



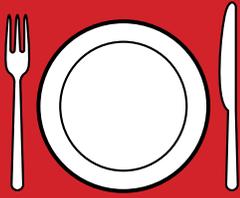
2021  
Annual Report

**FEED  
PEOPLE**

**FIGHT  
DISEASE**

**FOSTER  
HOPE**





**453,813**

meals served  
through our home  
delivered and  
community partner  
meal programs



**2,111**

clients received  
healthy meals,  
medical  
transportation,  
and/or nutrition  
counseling



**75%**

of healthcare costs  
in Maryland are  
attributed to chronic  
diseases, including  
heart disease and  
diabetes.\*

\*MD Dept of Health

**Moveable Feast is keenly focused on driving forward our commitment to deliver food and provide support to those living at the intersection of chronic illness and food insecurity.**

In 2021, the need for home-delivered, medically tailored meals was urgent for an increasing number of Marylanders who lack the necessary access and resources to obtain healthy meals. During the pandemic, we eliminated our waitlist, setting a place at the table for everyone in need of our services.

Our intention to become a trusted ally to institutions and organizations who share our cause and commitment to health equity has come to fruition through partnerships with CareFirst, University of Maryland Medical System, LifeBridge Health, Ascension Saint Agnes, MedStar Health and Greater Baltimore Medical Center. These partnerships have helped us expand our reach and demonstrate the power of access to nutritious food as it improves health outcomes and quality of life for those we serve.

---

“The partnership between Moveable Feast and institutions like CareFirst BlueCross BlueShield will enable both organizations to address some of the most urgent health care needs in our region with an emphasis on reaching vulnerable populations in a meaningful way, including investing in initiatives that address the root causes of health disparities.”

**Wanda Lessner**

*Moveable Feast board member and retired Senior Director of Executive Inquiry, CareFirst BlueCross BlueShield*

# OUR VOLUNTEERS MAKE A DIFFERENCE

Total hours served in 2021:

**8,897 hours**

Unique volunteers serving in 2021:

**1,011 volunteers**

Value of total hours served:

**\$278,381**



## PROGRESS DESPITE PANDEMIC



In 2021 we delivered

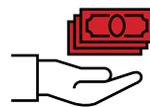
**1,617** bags of groceries

**36,768** bags of produce

**56,622** meals from healthy, shelf-stable items which includes grocery, boxed, staple and holiday meals



We added four new ways to access our client surveys so we could make it easier to hear directly from the people we serve



We shifted Ride for the Feast to a one-day event to make it more accessible to riders, and introduced a “donate what you can” initiative to our Dining Out for Life restaurant partners as they continued to recover from the pandemic. Despite these changes to our two signature events, we still raised over \$650,000 to support our work.



We increased our number of weekly clients receiving food services by 14%

“For more than 30 years, Moveable Feast has provided support to those who cannot afford, prepare or access adequate nutrition. Now, by forging vital partnerships with healthcare institutions, we are removing barriers and extending our reach across Maryland’s racial, economic and social divides.”

**Sue Elias** *Executive Director*

# ACCESS TO OUR SERVICES REMAINS A TOP PRIORITY.

The healthcare system has become more attuned to social determinants of health like housing, transportation and access to healthy foods, and the impact on individual patient health outcomes as well as general population health. Moveable Feast continues to prepare and deliver medically tailored meals, support, and encouragement to our clients with the goal to improve their lives and public health at-large.



“Moveable Feast has been instrumental in helping to alleviate food insecurity within our primary care practices. We hope to continue this relationship to maximize our patients access to healthy food at no cost to them.”

**D’Ambra Anderson**

*Population Health Data Analyst, GBMC HealthCare*

“I was able to use Moveable Feast’s meals with the seasoning they provided to help me after I got home from the hospital. The meals help me eat healthier to help with my diabetes. I hope to get them again soon.”

**CareFirst member**

“Moveable Feast meals have been a godsend for me and my daughter since I am in and out of the hospital a lot. The meals are easy to prepare for both of us and we even received gifts with our Christmas delivery that we were not expecting — my daughter was very excited.”

**MedStar Health patient**

◀ *CareFirst employee volunteering in the kitchen*



“As the senior Medical Director working at a Medicaid Managed Care Organization for over twenty years, it was apparent to me long ago that food and nutrition are key to good health, but I was unable to impact it because ‘food’ was not a recognized as ‘medical care’ until the relatively

recent awareness of social determinants of health. For me, the most exciting and rewarding part of working with Moveable Feast has been the ability to meet that need for our members and to see them succeed in their goals to improve their indicators of diabetic control, like hemoglobin A1c. I have nothing but heartfelt appreciation for the committed team at Moveable Feast and admiration for their impact on the communities they serve.”

