

nourishing **innovation**

FY 2025 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 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.



Volunteer packs medically tailored groceries for neighbors in need

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AARP Foundation employees pack fresh produce and medically tailored groceries for neighbors in need

leadership message

Dear Friends,

As we reflect on fiscal year 2025, we are filled with profound gratitude for your generosity, your compassion, and your unwavering belief in the mission of Food & Friends. This past year was extraordinary in every sense. Together, we strengthened our foundation, expanded our reach, and delivered more care than ever before to neighbors living with serious illnesses across our region.

For the **first time in our history**, Food & Friends delivered **over 2.2 million medically tailored meals to 6,257 individuals in a single year**. This milestone represents more than increased capacity; it reflects the growing number of people facing life-challenging health conditions who depend on high quality, medically tailored nutrition as part of their treatment and healing. At a time when demand continues to rise, your support ensures that we can respond with dignity, reliability, and excellence.

This past year also marked important advancements in demonstrating the measurable impact of our work. Food & Friends released study results that further **affirm our leadership in caring for individuals with complex health needs**. The findings showed significant healthcare cost savings for clients receiving our meals clear evidence that medically tailored nutrition not only improves health outcomes, but also reduces hospitalizations and lowers overall healthcare costs. In a moment when national interest in “Food Is Medicine” continues to accelerate, Food & Friends stands out as a trusted, evidence-based leader shaping standards and best practices in the field.

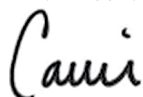
We also expanded our reach to communities historically underserved by the healthcare system. In 2025, we began receiving referrals from **Howard University Hospital's Center for Sickle Cell Disease**, allowing us to provide medically tailored meals and nutrition support to individuals who endure profound pain, chronic complications, and unique nutritional challenges. This new partnership underscores our commitment to addressing longstanding health disparities that disproportionately impact Black and Latino communities in our region.

Our work advancing health equity was further recognized when Food & Friends **received the 2025 Vincent C. Gray Health Equity Award from the DC Hospital Association**. This honor reflects our sustained dedication to ensuring that medically tailored nutrition is accessible to those who face the greatest barriers to care. It is an accomplishment shared with every donor, volunteer, partner, and friend who contributes to this mission.

Our volunteers also continued to shine as the heart of our organization. Food & Friends was again named **Best Nonprofit** and **Best Place to Volunteer** by readers of the Washington City Paper, a testament to the deep sense of purpose our 4,566 volunteers bring to every shift and every delivery.

You help carry forward the belief that **anyone can get sick and everyone can help**. Thank you for standing with us and for making this life-changing work possible.

With heartfelt appreciation,



Carrie Stoltzfus, MPH
Chief Executive Officer

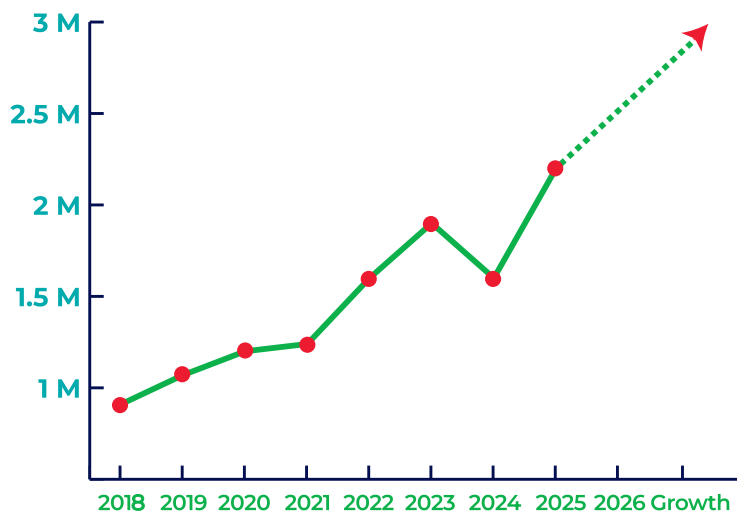


Fernando Garcia
Chair, Board of Directors

growth over last decade

Over the past decade, the need for life-sustaining nutrition services across the District of Columbia, Maryland, and Virginia has grown significantly and Food & Friends has helped lead this growth. Each year, more of our seriously ill neighbors rely on us for the meals that help them maintain strength, and manage symptoms. What began as a mission to serve individuals living with HIV has evolved into a comprehensive, regionwide lifeline.

