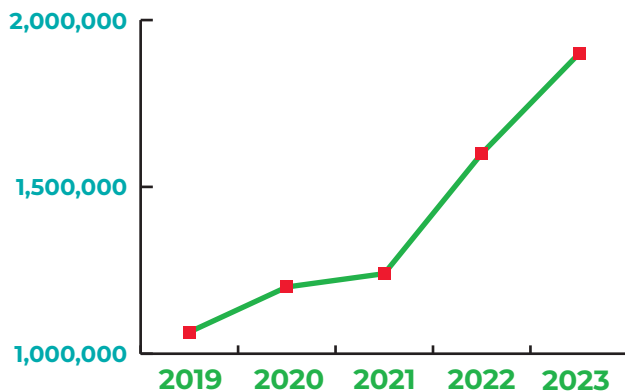


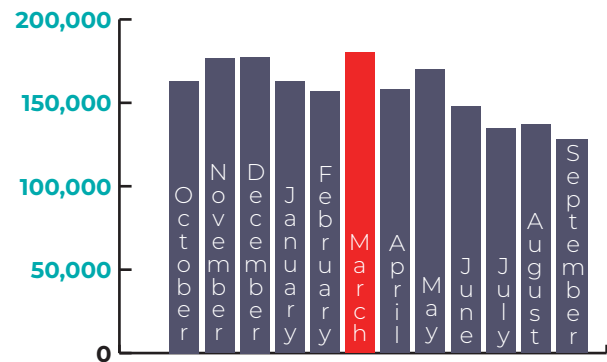
2023 impact snapshot

Together, we are neighbors helping neighbors. Thanks to you, Food & Friends has successfully responded to surging demand for medically tailored meals and groceries from adults and children with life challenging illnesses throughout D.C., Maryland, and Northern Virginia. With your support, we have increased our annual meal production by 75% in a period of just four years. At our peak this fiscal year in March, we home-delivered, 180,082 freshly prepared meals.

Increase in medically tailored meals home-delivered per year 2019-2023:



Medically tailored meals being home-delivered per month in FY 2023:



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

In FY 2023, Food & Friends home-delivered 1,900,000 medically tailored meals to 5,000 seriously ill individuals in the District of Columbia, Maryland and Virginia. Our clients have a range of illnesses including cancer, diabetes, renal disease, HIV/AIDS, maternal health concerns, and heart disease.



1,900,000
meals delivered
to residents
in the region



5,000
clients
live in
the region



1,715
nutrition sessions
with our registered
dietitians



3,000
volunteers
live in
the region



61%
of all households
served have income
less than \$1500/month

CONNECT



Food & Friends

219 Riggs Road NE
Washington, DC 20011
www.foodandfriends.org

Phone: (202) 269-6836

Fax: (202) 635-4265

give@foodandfriends.org

United Way #8429 CFC #52114