

nourishing **innovation**

2024 ANNUAL REPORT



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 home-bound.
- 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.



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leadership message

Dear Friends,

We are proud to reflect on a year defined by resilience, innovation, and growth—all made possible by your steadfast support for neighbors living with life-challenging illnesses.



Last year, we celebrated a monumental milestone: **our 30 millionth medically tailored meal delivered**. Since our founding in 1988, we've provided food and friendship to more than 51,000 neighbors facing life-challenging illnesses across the region. That impact is more than a number—it represents trust, nourishment, and care delivered by our dedicated staff and volunteers day after day.

This past year, 5,272 neighbors in need received medically tailored meals and nutrition support from Food & Friends, including children, caregivers, and those living with illnesses like cancer, diabetes, heart disease, and HIV. More than 1.6 million meals were delivered to families in our region—meals tailored to address the unique health needs of each individual.



This total reflects a slight decrease from 2023 due to changes in health care referral systems, staff turnover at partner agencies, and shifts in public funding eligibility. Despite this, our mission—and our impact—remains strong, along with the need for our services as reflected by this year's growth in our meal and client numbers. Our work was further recognized last year with a first-in-the-nation **national accreditation** from the Food Is Medicine Coalition (FIMC)—a significant accomplishment affirming our role as a nutrition standard-bearer in the Food Is Medicine movement here in the Washington region.

We are also grateful for the strength of our volunteer community. This year, 4,358 volunteers gave more than 71,000 hours of their time to help us cook, pack, and deliver meals with compassion. Their dedication makes our mission possible every single day.

As we look to 2025, we're expanding partnerships, deepening our nutrition services, and strengthening systems to grow our capacity and meet the rising demand for our services. We project delivering close to 2 million meals in 2025 to 5,500 clients—a continued commitment to health, dignity, and equity through food.

Thank you for being part of this journey. Your belief in our mission fuels every step forward. We can't wait to show you what's next.

With heartfelt gratitude,

Carrie Stoltzfus, MPH
Chief Executive Officer

Bill Thorne
Chair, Board of Directors

2024

program success

In 2024, Food & Friends did more than deliver meals—we helped redefine what innovation in nutrition care looks like. Together, we launched bold new partnerships, made critical investments in client care, and crossed historic milestones.



We continued to position ourselves as national leaders in the field, becoming the first agency in the nation to receive accreditation from the Food is Medicine Coalition. Our national accreditation reinforced that our work is important and the demand for medically tailored meals is growing, because the research shows that when meals are tailored to the conditions and symptoms of an illness and to the side effects of treatment, health improves—blood pressure and blood sugar go down; weight is maintained through chemotherapy, and people experience fewer hospitalizations. And every hospitalization avoided is a person who gets to spend the night at home with their family.

Our best-in-class volunteer program continues to expand our capacity, led by an 18% increase in the ranks of our core volunteers. Empowered by your generosity, 4,358 volunteers fueled our success in 2024, committing 71,429 hours of their time—the equivalent of 34 full-time employees. We celebrated a longtime partnership with Alpha Kappa Alpha Sorority's Xi Omega Chapter (AKA) at Chef's Best and recognized two nonagenarians—Cora Dixon and Vivien Smith—who have been volunteering at Food & Friends with the AKA's for 25 years!

As the demand for our services grows, we're stepping up to meet the need by advancing key partnerships with both current and new partners. Through innovative collaborations with Inova, Howard University Center for Sickle Cell Disease, Whitman-Walker, and Washington Hospital, we are expanding our reach, empowering more neighbors to manage their illnesses through Food & Friends' cutting-edge nutrition programs.

Because of your partnership, the story doesn't end here. Your dedication makes this work possible, and we invite you to discover the full impact of your support in the pages ahead.



setting a new standard for **quality & care**

THE NATION'S FIRST FIMC-ACCREDITED PROVIDER OF MEDICALLY TAILORED MEALS

In April of 2024, **Food & Friends** became the first agency in the United States to earn accreditation from the Food is Medicine Coalition (FIMC). We are honored to lead the way with this first-of-its-kind accreditation, setting a new standard for organizations delivering medically tailored meal interventions.



