



# NEWSLETTER SPRING 2015

FEED people | FIGHT disease | FOSTER hope

## OUR JOURNEY CONTINUES

*It's not where you've been, but where you are going, that makes the difference*



*Our permanent home at the Harry and Jeanette Weinberg Community Center*

"It's not where you've been, but where you're going, that makes the difference." These wise words serve as one of life's guiding principles. Here at Moveable Feast, the past 25 years serve as a strong foundation- a platform on which to build towards "where we're going" in the years to come.

The hallmarks of Moveable Feast's mission- providing compassionate care, going the extra mile, advocating for our clients' rights as well as for their needs, providing healthy and nutritious foods which are every bit as important as medicine and recognizing the critical role of our volunteers- remain the philosophical foothold from which we launch our future efforts.

In 2014, we provided more than 784,000 meals to people with many forms of life-threatening illnesses, who were unable to access, afford or prepare healthy and nutritious food. Their average annual income was just \$8,976, a figure that boggles the mind: it's hard to imagine surviving on such a limited income, let alone when fighting for your life against an illness such as AIDS or cancer. This year, more than 58,000 Marylanders will be diagnosed with a critical illness: many of them will come to Moveable Feast seeking FOOD as MEDICINE.

With so many severely ill neighbors, our aim is to provide 1.5 million medically-tailored meals to 7,000 households per year. We plan to work closely with critically ill recipients of SNAP (commonly known as food stamps) to ensure they have access to Moveable Feast's healthy, medically-appropriate meals.

In the approaching years, changes to the Affordable Care Act will cause payment for meals to be radically different. By informing medical providers of the many benefits of appropriate nutrition- both financial and health-related- we hope to encourage investment in the wellness of their patients. By paying for home-delivered meals for patients receiving treatment for cancer or other illnesses, medical providers will also be investing in the health of our communities.

Our 13-year commitment to our workforce program is robust and is needed- now, more than ever. The benefits of the Culinary Apprentice Training Program are two-pronged: As our students prepare meals, they gain valuable experience and the skills necessary to secure employment in the food service industry. As a result, we have healthy meals to sell to shelters

and other community partners. Revenue from this social enterprise is reinvested, helping to sustain our mission-related activities. An investment in our students is an investment in the health and wellness of our community... and in every client who needs our services!

Advocacy is primarily about education. We've taken advantage of opportunities to inform our State and Federal legislators about the positive impact of healthy food on the lives of the sick. We hope our efforts will result in medically-appropriate meals becoming a reimbursable service under Medicaid, Medicare and private health insurance.

Where Moveable Feast "has been" is of tremendous importance. We are confident that where we're going in the next 25 years will be every bit as significant.

We can't do it alone however... and are grateful that we've never had to. You've always been there for Moveable Feast and the clients we serve with gifts of your time, your talent and your treasure. THANK YOU for supporting Moveable Feast on this journey as we move from what was to the possibility of what will be.



*The dedicated staff of Moveable Feast*

*"I've been a cook for 40 years, starting as a prep cook when I was 12 years old. Cooking has always been a passion for me. Moveable Feast has given me the opportunity to do something I truly love. I'm also a kidney patient on dialysis. Really, this program has given me a second chance in life and I wouldn't choose to do anything else. I am so grateful for the opportunity."*

-Clayton Thrower,  
Culinary Apprentice Training  
Program student

## SECURING THE FUTURE

### *A Plan to Guide our Growth*

As we look ahead to our next 25 years of service, Moveable Feast is preparing for many improvements that will strengthen our operations, our facilities and our programs. Here's a look at some of the changes we're planning:

**Invest in crucial kitchen and delivery equipment:** Many pieces of equipment will soon reach their life expectancy and will need replacement over the next several years. New, more efficient equipment will help us to nearly double the number of meals we prepare and deliver each year.

**Renovate our Facility:** After seven years in our current home, it's time to make some renovations to help us reach our goal of serving more people. Our former grocery room will be reconfigured into a prep and baking kitchen. This space will be both an innovative work area for our culinary students while allowing us to produce more food on-site. We'll also be building a new

training and education area for our 3,000 annual volunteers.

#### **Establish a permanent storage and distribution site on the Eastern Shore:**

From this site, we will be able to expand our operations, delivering 200,000 meals annually to 200 families living in the Shore's nine counties.

#### **Expand our Culinary Apprentice Training Program:**

Our goal is to grow this program by educating a greater number of students and by providing improved job training and career guidance. In addition to helping our neighbors gain employment, the program helps to generate additional revenue for Moveable Feast.

We will keep you updated on our plans and the impact these improvements will have. We look forward to expanding our services to better meet the needs of our neighbors.

## RIDE FOR THE FEAST

### THANK YOU TO OUR RIDE FOR THE FEAST SPONSORS

Baltimore Bicycle Works  
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Ober Kaler Attorneys at Law  
Michele's Granola  
New Belgium Brewing  
Penn Jersey Paper  
Pepsi  
Race Pace Bicycles  
Racine Multi Sports  
T Blocks

## 1,680 MILES OF SWEAT, TEARS AND GENEROSITY

### *Thirteen Years of Ride for the Feast*

How do you convince yourself to ride yet another 140 miles when you've already put 1,680 under your tires in the past 12 years? You do it for Moveable Feast, of course!

Now entering its 13th year, Ride for the Feast started with 30 dedicated (and some might say, slightly crazy) riders in 2003. By 2014, the Ride had grown to 300 riders and more than 100 volunteer crew members, raising over \$735,000. The Ride has become a much-anticipated event, with riders who have participated every year and are again set to ride in 2015.

