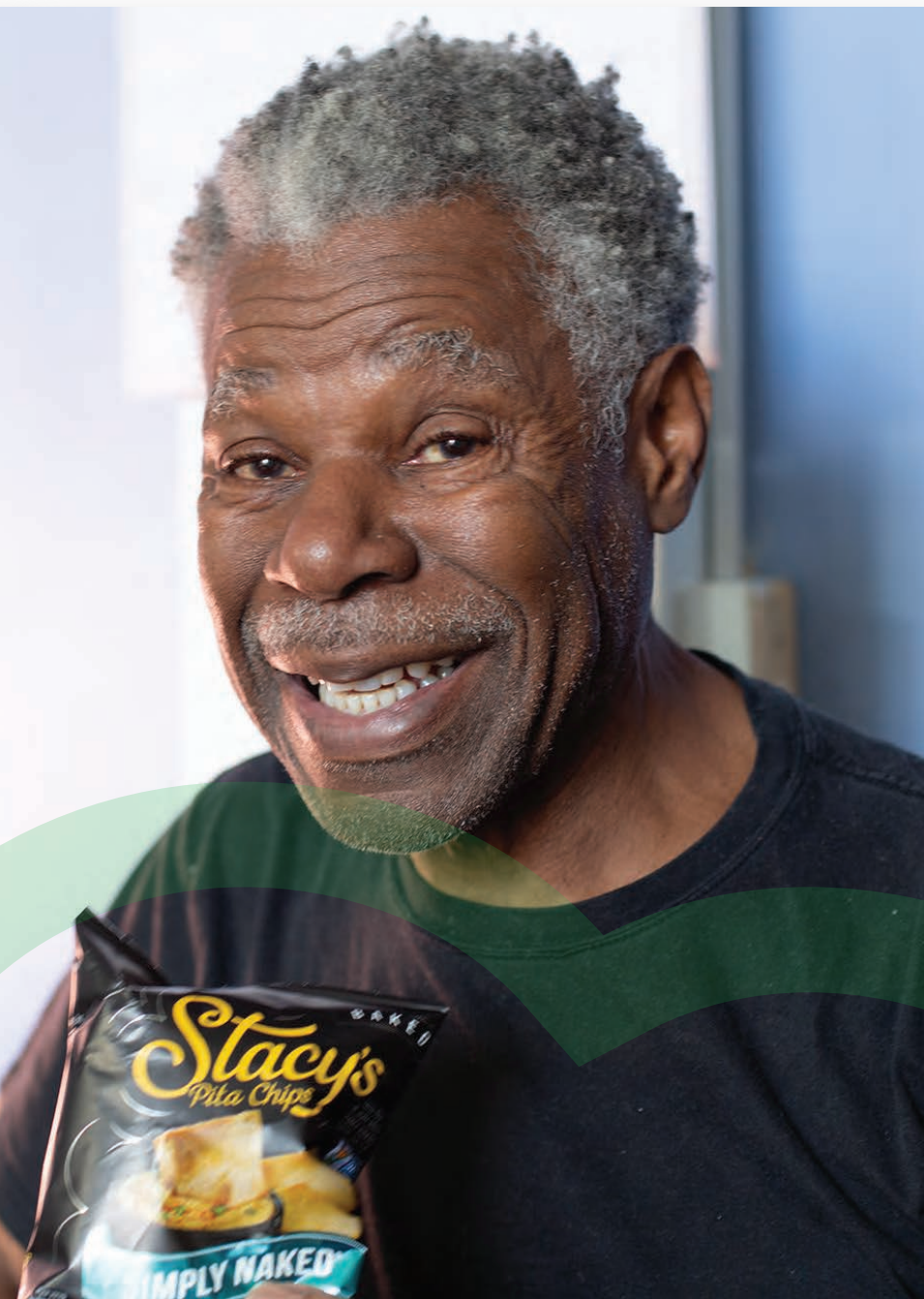
**Aimee Berenson** is a nationally recognized retired civil rights attorney who was involved in landmark legislation protecting the rights of persons living with HIV/AIDS. She referred people to Food & Friends in the 1990s, and today, she relies on Food & Friends for her nourishment as she battles multi organ failure. Aimee shares the impact of your support in her words:

“Last year, thanks to Howard University Hospital, I was referred to Food & Friends. Until that point, I was alive, but barely. I just lay in bed, stared at the ceiling, and I could not get to the kitchen. There was not any food in the kitchen anyway.”

