



Feed People | Fortify Health | Foster Hope

Fall 2026

FOOD **FOR** THOUGHT

MAKING MEANINGFUL CHANGE IN MARYLAND

Moveable Feast Partners with Maryland Department of Health to Launch New Program

Moveable Feast was founded on the idea that by providing a service rooted in compassion and care, we can bring hope to communities impacted by illness. Now back by data, our services have been recognized as essential to both quality of life and improved health.

We are thrilled to announce a transformative new partnership between Moveable Feast and the Maryland Department of Health, marking a major milestone in our mission to nourish communities in need. This collaboration will dramatically expand our ability to deliver medically tailored meals to Marylanders living with diabetes and facing food insecurity—two challenges that often go hand-in-hand and can have devastating health consequences.

Thanks to this partnership, Moveable Feast will be able to reach thousands more individuals and families across the state, ensuring they receive nutritious, medically appropriate meals designed by Moveable Feast registered dietitians and culinary team. For those living with diabetes, access to the right food isn't just about comfort—it's a critical component of disease management. Our meals help stabilize blood sugar, improve overall health, and empower clients to live fuller, healthier lives.

The significance of this scale-up cannot be overstated. Last year, Moveable Feast published compelling data showing that

our medically tailored meal program led to a 24% reduction in hospitalizations and a 33% decrease in overall healthcare costs for our clients after just six months of services. These results underscore what you, our donors and volunteers, have long believed: food is medicine, and your support is changing lives while also easing the burden on our healthcare system.

With the State of Maryland's support, we are poised to amplify these outcomes on a much

larger scale. Moveable Feast aims to double the number of meals provided annually, with a goal to distribute up to 600,000 meals in 2026, and 1 million meals by 2028.

Your support has made this moment possible. As we embark on this new chapter, we invite you to continue standing with us—helping Moveable Feast deliver hope, health, and healing to even more neighbors in need. Thank you for believing in our mission and for making meaningful change in Maryland.

MOVEABLE FEAST WILL SERVE 1 MILLION MEALS IN MARYLAND BY 2028



Above: One of many meals included on our Heart Healthy/Carb Balance menu, the **Turkey Chili** with sweet potatoes, cheddar, and broccoli

Left: Maryland Secretary of Health, Dr. Meena Seshamani, announces new Medically Tailored Meals program in partnership with Moveable Feast and Food & Friends.



Check out our full 2024-2026 Strategic Plan to see what else we're excited about as we work to fulfill our mission: mfeast.org/2024-2026-strategic-plan/

MANAGING DIABETES IN MARYLAND IS CRITICAL

The state of Maryland has recognized diabetes as an epidemic, making it a priority for intervention. In fact, more than 12% of Marylanders are living with diabetes—approximately 595,000 adults. According to the American Diabetes Association, the financial stress on the healthcare system is significant, costing about \$8 billion annually in Maryland alone. Our neighbors need a health intervention that works, and Moveable Feast is delivering.

“For someone managing a chronic condition while facing food insecurity, a medically tailored meal delivered to their door isn't a small thing -- it's a lifeline,” said Moveable Feast CEO Sue Elias. “Expanding our services across Maryland has long been our vision, and being selected by the Maryland Department of Health to partner alongside Food & Friends to make that a reality is a proud moment for our organization.”



MARYLAND NEEDS A HEALTH INTERVENTION THAT WORKS



The financial burden of diabetes in Maryland is significant, costing an estimated \$8 billion annually¹

More than 12% of Marylanders are living with diabetes—approximately 595,000 adults²



Approximately 28,500–36,000+ adults are newly diagnosed each year³

¹The American Diabetes Association. ²Maryland Department of Health. ³Maryland Department of Health.

OUR SECRET INGREDIENT: COMMITTED VOLUNTEERS!

100 Hours and Counting with Keith



Over 40 of our current volunteers have logged 100+ volunteer hours, a testament to the true, unwavering dedication we see every day in our kitchen, distribution center, and on the road. Here's what one of our most frequent kitchen volunteers and expert vegetable chopper, Keith, has to say about why he keeps coming back.

NEW: BAGGING AND DISTRIBUTION VOLUNTEER OPPORTUNITY

With the expansion of our Medically Tailored Meals program comes the need for more freezer space AND more volunteers! Moveable Feast is now storing meals at its new distribution center located at 2525 Loch Raven Road, Baltimore, MD, just about 2 miles away from our kitchen at 901 N. Milton Avenue.

We are offering two volunteer opportunities at the distribution center:

Bagging and Distribution Shift
Monday – Friday; 9 AM – 12 PM

Supplements Bagging Shift
Thursday – Friday; 9 AM - 11 AM



SIGN UP TODAY AT [MFEAST.ORG/BECOME-A-VOLUNTEER](https://mfeast.org/become-a-volunteer)

“Helping to prepare and package meals in the Moveable Feast kitchen is incredibly fulfilling. Having raised funds as a Ride for the Feast cyclist for 14 years, my volunteer work in the kitchen brings the impact of those funds into sharp focus.

It is a pleasure to work with the appreciative kitchen staff and volunteer coordinators, alongside volunteers of all ages and backgrounds. I have learned that Moveable Feast cannot fulfill its mission without volunteers, and I urge everyone to sign up for at least one shift. I guarantee that after your first experience, you will want to return again and again.”

