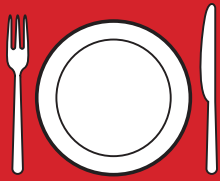




2022 ANNUAL REPORT



452,468

meals served through
our home-delivered
meal program



1,743

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



40%

decrease in the cost
of healthcare for
Moveable Feast clients
when comparing the
three months before
receiving services and
three months after
enrollment

Moveable Feast is at a critical juncture in its over 30-year history as we respond to the national attention given to the impact of medically tailored meals.

In September 2022, the Biden-Harris Administration called together the White House Conference on Hunger, Nutrition and Health – the first conference of its kind in over 50 years. One of the conference’s key recommendations was a pilot program to fund medically tailored meals through Medicaid and Medicare plans. Expanding medically tailored meals has the potential to end hunger and reduce diet-related diseases and disparities.

Over the last decade, numerous clinical studies have shown that food has a profound effect on overall health. Many healthcare providers are beginning to see food as a complementary, not an alternative, form of medicine for their patients. Medically tailored meals are designed and approved by Registered Dietitian Nutritionists (RDN), who are subject matter experts in food and nutrition. Beyond general nutrition, these meals reflect appropriate medical nutrition therapy based on the latest evidence-based practice guidelines for specific chronic diseases and conditions. With proven performance and a scientific approach to medically tailored nutrition, we firmly believe in the power of food – and the force of our work – to improve health outcomes and the quality of life for those we serve.



OUR VOLUNTEERS MAKE A DIFFERENCE

Total volunteer hours:

11,159 hours

Total volunteers:

1,350 volunteers

Value of volunteer hours:

\$334,212



DELIVERING LIFE-CHANGING DIETS



In 2022 we delivered

406,250 frozen entrees

51,357 bags of produce

46,218 meals from healthy, shelf-stable items (grocery, boxed, staple and holiday meals)



We increased the amount of produce delivered weekly by 100%, from 5 to 10 servings.



Ride for the Feast and Dining Out for Life were held as in-person events and raised over \$770,000 to support our work.

“No one should have to choose between feeding their family and fortifying their health. We deliver more than food to Marylanders living with serious chronic illnesses. We deliver hope.”

Sue Elias *Executive Director*

OUR COMMUNITY CONTINUED TO DELIVER HOPE WHILE FACING UNPRECEDENTED CHALLENGES.

After two years of navigating the impact of the COVID-19 pandemic, we faced another significant obstacle: unparalleled food costs. Moveable Feast's Director of Food Services, Demetrius Sanders, has stated frankly, "food is extremely hard to get right now." Moveable Feast saw the cost of meal production increase more than 30% in 2022; a spike felt intensely by the organization and food industry at large. Despite this challenge, the strength of community support allowed Moveable Feast to stand as a reliable provider of nutritious, medically tailored meals, even increasing the amount of produce available. When people needed us most, we sustained our service, never missing a chance to deliver food as medicine.



"Moveable Feast fills an important role in our community to help address food insecurity, which is a real challenge in the country and around the world. For those fighting serious illness, lack of healthy and nutritious food has an even larger impact.

We've made it a priority to source food items within their budget while maintaining their high dietary standards. This past year was the toughest I've seen in over 40 years in the food industry. Disruptions in the food supply chain were felt globally and food availability was dramatically altered. As we continue to navigate these challenges, we will continue to source new items to help Moveable Feast with its mission. Perhaps even get back in there and work the tray line."



Chris Johansen

Area Manager, Performance Foodservice

◀ *Volunteers preparing meal trays for delivery*

“The Abell Foundation is proud to support Moveable Feast’s critical work. Delivering medically tailored meals and providing medical nutrition therapy addresses serious challenges in healthcare and food security. For more than thirty years, Moveable Feast has recognized that access to nutritious food is key to improving health outcomes, and it has the data to prove it.”