FOOD & FRIENDS MEDICALLY TAILORED MEALS SERVED 2018-2025 AND BEYOND



The numbers tell a striking story. In 2017, Food & Friends delivered just over 858,000 meals. By 2019, that number had increased to more than 1 million meals. Even amid the uncertainty of the pandemic era, our community's need continued to climb. We provided 1.24 million meals in 2021 and 1.65 million in 2022. And by 2025, that need **reached an all-time high: 2.2 million meals, the most in our organization's history.**

But the story is about more than meal counts. It is about the changing face of illness in the region and Food & Friends' commitment to staying ahead of the need. Over the last decade, we have thoughtfully expanded our services to support clients living with an array of chronic and life challenging illnesses, including diabetes and sickle cell disease. Through strategic partnerships with leading medical institutions such

as George Washington Hospital and Howard University Hospital, Food & Friends reaches clients whose nutritional needs are complex, evolving, and deeply intertwined with health disparities across the DMV.

This growth reflects the trust the community places in our services and the responsibility we carry. As the population ages, as chronic conditions rise, and as inequities in healthcare persist, Food & Friends is preparing for the decade ahead. We are investing in stronger partnerships, more efficient operations, and the capacity required to meet tomorrow's needs with the same compassion and excellence that have defined our work nearly 40 years.

What remains constant is our belief: every neighbor facing a serious illness deserves not only a meal, but the nourishment and care that help them heal, hope, and thrive.



medically tailored meals **study results**

WHAT THE DATA AFFIRMED ABOUT FOOD AS MEDICINE

In FY 2025, Food & Friends released new data that reinforces a simple but powerful truth: when people receive the right food at the right time, their health improves. The findings, drawn from several recent independent studies, show how medically tailored meals help neighbors living with serious and chronic illnesses stay healthier while reducing the need for costly hospital care.

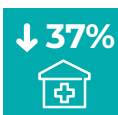
Significant Cost Savings for the 25% Of Clients with the Highest Charges

Average savings of
\$52,555 per person



Reduction in Hospital Charges

Average savings of
\$9,020 per person



Reduction in Unplanned Hospital Care

Hospital visits that could
be prevented



Reduction in Hospital visits

Hospital admissions and
emergency room visits



Outcomes from the Maryland Medically
Tailored Meals & Hospital Utilization
Technical Report



Scan the QR code for more information

**Reviewed three years of client data for 3,000 unique clients looking at outcomes for hospitalization costs and visit numbers during the pre- and post-service period, as well as the number of potentially avoidable utilizations.*

At the heart of this work is the **Maryland Medically Tailored Meals & Hospital Utilization Technical Report**, a multi-year analysis conducted in partnership with Moveable Feast, a fellow Food Is Medicine Coalition-accredited agency operating out of Baltimore. The study found that neighbors who received medically tailored meals experienced a 37% reduction in hospital charges, saving an average of \$9,020 per person. Just as importantly, hospital use declined across the board, with a 34% reduction in hospital visits and a 45% drop in potentially avoidable inpatient hospitalizations. These results highlight how consistent access to nutritious, diagnosis-specific meals can help people better manage their health and avoid medical crises.

The impact was especially meaningful for neighbors with the greatest medical needs. Among the top 25% of healthcare spenders, who accounted for 75% of hospital charges before receiving meals, hospital costs dropped by an extraordinary 67% after enrollment. That translates to **an average savings of \$52,554 per person**, demonstrating the powerful role food can play in supporting both individual well-being and a more sustainable healthcare system.

Additional insights from the **Anthem Cohort Comparison Study** further reinforced these findings. 75% of participants in the study with poorly controlled diabetes saw their A1C levels reduced and over half saw a reduction of 1 point or more, significantly reducing their risk of long-term diabetes complications. Because of health improvements like this, our neighbors feel more food secure, less stressed, and are better able to follow nutrition plans recommended by their healthcare providers. For many, having reliable meals meant fewer tough choices between food, medication, housing, and other basic needs.

