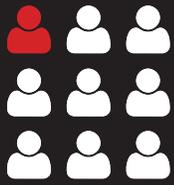




2019 ANNUAL REPORT

A black and white photograph of a young woman with glasses and a nose ring, wearing a chef's jacket, standing in a kitchen with her arms crossed. The image is split vertically, with the left side being red and the right side being black and white.

**FEED PEOPLE
FIGHT DISEASE
FOSTER HOPE**



1 IN 9

people in Maryland
are food insecure*



60,000+

Marylanders
are battling HIV
or cancer**



4,365

people received
healthy meals, medical
transportation, and
nutrition counseling
from Moveable Feast
when they needed
it most

* Feeding America

** Maryland Department of Health

No one should have to choose between food and medicine.

Every day, people we care about are diagnosed with cancer, HIV, or other life-threatening illnesses. And in the morning, they ask themselves: how will I feed myself and my family and pay for treatment?

Our bodies can't fight disease without food.

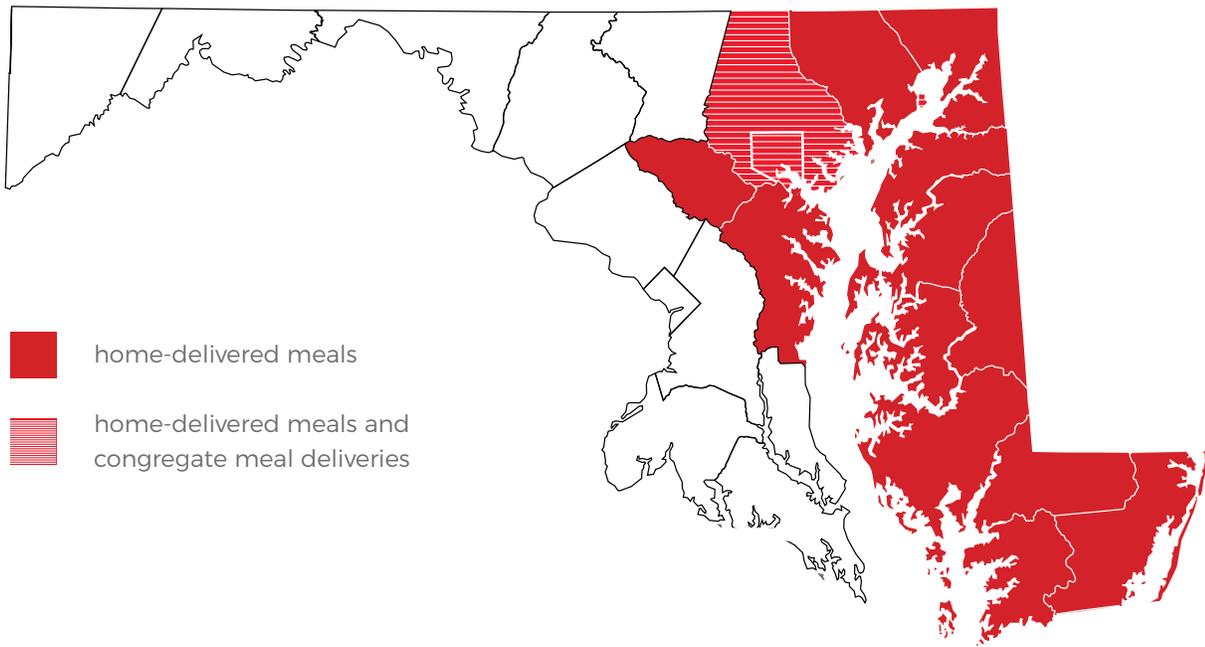


“Food really is medicine. Lack of access to healthy food is a barrier to well-being and is part of what drives ongoing health disparities.”

DR. GEETANJALI CHANDER,
PHYSICIAN AND MOVEABLE
FEAST BOARD MEMBER



You help us deliver nourishment and hope to people across Maryland



“Food is what keeps people healthy and out of the hospital.”

MELANIE BROWN-LANE, EXECUTIVE CHEF AT MOVEABLE FEAST

Food is medicine

When you're sick, having a healthy meal in the freezer means more than dinner. Moveable Feast meals bring peace of mind, ability to better care for family and a strong community of support during treatment.



515

people could make informed decisions about their health and diets thanks to nutritional counseling

“Living with HIV, Jerry was extremely anxious about the fact that he lost 15 pounds very quickly. Together, we came up with a list of high protein foods to keep on hand and talked through strategies for weight gain.”