“If it was not for Food & Friends, and all the support from the community, from the volunteers who deliver the food, to the dietitians who make sure I am getting the right nutritional support, if it were not for Food & Friends and the continual support of the city and other donors, I would not be here. I would not have three minutes, to share the gift from God, and Food & Friends, that I am sharing with you.”



“I have good days and bad days, but thanks to Food & Friends, I know I am not alone.”



**Nathaniel Reed** is a D.C. neighbor who has lived on U Street for more than 30 years. When he was first referred by his doctor to Food & Friends for his Thyroid Cancer, he had lost 40 pounds. He was only able to eat our pureed meals because it was hard to chew and swallow. After months of sticking with his meal plan, he is getting his strength back. He is now eating the regular freshly prepared medically tailored meals each week.

“I have good days and bad days, but thanks to Food & Friends, I know I am not alone. They are so dependable and friendly. Food & Friends ensures I have a nutritious balanced meal. I initially lost 40 pounds, but with the help of Food & Friends, I have gained back 20 pounds already.

The meals are delicious, consistent, and on time in any kind of weather. I am so grateful to be in a place now where I am never without food.”

# program success + rising needs

**Amid our highest-ever demand** for medically tailored meals, high food costs, and major supply chain challenges, we carried out our mission with distinction in 2022 because of your support. At the beginning of the year, we were delivering about 95,000 meals per month. By the end of the year, we were home-delivering 158,000 meals per month, an increase of 67 percent. Overall, in 2022, we served 4,891 adults and children with serious illnesses, thanks to you.



The health impact of our work was especially strong in 2022, with 84 percent of individuals we served reporting improved health outcomes. Many people delayed regular doctor visits during the pandemic, so we experienced a continual surge in new referrals that lasted for the duration of the year.

As our communities continue to recover from the aftereffects of the pandemic, Food & Friends is playing a significant and measurable role in confronting health inequities and improving social determinants of health for individuals with life-challenging illnesses. 61 percent of our clients identify as Black or African American, and 13 percent identify as Latino, Latina or Latinx.

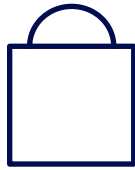
Our work reaches families at home, where they make their most important nutrition decisions. Nutrition education not only benefits our primary clients, but also their family members. 26 percent of the freshly prepared meals we home delivered were sent to the children of individuals we serve, and the family members or close relatives and friends responsible for their care. With your help—our caring donors, partners, and corporate sponsors, we met our client needs and attained higher metrics on satisfaction, including stronger health outcomes than prior years.

Food & Friends was started in 1988 by a small group of volunteers, and they remain at the heart of our mission. An amazing 2,974 volunteers helped prepare, pack and deliver meals, an increase from last year, thanks to the renewed engagement of corporate groups. Volunteers are the “friends” element of our mission. They are adored by our neighbors, and they do more than prepare, package, and deliver meals. They also help us deliver special birthday cakes, Thanksgiving feasts, and holiday gifts for the kids on our service.

Excellence and accountability are core values and a foundation for our food safety. Food & Friends was presented with the Director’s Award from the DC Department of Health. This prestigious award is only given to ‘restaurants’ that had exemplary food safety inspection reports throughout the year. The award was presented to our Executive Chef Rasheed Abdurrahman at the Food Safety Conference in September.