Keith, 226 volunteer hours logged... and counting!



THE WIND BENEATH OUR WHEELS

Ride for the Feast raises over \$530,000 for Moveable Feast

The underlying theme of each Ride for the Feast asserts that every client, every volunteer, every meal and every mile matters.

In May, 20 teams of cyclists tackled the roads of Eastern Maryland, many riding over 100 miles in honor of the people we serve. Our most attended event in ten years, we witnessed strength, dedication, and drive from a community that truly cares.

While the riders were pedaling out the miles, our awesome volunteers worked hard to make the day special. Whether at a pit stop, patrolling the route or cheering at the finish line, over 45 volunteers brought joy, comfort, safety, and kept everything moving smoothly.

All in all, our riders, their friends, family and co-workers, and our generous event sponsors, raised over \$535,000 to help fund our mission. Thank you to everyone in the Ride for the Feast community for your kindness, generosity and commitment to our clients. It is your dedication that makes the meals possible.



25 YEARS OF MILES, MEALS AND MISSION

WHY RIDE FOR THE FEAST?



Learn more about the event and hear from real riders and volunteers about their experience.



WATCH NOW

RIDE FOR THE FEAST 2026

1 224 46 \$535,338
day riders volunteers raised!

Special thanks to our TITANIUM Sponsor



RIDE FOR THE FEAST 2027

- Registration for our 25th Anniversary Ride OPEN NOW: \$50 until January 1st!
- First-time Rider Min. Fundraising Goal: \$500
- NEW THIS YEAR: Celebrating 25 years of Miles, Meals and Mission – Ride for the Feast is back with a point-to-point event starting in Ocean City and ending in Easton, MD!



REGISTER NOW!

FROM YOUR PLATE TO OUR PURPOSE

Thank you for Dining Out For Life!



This September we celebrated another fabulous night with friends of Moveable Feast at our 33rd Annual Dining Out For Life event!

Thank you to all our supporters who dined out to support Moveable Feast on September, 24, and to our amazing restaurant partners who



donated a percentage of sales from this special day. We'll see you again next year!

Special thanks to our SOUS CHEF Sponsors



3-COURSE MEAL

Three questions for a
Moveable Feast staff member



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Jocelyn M.
Jones, Assistant
Manager, Client
Services

With nearly 20 years of experience working in social services, and as one of the most senior staff members at Moveable Feast, Jocelyn has a passion for quality care and takes extraordinary pride in her work. Her dedication to the community is reflected each month as she hosts our Community Advisory Meeting. Upon their arrival, our community members light up at first sight of "Ms. Jocelyn". Along with her colleagues in the Client Services Department, Jocelyn is responsible for bridging the gap between the need for assistance and access to service, a responsibility of great importance and immeasurable value here at Moveable Feast.

Q: What three words come to mind when you think about the service we provide to our clients? **A:** Dependable, compassionate, and sustaining.

Q: What would you like Moveable Feast supporters to know about the impact of services on clients? **A:** The service we provide helps many people receive the best nutritional meals to suit their medical conditions. We are also helpful to those who may not be able to shop for food and prepare healthy meals.

Q: What do you enjoy most about working for Moveable Feast? **A:** I enjoy the work culture at Moveable Feast. I can freely express myself, in a professional manner, at Moveable Feast. I also enjoy the work-life balance. My hybrid work schedule gives me flexibility in the comfort of working from home and the social interactions while working in the office.



SAVE A STAMP - SCAN TO DONATE Your support means more people can get the nutrition they need during a difficult time in their life.

GETTING ON BOARD

Join Our Mission in 2027

Moveable Feast is seeking new Board members for 2027. We are especially interested in individuals with financial expertise, fundraising, capital projects, legal, health care and lived experience who share our commitment to compassion, equity, quality outcomes, unyielding integrity, and hope.

This is an opportunity to make a meaningful impact in our community by helping guide an organization dedicated to providing nutritious meals and support to people living with serious illness. As a Board member, you will help shape strategy, strengthen sustainability, and advance a mission rooted in health, dignity, and compassion.



2026 Board of Directors

If you are passionate about service and ready to help make a difference, we encourage you to learn more and apply.

"I joined the board of Moveable Feast because I believe deeply in its mission to improve health through access to nutritious food. I'm honored to contribute my time and expertise to support the organization's continued growth and impact, and I look forward to helping advance this important work in our community." – Carol, 2026 Board Member

APPLY TODAY



BOARD OF DIRECTORS

MOVEABLE FEAST

Amy Petkovsek – CHAIR
Nidia Valenzuela – VICE CHAIR
Stephanie Pankow – TREASURER
Theresa Macheski – SECRETARY
Raha Dastgheyb – MEMBER-AT-LARGE

Carol Boakye-Gyan
Keisha Byam Simmonds
Christine Crabbs
Brian DiNardo
John Flannery
Michael Golden
Lisa Griffiee

Manuel Miyar
James Seidl
Rodney Shell, Jr.
Tiffany Smith
Terry Wallace
Lawanda Williams

Moveable Feast is a 501 (c)(3) charitable organization, contributions to which are tax-deductible. 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.