The FIMC Medically Tailored Meal Intervention Accreditation Criteria and Requirements is a groundbreaking standard designed to ensure the highest quality of care for individuals living with life-challenging illnesses like cancer, HIV/AIDS, diabetes, and kidney failure.

FIMC Accreditation provides fresh guidelines for agencies, establishing consistency in the food is medicine field. The key benchmarks include regular assessment of clients' nutrition needs, implementation of nutrition risk screening policies, timely delivery of meals, access to medical nutrition therapy, adherence to quality improvement programs, customization of meal plans, and strict adherence to food safety protocols.

This remarkable achievement reflects our unwavering commitment to excellence, providing rigorous quality to clients, healthcare partners, policymakers, and the community at large.

"Food & Friends' accreditation demonstrates leadership and commitment to advancing the food is medicine movement and ensuring equitable access to lifesaving interventions for those who need them most."

— Alissa Wassung, Executive Director of FIMC

responsive care

DELIVERING MEDICALLY TAILORED NUTRITION TO PEOPLE LIVING WITH SICKLE CELL DISEASE

Since our inception, Food & Friends has always gone where the need is greatest—serving those most vulnerable in our community. In 2024, we expanded our services, launching new partnership with Howard University to serve those living with sickle cell disease.

People living with sickle cell disease often face severe pain, organ damage, and increased nutrition demands. Through our specialized nutrition care, Food & Friends is uniquely positioned to make a profound impact: improving health, better managing symptoms, and reducing rehospitalization.

This expansion is a critical step in our long-standing commitment to the D.C. region. Howard University Center for Sickle Cell Disease and Food & Friends have always worked to serve those in need. This partnership amplifies our joint impact and deepens our relationship with those we care for.

The medically tailored meals and nutrition counseling provided by Food & Friends will help clients:

- Enhance their overall health and quality of life through a nutrient-dense, antioxidant-rich diet that includes essential proteins, folate, magnesium, and vitamin D.
- Achieve and maintain a healthier weight by addressing caloric deficiencies and food insecurity.
- Reduce oxidative stress by filling critical nutrition gaps.
- Support caregivers and dependents, recognizing that illness affects the entire household.

Treatment for sickle cell remains a persistent health disparity in our region and our partnership with Howard University embodies what responsive care looks like: breaking down barriers to access and building trust with our community.

COMPLICATIONS/EFFECTS OF SICKLE CELL DISEASE



Recurrent Infections



Anemia



Periodic Episodes of Pain



Yellowing of Eyes and Skin



Heart Failure



Organ Damage Due to Inadequate Oxygen-Rich Blood



Stroke

community stories

Your generosity means so much to our caring community of clients, supporters, and volunteers.

Monique Acosta and Kyle Brown are two of the many community members who shared their stories— helping us broaden awareness about the life-changing impact of food is medicine.

Monique Acosta, a mother and community advocate from Woodbridge, VA, was confronted with a life-changing lymphoma cancer diagnosis in 2023. During treatment, she developed gastroparesis, which prevented her from digesting food properly. Struggling to nourish herself, Monique was referred to Food & Friends for support.

Our medically tailored meals and groceries were essential as she navigated extreme nausea, intense fatigue, and a lack of appetite. Working closely with Food & Friends' community dietitians, Monique developed a personalized meal plan—and a new understanding of how food could help her body heal.

"My quality of life was changed by food. Once my food was stabilized, I became more and more of myself. It was a lifesaver," she explained.

Monique also lives with a compromised immune system due to a heart transplant earlier in life—a condition further complicated by the rigors of cancer treatment. The meals she received and the connection she built with her delivery driver became a lifeline of emotional support during long periods of social isolation.

Monique's story demonstrates why medically tailored nutrition is essential to caring for the whole person—improving health outcomes, reducing treatment side effects, and restoring quality of life.

Scan here to watch Monique's story.