Behind every statistic is a neighbor whose life is made healthier and more stable through food prepared with care. Together, these studies reflect the strength of Food & Friends' holistic approach, combining medically tailored meals, nutrition counseling, and personalized support. As Food Is Medicine continues to gain national attention, the data affirms Food & Friends' decades long leadership in the Food Is Medicine Movement.

carrying the dream forward through service

On January 15, 2025, Food & Friends had the profound honor of welcoming Martin Luther King III and Andrea Waters King as we gathered to commemorate what would have been Dr. Martin Luther King Jr.'s 96th birthday. Their visit was more than a moment of recognition. It was a powerful reminder of the enduring call to service that sits at the heart of Dr. King's legacy and at the core of our work every day.



King family poses with Food & Friends
Executive Chef Rasheed Abdurrahman



Martin Luther King III packs medically
tailored groceries on MLK Day 2025

At a time when communities across the nation face growing uncertainty and division, Mr. and Mrs. King spoke passionately about the importance of showing up for one another through service. Through their **Realize the Dream Initiative**, they are challenging individuals and organizations nationwide to contribute 100 million hours of service by Dr. King's 100th birthday in 2029. This is a bold and hopeful vision rooted in collective action and shared responsibility.

During their time at Food & Friends, the Kings worked alongside our volunteers and staff, packing medically tailored meals and groceries for neighbors living with serious illnesses. They listened, asked questions, and reflected on the organization's origins during the early days of the HIV/AIDS crisis, a period marked by fear and stigma but also by extraordinary compassion and resolve. That history resonated deeply with their message that service is often born in moments of hardship and becomes a bridge toward healing and justice.

Mr. and Mrs. King emphasized that volunteering is not only about meeting immediate needs. It is also about building understanding, strengthening community bonds, and recognizing our shared humanity. Service, they noted, invites us to step beyond our comfort zones and connect with people whose experiences may differ from our own. These connections have the power to transform both the giver and the receiver.

Their visit affirmed what Food & Friends has always believed, that food is a powerful expression of care, dignity, and solidarity. As we continue to respond to growing need across the region, the Kings' presence served as both an inspiration and a charge to keep raising the conscience of our community through service and to trust that even in challenging times, compassion can prevail over chaos.

We are deeply grateful for the King family's visit and the reminder that when we serve together, we move closer to realizing the dream of a more just, caring, and connected world.



7 Use the QR code for access to
the Realize the Dream Initiative

FY 2025 ANNUAL

client story

MAXINE'S LIFE OF SERVICE—A JOURNEY TO HEALING

For decades, Maxine poured her energy into serving her community. A lifelong leader and advocate, she spent eight years on the Glenarden City Council, two of them as president, and played a major role in passing legislation that brought sidewalks and safer streets to her neighborhood. She also served as president of the Prince George's County Municipal Association, worked actively in her church, and dedicated herself to her high school alumni association. When neighbors needed a ride to the store or a friend to accompany them to lunch, Maxine was there. "I've lived an excellent life. I was always doing something, helping somewhere," she said. "I just liked being busy and doing good."



Maxine Phifer at home in Prince George's County, MD

But several years ago, a series of serious health challenges reshaped Maxine's life. **A long history of diabetes had caused her A1C levels—a measurement of her blood sugar—to soar, at one point reaching 13, double a normal range for people with diabetes.** She struggled to bring it down. Then came a devastating diagnosis: multiple myeloma, a blood and bone cancer requiring frequent treatments and costly medications. A reaction to her cancer treatment, combined with Brown-Séquard syndrome, left her temporarily unable to use one side of her body. "I couldn't stand or move," she recalled. "Everything was connected, and everything was going wrong at the same time."

That's when her social worker introduced her to Food & Friends. "She told me she knew about this program that could really help me by eating healthier," Maxine said. "I've been on the service for over a year and a half now, and it really saved me."

Once she began receiving medically tailored meals, Maxine felt the difference quickly. Her A1C dropped from 13 to 6.5. She lost 30 pounds. She could breathe better, walk more easily, and feel her body recovering. Even her doctor was stunned. "He said, 'What are you doing?' I told him, Food & Friends. Everybody wants to know about this food [nutrition] program!"