ISABEL BETANCOURT, MOVEABLE FEAST REGISTERED DIETITIAN NUTRITIONIST



163

people got to their doctors' appointments—impossible without door-to-door rides

“I was really sick, and the drivers would come to my house, help me down the steps, into the hospital, and would pick me up when I called. They really care about me.”

RITA, LIVING WITH HIV

“My doctor asked me what I’d been doing differently to improve my labs. Moveable Feast! My chronic pain makes it hard to prepare meals for myself, and your meals have helped tremendously.”

MARISSA, BATTLING END STAGE RENAL DISEASE



89%

of people who got meal deliveries saw their health improve, reporting ability to manage their illness, symptoms and/or weight





Your passion powers this work.

Volunteers are the hope when we say “Feed People, Fight Disease, Foster Hope.” It takes a special person to come in on their free time to help someone they have never met. Moveable Feast is so grateful to the over 4,000 individuals who volunteer with us.



4,551

VOLUNTEERS

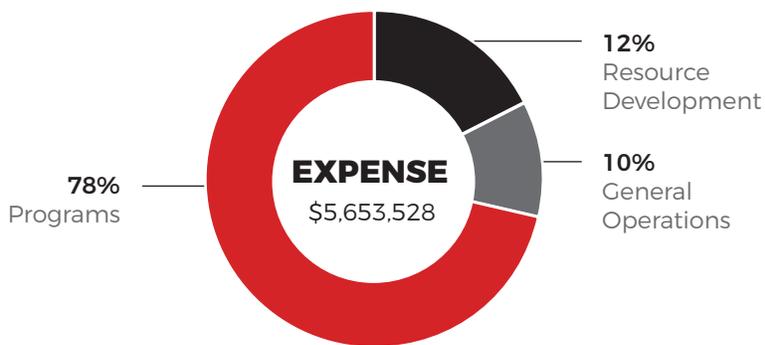
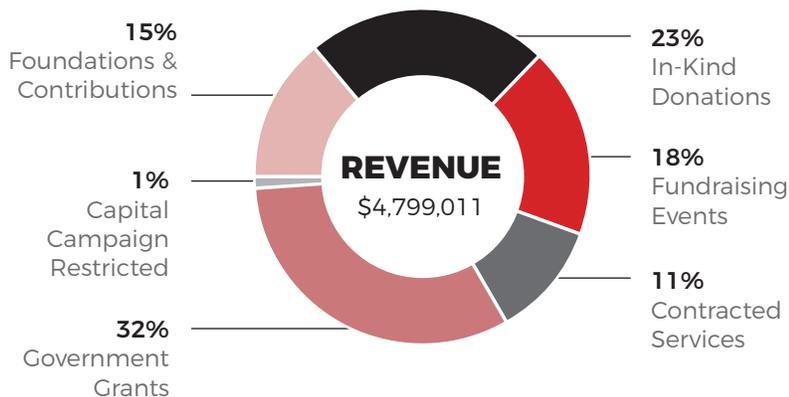


33,325

VOLUNTEER HOURS

“For years I have said that Disney World has nothing on Moveable Feast – this is my happiest place on earth!”

CHERYL KAWALEK, 7 YEAR VOLUNTEER



In 2019, Moveable Feast was on a path to expand services to clients throughout our service area. We began spending for an operational expansion and started serving clients before we received anticipated government and private funding. Unfortunately, the anticipated funding was not approved at the level expected. We maintained service to our clients to honor our commitments, which led us to dip into our reserves.

Your support is not something we take for granted. While we are tremendously proud of our work to serve those in need, we are embracing the lessons learned in 2019 and taking concrete steps to ensure we secure the resources needed to both serve our clients and balance our budget.

For full financial information, including our latest available audit, please visit www.mfeast.org/about/annual-report.

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Jason Vodzak

You're our secret ingredient



Donate



**Make meals
in our
kitchen**



**Deliver
meals in the
community**



**Attend an
event**



Fundraise



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Moveable Feast is a 501 (c)(3) charitable organization, contributions to which are tax-deductible to the fullest extent allowed by law. A copy of our current financial statement is available upon request by contacting our accounting office. Documents and information submitted to the State of Maryland under the Maryland Charitable Solicitations Act are available from the office of the Secretary of State, State House, Annapolis, MD 21401 for the cost of copying and postage.