“I just got a good sense that I was making an impact—a positive impact on someone’s life by delivering the food and chatting with them for a few minutes.”



Kyle Brown, a retired Federal Reserve Board employee, knows firsthand the difference a meal can make. For years, he traveled twice a week to Pennsylvania to care for his aging mother, who relied on hot meals from a local delivery service to stay nourished and independent.

Inspired by the care his mother received, Kyle began volunteering with Food & Friends. Seven years later, he’s still delivering meals every Wednesday to clients in Clinton, MD.

Kyle continues to find joy in the emotional connections he builds with the neighbors he serves. “I just got a good sense that I was making an impact,” he says. “A positive impact on someone’s life by delivering the food and chatting with them for a few minutes.”

When an injury temporarily sidelined him from volunteering, Kyle found another way to support our mission. With guidance from their financial advisor, he and his wife included Food & Friends in their estate plan—ensuring that his impact will continue for years to come.

Supporters like Kyle are helping us build a strong and sustainable future for our clients, creating an enduring foundation for innovation, expanded reach, and life-changing nutrition.

shaping the future

FOOD IS MEDICINE IN POLICY & HEALTH EQUITY

In 2024, **Food & Friends** solidified our role as a regional thought leader in the Food is Medicine movement by driving cross-sector conversations around nutrition and healthcare.



At a high-profile panel discussion hosted by the Washington Business Journal, Executive Director Carrie Stoltzfus, MPH, joined leaders in philanthropy, healthcare, and academia to confront the root causes of health inequity in Greater Washington.

During the discussion, Carrie highlighted Food is Medicine and the role of medically tailored meals and nutritional counseling in transforming lives and improving health outcomes. Fellow panelists Karen Dale, RN, MSN, Market President of AmeriHealth Caritas DC; Kimberly McBride, MPH, VP of Community Health at Holy Cross Health; and Mieka Wick, CEO of The J. Willard and Alice S. Marriott Foundation, highlighted expanding access to healthcare, the benefits of keeping a healthy workforce, and more during the forum.

As our region grapples with deeply entrenched disparities, our nationally recognized nutrition services offer a proven model for a healthier, more equitable, and economically sustainable future.

By delivering solutions that address the root causes of illness and food insecurity, our integrated approach is bridging critical gaps in the food and healthcare systems—gaps that contribute to diet-related illnesses, increase healthcare costs, and diminished quality of life for our neighbors.

With regional momentum growing for medically tailored meal interventions, Food & Friends' trusted voice continues to shape the dialogue and pave the way for new partnerships, innovative policies, and shared solutions.

Scan the QR code to read more from the Health Equity Forum.

“We’re providing access to food and knowledge to food, and we’re directly connected to the health care system through physician referral. We’re taking care of people for weeks and months and, in a few cases, years. That’s what we’re designed to do.”

— **Carrie Stoltzfus, Executive Director of Food & Friends**



2024 giving impact



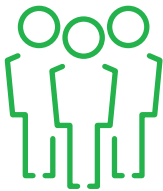
5,272
clients were
served in FY24



1.6M
meals were
home-delivered

4,358
volunteers

at Food & Friends



71,429

number of
volunteer hours
(7% increase
compared to FY23)

12% of the neighbors receiving meals are living with **HIV/AIDS**
17% of the neighbors receiving meals are living with **cancer**
13% of the neighbors receiving meals are living with **renal disease**
17% of the neighbors receiving meals are living with **diabetes**
41% of the neighbors receiving meals are living with **other illnesses***



46% of deliveries are to
Washington, D.C. households

41% of deliveries are
to **Maryland** households

13% of deliveries are
to **Virginia** households



248
health care agencies
and social services
organizations
referred people
with serious illnesses
to Food & Friends in 2024



1,004
clients
participating
in **nutrition
assessments and
counseling sessions**
in 2024

86%
of clients
reported
**health
improvement**

77%
of clients reported
that they **achieved
or maintained
a healthy weight**

83%
of clients
reported
**improved
quality of life**

73%
of clients reported
**improved mental
health and
decreased stress**



**heart failure, COPD, Sickle Cell Disease, cystic fibrosis, Parkinson's, Multiple Sclerosis, individuals on hospice*



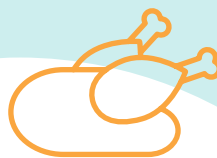
“Here I am: heart disease, HIV positive, wheelchair, winter time, snow on the ground, trying to make it to a food bank because I get \$30 in food stamps a month. If I didn’t have Food & Friends, I wouldn’t—I’m not going to be able to eat.”