Beyond the health improvements, the meals eased the financial pressure of managing multiple medications. Maxine mentions how she takes six or seven medications and the high costs have even forced her to seek out grants. **"It makes it so I can afford my medical stuff,"** she said.

And importantly, the service supports her daughter too, who is on a heart-healthy diet while caring for Maxine full-time. "She's doing really well on the meals too," Maxine said proudly.

Maxine loves discovering foods she never thought she'd eat. "I never liked blueberries before. Now I love them. The apples, oranges, pears, I eat all that. Even the squash and zucchini, I never ate them before, and they're really good." She laughs a little when she calls the meals "good and healthy food," emphasizing both qualities with equal appreciation. "Even the snacks are good."

The delivery volunteers have too become a bright spot in her week. "I love my delivery people. They are just the nicest. They always ask about me when they don't see me. I appreciate that."

Today, with her cancer in remission and her diabetes under control, Maxine is focused on living with purpose and encouraging others. "If people have the opportunity to use this program, they need to," she said. "It will help them, and those healthier habits really stay with you."

a community favorite

FOOD & FRIENDS' BEST OF DC HONORS

Food & Friends is proud to be celebrated by Washington City Paper, the longtime leader of the Best of D.C. awards, with three 2025 Best of D.C. honors: **Best Nonprofit, Best Charity Event for Chef's Best Dinner & Auction, and Best Place to Volunteer.** Chosen by public vote, these awards reflect the deep trust, enthusiasm, and care of the community that makes our work possible. They belong to every volunteer who shows up for Food & Friends each day and every person who supports Food & Friends philanthropically.

Being named **Best Nonprofit** is a powerful affirmation of our mission to provide home-delivered, medically tailored meals and nutrition services to neighbors living with serious illnesses across the Washington, D.C. region and western Maryland. This recognition underscores the belief that food is medicine, and that compassion, dignity, and consistency can be life-changing.

The honor of **Best Place to Volunteer** speaks directly to the heart of Food & Friends. More than 4,600 volunteers are the engine behind our work, packing and delivering meals, supporting daily operations, and creating a welcoming space rooted in community. For the fifth year, Washington City Paper readers affirmed what we see every day. When neighbors come together to help neighbors, something truly meaningful happens.

We are also thrilled that **Chef's Best Dinner & Auction was named Best Charity Event.** One of D.C.'s most beloved culinary celebrations, Chef's Best brings together more than 30 of the region's top chefs and hundreds of guests for an unforgettable evening in support of our mission. The event is a joyful reflection of what's possible when generosity, creativity, and community unite for a common cause.

These honors arrived during a year of extraordinary impact. **In 2025, with the support of our incredible volunteers and community of supporters, Food & Friends delivered more than 2.2 million medically tailored meals to individuals living with cancer, HIV/AIDS, heart failure, and other serious illnesses at no cost to them.** Every meal represented care, nourishment, and the reassurance that no one has to face illness alone.

We extend our heartfelt gratitude to Washington City Paper for continuing to shine a spotlight on the organizations and people who make Washington, D.C. such a vibrant, caring place to live. Most of all, thank you to our staff, volunteers, chefs, donors, and clients. These Best of D.C. awards are a celebration of you and of a community that believes in showing up for one another.





Food & Friends staff pictured in front of delivery van

foundation spotlight

THE POWER OF PRACTICAL PHILANTHROPY

For more than a decade, the **Walter and Karla Goldschmidt Foundation** has been a steadfast partner to Food & Friends, providing the kind of behind-the-scenes support that keeps our mission moving forward day in and day out.

Based in Glencoe, Illinois, the Walter and Karla Goldschmidt Foundation is guided by a deep commitment to strengthening communities through investments in health, human services, education, arts and culture, and youth development. With a national philanthropic footprint, the Foundation focuses on making thoughtful, practical investments that help organizations do their work better and more sustainably.