**Dr. Patryce A. Toye**

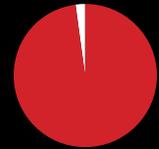
*Chief Medical Officer, MedStar Health Plans*

▼ *Volunteers delivering Christmas gifts to clients*



**WHAT OUR CLIENTS SAID**

Every year we survey our clients to ensure their experience meets our expectations for a caring and compassionate service.



**98%**

would recommend Moveable Feast to a family member or friend in need of services



**97%**

report feeling carefully listened to by drivers, dietitians, and other Moveable Feast staff members



**85%**

felt that they could be honest with their dietitian without feeling judged or misunderstood

# BOARD OF DIRECTORS

## Chair

Joe Palumbo

## Vice Chair

James Seidl

## Treasurer

Michele Hurley

## Secretary

Catherine Broderick

## Member-at-Large

Dr. Leonard Sowah

## Member Emeritus

Tom Burns

## Board members

John Benefield

Sandra Boucher

Dr. Geetanjali Chander

Keisha Clarke-English

Natalie Haney

Jess Leopold

Wanda Lessner

Andrew McCarty

Manuel Miyar

Tim Nadler

Omone Odogbo

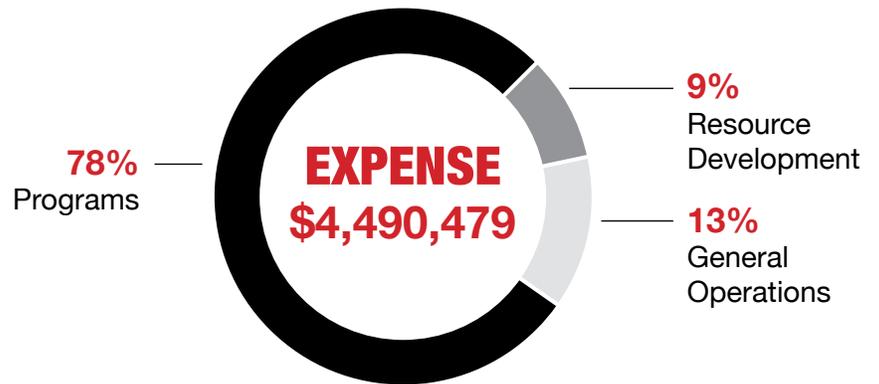
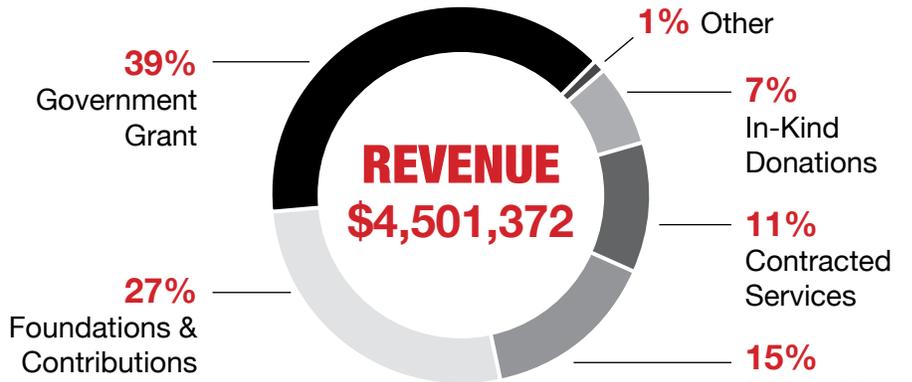
Amy Petkovsek

Katie Phillips

Lauren Shanks

Tiffany Smith

Terry Wallace



Thanks to the generous contributions and support from Moveable Feast donors, partners and volunteers, we ended the year in a strong financial position. We had a small operating surplus due in part to end of year fundraising.

We based the 2021 budget on a total annual home-delivered meal count of 390,421. As we monitored our revenue and expenses throughout the year, we decided that we could invest additional resources per our strategic priorities on the following: staff development; increased salaries and staffing; support for Equity, Diversity and Inclusion work; and increased home-delivered meals. We closed the year at a 13% increase in home-delivered meals, producing a total 442,028 meals for our clients. Moveable Feast continued to operate in 2021 without a waitlist all while still experiencing loss of volunteers, higher food costs and food supply chain issues due to the pandemic. We are grateful to everyone who joined us in being a driving force to feed people, fight disease and foster hope.

**The figures above represent unaudited financials. For more financial information including our most recent audit and Form 990, visit [www.mfeast.org/about/annual-report](http://www.mfeast.org/about/annual-report).**

# YOU'RE OUR SECRET INGREDIENT

Scan to donate



Volunteer



Attend an event



Follow us on  
social media



901 N. Milton Avenue  
Baltimore, MD 21205

410-327-3420

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

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.