Terry Staudenmaier

Senior Program Officer for Health & Human Services, Abell Foundation



“People have been wanting more produce. When clients see that request come to fruition, they communicate their relief and gratitude. The most important thing is that we’re in the position to directly serve clients, so we have a responsibility to honor their health and well-being. Our clients know what they need to feel better, and we know what they deserve. No matter the challenge, we will do whatever we can to serve their needs.”

Brandy Leno

Registered Dietitian Nutritionist, Moveable Feast

▼ *Volunteers pack fresh produce for delivery*



MEDICALLY TAILORED IN MARYLAND

Of Moveable Feast’s
1,743 clients



94%

had household incomes that were at or below the Federal Poverty Level (FPL)



71%

were over the age of 55



49%

live outside of Baltimore City in one of the other 14 counties we serve in Maryland

DEDICATED BOARD OF DIRECTORS

President
Joe Palumbo

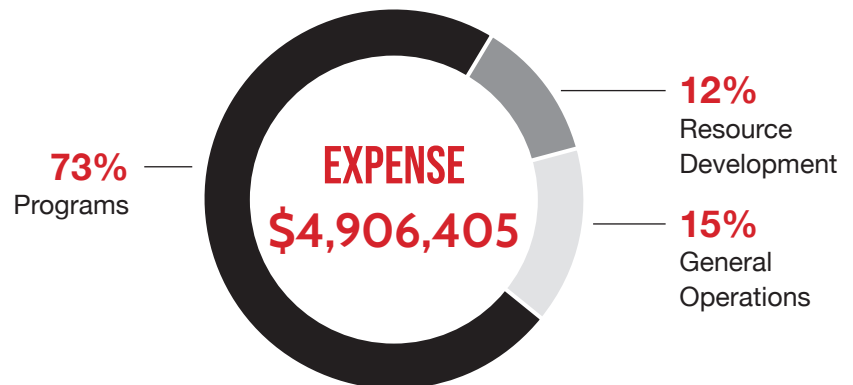
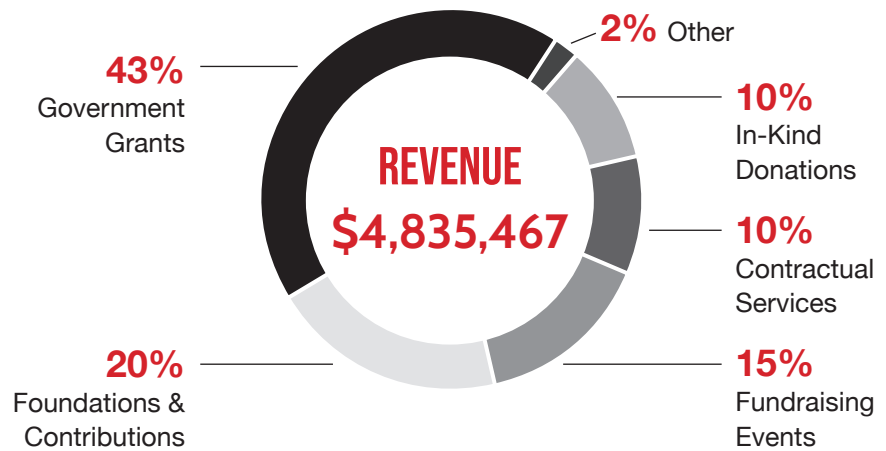
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In 2022, we exceeded the budget in two main areas: food and staffing costs. We experienced a more than 30% increase in the price of food production, resulting in an almost \$300,000 overage in our food budget. Despite the high cost of food, we delivered an increase of 10,550 meals over our 2021 total. We also remained steadfast in our commitment to increasing staff compensation. In 2022, staff salaries represented 45% of our expenses, and food represented 28%.

Due to inflation, we closed the year with a \$71,000 operating deficit. We monitored our expenditures carefully during the year and kept our production and service delivery goals aligned with the budget. We are grateful to everyone who generously supported our mission and helped fortify the health of people living at the intersection of food insecurity and chronic illness.

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.

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Platinum
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Baltimore, MD 21205

410-327-3420

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.