Food & Friends first felt that impact in 2010, when **trustee Jim Goldschmidt** began supporting our work. In 2013, the Foundation committed its first multi-year grant, supporting groceries through the CareFirst GTG (Groceries to Go now Medically Tailored Groceries or MTG), fresh produce initiative, along with funding for three staff vehicles. That early investment laid the groundwork for **a long-term partnership rooted in trust, responsiveness, and shared values.**

Since then, the Foundation has supported Food & Friends every year, funding both annual operations and a wide range of critical capital and infrastructure projects. These investments are essential to ensuring that neighbors living with serious illnesses receive the medically tailored meals, groceries, and nutrition support they depend on.

Jim often describes the Foundation's approach as funding the "unsexy" but critical operating projects that make a big impact. Over the years, that philosophy has translated into support for delivery vehicles that keep meals on the road and repairs and equipment upgrades in our kitchen that ensure safety, efficiency, and reliability. From database conversions and server replacements to website and microsite redesigns, these investments strengthen our ability to connect with clients, donors, and partners.

From blast chiller repairs and kitchen equipment purchases to outdoor infrastructure improvements and digital communications projects, the Walter and Karla Goldschmidt Foundation has consistently stepped in to meet real operational needs, often at pivotal moments.

Their long-term support has helped Food & Friends remain nimble, resilient, and prepared to meet growing demand across our region. Most importantly, the foundation has helped ensure that neighbors who need us most continue to receive nourishing food, delivered with dignity and care. We are deeply grateful for the Foundation's partnership and its enduring belief in the power of thoughtful, practical philanthropy.

partnership spotlight



The TD Charitable Foundation has supported Food & Friends since 2019, providing funding for critical programming and strengthening the foundation of our mission. In addition to grant support, last year Food & Friends received a special donation from their corporate offices, a meaningful contribution that further reflects their commitment to the health and well-being of our community.



Food & Friends was proud to receive its first grant from the **American Cancer Society** in 2025 in support of our clients in Washington, DC who are living with cancer. This funding has strengthened our ability to provide medically tailored meals and nutrition support to individuals undergoing treatment and facing food insecurity while dealing with this life changing illness and treatment.

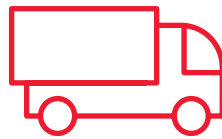
“The fact remains that up to half of cancer patients report reduced ability to purchase food during and after treatment. This year’s investment in Addressing Barriers to Care grant exclusively addresses food security and nutrition as a key factor in improving cancer outcomes. We are proud that our funding is poised to create meaningful and lasting impact within the community.” — Natasha Coleman, MPH, Vice President for Community Impact, Northeast Region, American Cancer Society

In addition to their financial support, the American Cancer Society has quickly become a valued volunteer partner, deepening their engagement with our mission. We are also honored to have been **invited to participate in their Food is Medicine in Oncology Care Symposium March 12, 2026**, where our Nutrition Services Director will serve as a panelist. This opportunity reflects the growing recognition of the critical role nutrition plays in oncology care and highlights the strength of our partnership.

2025 giving impact



6,257
clients were
served in FY25



2.2M
meals were
home-delivered

4,566
volunteers
at Food & Friends



74,985
number of
volunteer hours
(7% increase
compared to FY24)

11% of the neighbors receiving meals are living with **HIV/AIDS**

19% of the neighbors receiving meals are living with **cancer**

14% of the neighbors receiving meals are living with **renal disease**

12% of the neighbors receiving meals are living with **diabetes**

44% of the neighbors receiving meals are living with **other illnesses***



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

40% of deliveries are
to **Maryland** households

12% of deliveries are
to **Virginia** households



248
health care
organizations
referred people
with serious illnesses
to Food & Friends
in 2025



1,325
clients
participating
in **nutrition
assessments and
counseling sessions**
in 2025