— Connie Flemming, neighbor living with HIV/AIDS and heart disease



Birthday Wishes and Sympathy Baskets

In FY24, **1,565 clients** received birthday cakes, and **43 client families** received sympathy baskets, adding a personal touch to our deliveries



Thanksgiving Dinners

Our Thanksgiving initiative touched the lives of **4,650 clients**, providing not just meals but a slice of normalcy and dignity during the holiday season.



Holiday Gift Drive

Our holiday gift drive brought joy to **155 children** enrolled in our services in December 2024.

partnership spotlight

Partnership with INOVA and Elevance Health leads to improved health outcomes

Thanks to our three-year Food Is Medicine grant from Elevance Health Foundation, our partnership with INOVA Community Care Clinics resulted in improved health outcomes for Virginia residents living with diabetes and/or heart disease, who are also facing food insecurity.

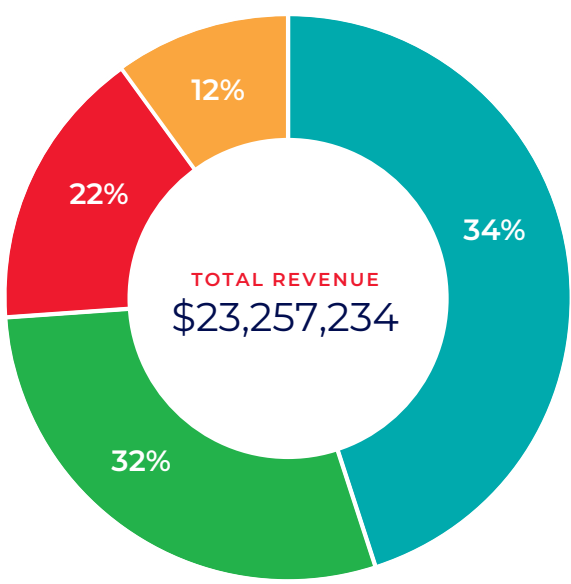


Each client received 18 meals per week—breakfast, lunch, and dinner—delivered to their home, in addition to having access to one-on-one sessions with one of our registered dietitians to guide them in managing their illness. A total of 82 INOVA patients were enrolled in our meal program, with 63 INOVA patients receiving six months of our medically tailored meals or groceries.

Averaging outcomes over the three-year grant period, 71% of the clients with an A1c of 8 or higher showed a decrease in their A1c levels after six months of medically tailored meals, an outcome that is 21% higher than we had projected. Forty-six percent of clients showed a decrease in their blood pressure to less than 140/90mm—an averaged positive health outcome that is 6% higher than we had projected at the beginning of the grant.

We know that food isn't just about nutrition—it's about care, trust, and dignity. Through our partnership, we worked to address health equity for the most socially vulnerable in our community. We translated key resources into Spanish—including our recipe booklet and two educational webinars—and we have bilingual staff who conduct interviews and provide support to bridge language and cultural gaps.

