



2020  
ANNUAL  
REPORT

**FEED PEOPLE  
FIGHT DISEASE  
FOSTER HOPE**





**499,741**

meals served through  
our home delivered  
and community  
partner meal programs



**2,006**

people received  
healthy meals, medical  
transportation, and  
nutrition counseling  
throughout the  
pandemic



**1 IN 4**

households in  
the U.S. are food  
insecure\*

\* Northwestern University

## Bringing healthy food and compassion to those struggling with serious chronic illness.

We fully harness the power of medically tailored meals and nutrition therapy, to improve health outcomes and address social determinants of health for those living at the intersection of serious chronic illness and food insecurity.

To fulfill our mission, we mobilize a community of volunteers and supporters to feed people, fight disease, and foster hope.



“In my experience, I often hear patients talk about not taking their medications because they did not have food. One patient said, “Doc these medications are just too strong, I am afraid to take them if I do not have any food”. Fortunately, I can always refer my patients to Moveable Feast.”

DR. LEONARD SOWAH, PHYSICIAN/  
RESEARCHER AND MOVEABLE FEAST  
BOARD MEMBER



# Our COVID-19 Response

## WE PROVIDED



Uninterrupted services to 700 clients a week



Reimagined our major fundraising events, Ride for the Feast and Dining Out For Life - turning both completely virtual and raising over \$800,000 combined



8,000 meals served a week



1,400 care packages of PPE supplies sent to all clients



Increased our average meals per month by 5,500 from April through December and increased our monthly meal count from 32,667 to 46,000 meals by late fall



Introduced a telehealth platform to continue providing nutrition education to our clients

## WHAT OUR CLIENTS SAID

This past year we surveyed our clients regarding the effects of the COVID-19 pandemic and our services. Here's how our services impacted those we served:



100% of clients surveyed said that our services were helpful during the pandemic



97% said that they felt the no-contact deliveries worked well and helped them feel safer about their service with us



97% said that the additional shelf-stable foods met their needs

“Moveable Feast was right where we needed to be throughout this pandemic. We provided food, compassion, and hope to those we serve.”

SUE ELIAS, EXECUTIVE DIRECTOR

# Food is at the heart of what we do.

Through the challenges of 2020, Moveable Feast continued to prepare and deliver medically tailored meals, support, and encouragement to our clients. Our services bring peace of mind and a strong community of support during treatment.



**547**

people could make informed decisions about their health thanks to nutritional education



**72**

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

“Thank you so much not just because you offer this diet, but because you’re “here”. I don’t want my family to watch me to go through so much, I had a sister and a fiancé die from diabetes, and I don’t want to do that and put my family through that. This has helped me hold myself accountable. If I can nail down my diet, and find foods that are not going to kill me, I can keep taking care of me and my family”.

CLIENT M LIVING WITH DIABETES

“Your meals have kept us healthy and safe throughout Covid-19.”

A CLIENT CAREGIVER

“The Community Dietitian tells me the things I need to learn about, what helps and what doesn’t. She cares for her clients and motivates you. That’s the part I love about her.”

DEBRA, A CLIENT LIVING WITH HIV



**89%**

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



## DEDICATED BOARD OF DIRECTORS

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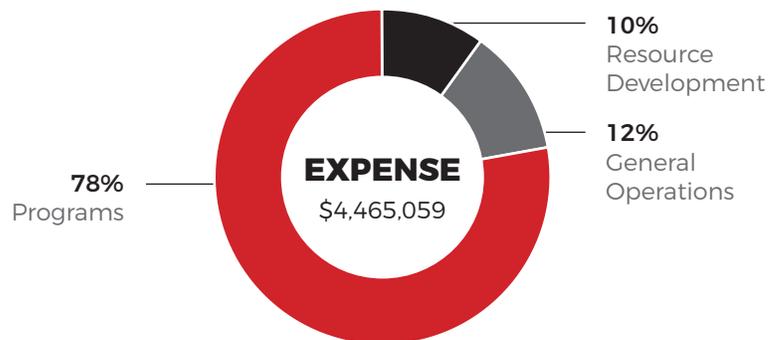
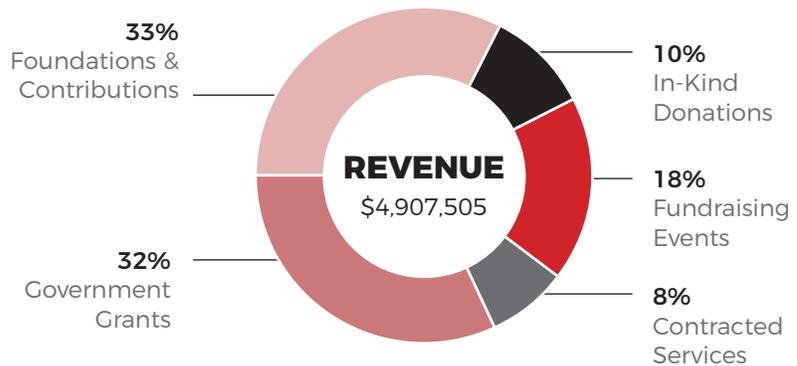
Karen Scheu

James Seidl

Lauren Shanks

Jason Vodzak

Terry Wallace



Thanks to the generous contributions of Moveable Feast's community of supporters the organization finished in a strong financial position in 2020. The revenue surplus was largely due to emergency funding support through individual contributions, government and private foundations. The majority of this revenue was realized in late 2020. Although Moveable Feast was able to secure more revenue than anticipated, the organization was limited in its production capacities, exacerbated by the loss of volunteers due to COVID-19 and food chain supply shortages. Through those limitations, Moveable Feast was still able to continue serving upwards of 700+ clients a week with a distribution of 8,000 meals per week. We are continuing at this high level of service in 2021. Given our fundraising at the end of 2020, we are committed to serving clients at the highest level possible given our production constraints.

**For full financial information, including our latest available audit, please visit [www.mfeast.org/about/annual-report](http://www.mfeast.org/about/annual-report).**

# You're our secret ingredient



**Donate**



**Make meals  
in our  
kitchen**



**Deliver  
meals in the  
community**



**Attend an  
event**



**Fundraise**



**Follow us on  
social media**

[www.mfeast.org](http://www.mfeast.org)



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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.