90%
of clients
reported
**health
improvement**

83%
of clients reported
that they **achieved
or maintained
a healthy weight**

85%
of clients
reported
**improved
quality of life**

75%
of clients reported
**improved mental
health and
decreased stress**



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

board of directors & leadership team

EXECUTIVE COMMITTEE

Fernando Garcia, *President*

Officers

Jessica Lerner, *Vice President*

Gillian Athey, *Secretary*

Joan Lynch, *Treasurer*

Bill Thorne, *Immediate Past President*

Committee Chairs

Jill A. Baldwin, *Programs Committee*

Mike Bento, *Communications Committee*

Joy Candelieri, *Nominating Committee*

Peter Glassman, *Property Committee*

Rick Stamberger, *Campaign Steering Committee*

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

FULL BOARD OF DIRECTORS

David Astrove, Friedlander Mislér PLLC

Gillian Athey, DermAssociates

Jill A. Baldwin, Community Volunteer

Mike Bento, ENGAGE Strategies

Jacqueline Bowens, District of Columbia
Hospital Association

Dr. Bryan Buckley, CareFirst BlueCross BlueShield

Joy Candelieri, Pinnacle Financial Partners

Kaitlyn Coyne, Goldman Sachs

Jennifer Cutler, DCI Group

Wayne Fong, DRT Strategies

Fernando Garcia, RLAH @properties

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, Sports Betting Alliance

John Scofield, S-3 Group

Jeff Shockey, Boeing

Rick Stamberger, RDS Capital Ventures, LLC

Valeta Smith, Acosta Management Marketing Services

Bill Thorne, National Retail Federation

Jennifer Trock, Morgan, Lewis & Bockius LLP

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

HONORARY BOARD OF DIRECTORS

Represents past Board Presidents

David A. Berg, Community Volunteer

Rob P. Hall, Entergy Corporation

Erik Hower, AT&T

Andrew Kindfuller, Ph.D., OnSight Industries

William J. Moran, Jr., Merrill Lynch

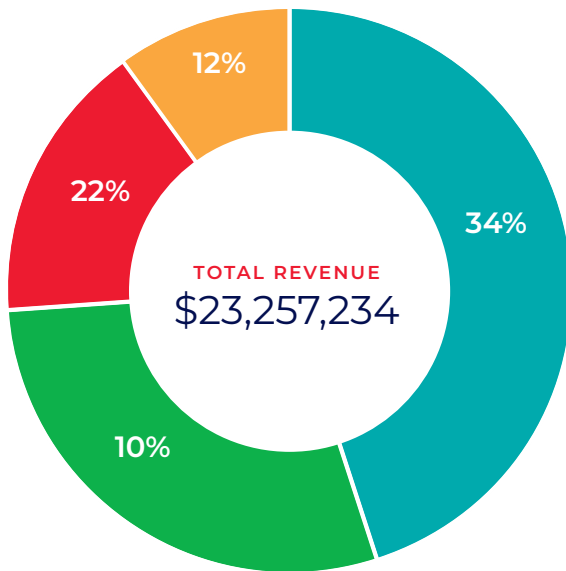
Christopher Wolf, Hogan Lovells (retired)



**Board list as of March 2026*

financials

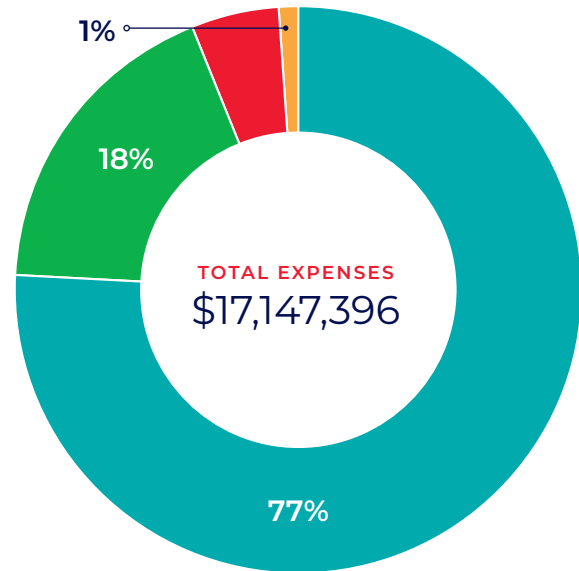
FY24 financials (to be updated after the FY25 audit has been approved by the Board of Directors)



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 is a non-profit and relies on donations to support our mission!



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, CFRE, Chief Development Officer, at cschmidt@foodandfriends.org for a copy of the Food & Friends FY25 audit



VALUES

Compassion • Community • Dignity
Diversity • Excellence • Reliability • Accountability



**FOOD &
FRIENDS**

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

Food & Friends is a non-profit and relies on donations to support our mission.