# 2022 giving **impact**

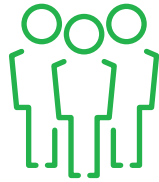


**1.59 million**  
freshly prepared meals  
**home-delivered** in 2022



**4,891**  
clients, caregivers,  
and dependents **served**

**2,974**  
total volunteers  
performed **direct service**



**49,895**  
total volunteer **service hours**, preparing,  
packaging, and home-delivering  
medically tailored meals and groceries



**9%** of the neighbors receiving meals are living with **HIV/AIDS**  
**21%** of the neighbors receiving meals are living with **cancer**  
**20%** of the neighbors receiving meals are living with **diabetes**



**40%** of deliveries are to  
**Washington, D.C.** households

**51%** of deliveries are  
to **Maryland** households

**9%** of deliveries are  
to **Virginia** households



**200**  
health care agencies  
and social services  
organizations  
referred people  
with serious illnesses  
to Food & Friends in 2022



**1,559**  
nutrition  
assessments and  
counseling sessions  
were performed  
by our registered  
dietitians in 2022

**84%**  
of neighbors  
we serve reported  
**improved health**

**80%**  
of neighbors we serve  
reported they were  
**better able to follow  
their doctor's orders**

**80%**  
reported  
an **improved  
quality of life**

**79%**  
were able to  
**achieve  
or maintain  
a healthy weight**





2022

# board of directors & leadership team

## EXECUTIVE LEADERSHIP

Carrie Stoltzfus, MPH, *Executive Director*  
George Bednar, CPA, *Deputy Executive Director, Finance & Administration*  
Lucas Ginn, SPHR, SHRM-SCP, *Director of Human Resources*  
Carolyn Schmidt, CFRE, *Chief Development Officer*  
Leslye Wooley, JD, MSW, *Chief Program Officer*

## EXECUTIVE COMMITTEE

Jill Baldwin, *President\**  
Jennifer Trock, *Vice President*  
Fernando Garcia, *Nominating Committee Chair*  
Gillian Athey, *Secretary*  
Joan Lynch, *Treasurer*  
Mike Bento, *Chair, Program Committee*  
Rick Stamberger, *Chair, Development Committee*  
Bill Thorne, *Chair, Communications Committee*

## FULL BOARD OF DIRECTORS

David Astrove, Friedlander Mislter PLLC  
Gillian Athey, DermAssociates  
Jill A. Baldwin, Community Volunteer  
Robert Baldwin, Hogan Lovells LLP  
Michael Bento, ENGAGE Strategies  
Jacqueline Bowens, District of Columbia Hospital Association  
Dr. Bryan Buckley, National Committee for Quality Assurance  
Joy Candelieri, EagleBank  
Jennifer Cutler, DCI Group  
Wayne Fong, DRT Strategies  
Fernando Garcia, Real Living at Home  
Kristin Gerlach, Gerlach Real Estate  
Peter Glassman, DVM, Friendship Hospital for Animals (retired)  
Jessica Lerner, Pink Media  
Joan Lynch, Marriott International  
Adam Peterman, T-Mobile  
John Scofield, S-3 Group  
Jeff Shockey, Raytheon Technologies  
Valeta Smith, Acosta Management Marketing Services  
Rick Stamberger, Entrepreneur  
Bill Thorne, National Retail Federation  
Jennifer Trock, Baker McKenzie  
Dr. John F. (Skip) Williams, *Dean Emeritus, George Washington University*



# Anthem Foundation

In 2022, we received an important food as medicine grant from Anthem Blue Cross and Blue Shield Foundation. With this support, we are providing 29,000 additional medically tailored meals to Virginia residents living with diabetes and/or heart disease, who are also facing food insecurity.



This vital investment is now helping individuals reach optimal health through good nutrition. The Foundation is expanding its work in programs that treat food as medicine, and we are grateful to be a part of this focus. Research shows that recipients of medically tailored meals who are dually eligible for Medicare and Medicaid experience 50% fewer inpatient admissions and 70% fewer emergency department visits.

As a leading member of the growing Food Is Medicine Coalition, Food & Friends is thrilled to see the Anthem Blue Cross and Blue Shield Foundation supporting not only Food & Friends, but several member organizations nationwide.

We believe food heals, and with this important support, we can continue to help more neighbors in Virginia. We have received 24 patient referrals from the Inova Community Care Clinics and will be monitoring their health improvements over time. For individuals referred to us who speak Spanish, we are translating our nutrition education lessons to better serve this population.





219 Riggs Road, NE • Washington, D.C. 20011

**P** 202-269-2277 • **F** 202-635-4261  
info@foodandfriends.org • foodandfriends.org

United Way #8429 • CFC #52114  
Tax ID #52-1648941