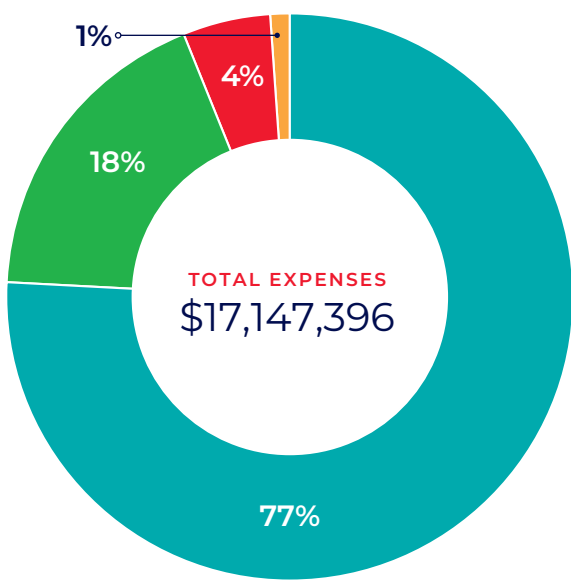
financials



FY24 REVENUE

- PHILANTHROPY OPERATIONS (INDIVIDUALS, CORPORATIONS & FOUNDATIONS)
- PUBLIC FUNDING (FEDERAL, STATE & LOCAL)
- PARTNERSHIPS (MEDICAID & MEDICARE)
- PHILANTHROPY—BUILDING EXPANSION

Investment income and In-Kind revenue are not reflected in this chart.



FY24 EXPENSES

- PROGRAM (CLIENT SERVICES, NUTRITION SERVICES, VOLUNTEER SERVICES, KITCHEN OPERATIONS, DELIVERY)
- FUNDRAISING—OPERATIONS
- G&A
- FUNDRAISING—BUILDING EXPANSION



Food & Friends meets Platinum Transparency through Candid (formerly GuideStar) and is recognized as a 4-star charity by Charity Navigator. These ratings reflect the organization's demonstration of strong financial health and commitment to accountability, transparency and strong stewardship of philanthropic, public and partnership funding.

Please visit www.foodandfriends.org/about-us/annual-reports-financials or contact Carolyn Schmidt, Chief Development Officer, at cschmidt@foodandfriends.org for a copy of the Food & Friends FY24 audit

board of directors & leadership team

EXECUTIVE LEADERSHIP

Carrie Stoltzfus, MPH, *Chief Executive Officer*

George Bednar, *Chief Operating Officer*

Lucas Ginn, SPHR, SHRM-SCP, *Chief Human Resources Officer*

Carolyn Schmidt, CFRE, *Chief Development Officer*

Leslye Wooley, JD, MSW, *Chief Program Officer*

EXECUTIVE COMMITTEE

Bill Thorne, *President*

Jessica Lerner, *Vice President*

Gillian Athey, *Secretary*

Joan Lynch, *Treasurer*

Jill A. Baldwin, *Chair, Programs Committee*

Mike Bento, *Chair, Communications Committee*

Fernando Garcia, *Chair, Nominating Committee*

Peter Glassman, *Chair, Property Committee*

Rick Stamberger, *Chair, Campaign Steering Committee*

Dr. John F. (Skip) Williams, *Chair, IT Committee*

FULL BOARD OF DIRECTORS

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Gillian Athey, DermAssociates

Jill A. Baldwin, Community Volunteer

Robert Baldwin, Hogan Lovells LLP

Mike Bento, ENGAGE Strategies

Jacqueline Bowens, District of Columbia Hospital Association

Dr. Bryan Buckley, CareFirst BlueCross BlueShield

Joy Candelieri, Pinnacle Financial Partners

Jennifer Cutler, DCI Group

Wayne Fong, DRT Strategies

Fernando Garcia, Real Living at Home

Peter Glassman, DVM, Friendship Hospital for Animals (retired)

Bernice Harleston, The Harleston Law Practice, P.C.

Jessica Lerner, Pink Media

Joan Lynch, Marriott International

Joe Maloney, American Gaming Association

Adam Peterman, T-Mobile

John Scofield, S-3 Group

Jeff Shockey, Boeing

Rick Stamberger, RDS Capital Ventures, LLC

Valeta Smith, Aco

Bill Thorne, National Retail Federation

Jennifer Trock, Morgan, Lewis & Bockius LLP

Dr. John F. (Skip) Williams, *Dean Emeritus*, George Washington University







**FOOD &
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