It is the connection, as much as anything, that brings riders back, year after year. Ride stories are plentiful- "Remember the time the sandwiches got lost?" "Watch out for those three inch nails!" And, there's no shortage of fond memories- from singing one's heart out at Fierce Chicks' karaoke to comparing the fabulous pit stop outfits of the Divas and Divos over the years.

Ride for the Feast is truly a special event. We're grateful to have such a great group come together each year in order to provide our clients with nutritious food and a healthier future.



Riders gather on Federal Hill, May 2014



## PAST IS PRELUDE

*Reflections from David Andrews, Founder of Ride for the Feast*



### HOW DID YOU GET INVOLVED WITH MOVEABLE FEAST?

I had friends on the board; when I got the idea for a bike ride fundraiser, I approached them. They got me in touch with then-CEO Vic Basile; when I talked to Vic, I told him 100% of the funds raised by riders must go to programs. Vic embraced the idea.

### WHAT HAS KEPT YOU INVOLVED IN MOVEABLE FEAST OVER THE LAST 13 YEARS?

Ride for the Feast is this great moving city of amazing people. I love being connected to that.

### WHAT INCIDENTS OR EXPERIENCES STAND-OUT IN YOUR MEMORY?

The weather! Hot weather - cold weather - wind is the toughest. In the end, I keep perspective - yes, I'm uncomfortable but I think about the people for whom I am doing the Ride - how they are fighting life-threatening illnesses - and I keep going.

### YOU ARE A TOP RIDE FUNDRAISER. HOW DO YOU DO IT?

Not very creatively! I reach out to people through letters, emails, or Facebook and that's about it. But when you offer people an opportunity to support a great organization and communicate that the

need and the solution are bigger than any one of us, people are generous in a surprising way.

### WHAT DO YOU HOPE FOR MOVEABLE FEAST IN THE FUTURE?

I think in a naive way I hope Moveable Feast - and all organizations like them - go out of business. But in reality, Moveable Feast has matured to serve more people and a changing population. And, Tom Bonderenko has a great vision for the future; he wants everyone leaving hospital care to be connected to healthy food to ensure successful healing. This is my hope, too.

### AND FOR THE RIDE FOR THE FEAST?

I hope it keeps going and the riders keep having a good time and that 100% of the funds raised continues to go directly to programs. I hope that never changes.

## BUILDING BETTER FUTURES TOGETHER

*See what our Culinary Program's Been Cooking*

The statistics are disheartening: one in four Baltimore families lives at or below the Federal poverty line- just \$23,496 for a family of four. With an unemployment rate reaching as high as 30% in some City neighborhoods, there's no question that the Charm City's job market is tough. For those with additional challenges-little or no work experience, a history of trauma, substance abuse, or homelessness, a criminal record-obtaining employment can seem nearly impossible. Recognizing the struggle facing so many of our neighbors, Moveable Feast envisioned a program whose benefits would be two-fold: provide valuable experience and job opportunities while increasing meal production for those with life-threatening illnesses.

This vision became a reality in 2002 when Moveable Feast introduced the Culinary Apprentice Training Program. Balancing classroom instruction, hands-on kitchen training, ServSafe Certification and an internship with an area employer, the 12-week program provides graduates with

a solid foundation on which to build a successful food service career. With a full-time staff of three, the year-round program plans to enroll 60 students in six cohorts in 2015. Based on the Program's recent performance, we expect that approximately 85% of graduates will obtain employment.

The Culinary Apprentice Training Program has experienced significant growth and looks very little like it did when its first class graduated almost 13 years ago. We have developed many strong partnerships with referral agencies and employers throughout the area. Our graduates are obtaining stable, well-paying positions in the food service industry. The Program has an excellent and well-deserved reputation. As a result, we receive almost three applications for each available spot.

*In spring of 2014, Marveina S. was released from prison. After serving 16-years, she had serious obstacles to overcome on her path to self-sufficiency. Referred to the Culinary Apprentice Training Program, she was accepted,*

*worked hard and graduated on August 29, 2014. She is now working full-time as a cook at Baltimore's Tuerk House, earning a respectable \$13.75 per hour.*



We are passionate about offering our neighbors the opportunity to overcome difficult obstacles and to achieve self-sufficiency. Like Marveina, the Culinary Apprentice Training Program has a bright future.



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## GROWING OUR IMPACT ON THE EASTERN SHORE

*By Amanda M. Kidd, Eastern Shore Site Manager*



It has been a privilege to be a part of the expansion of Moveable Feast's operations on the Eastern Shore. Although our distribution site first opened in June of 2014, Moveable Feast has been delivering healthy nutritious meals to clients here for more than ten years.

We operate out of St. Andrews Episcopal Church in Hurlock, Maryland, with our heartbeat coming from our headquarters

in Baltimore. Once a month, our team of three receives a delivery of meals which are prepared in our state-of-the-art kitchen in Baltimore, then flash-frozen to seal in freshness. Each week, we then prepare bags containing meals and groceries that our drivers deliver to clients throughout the nine counties of Maryland's Eastern Shore.

Seeing the conditions and needs of the individuals residing on the Shore has been a very rewarding and eye-opening experience for me. A resident of the Eastern Shore for the past seven years, I have grown quite attached to the communities that shape this beautiful and unique part of Maryland. There is such a great need for health care here: more than what one group or organization can do on its own. It truly takes a village to educate individuals and provide them with the tools and resources needed to overcome disease and illness, fostering hope and prolonging the lives of many. I am honored to have the opportunity to be connected to such caring and compassion for people who might not otherwise receive the encouragement and support they need to make the journey before them.

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



## 5 WAYS TO SUSTAIN MOVEABLE FEAST AND SECURE OUR FUTURE

### BE OUR BREAD AND BUTTER

Join our monthly giving club by visiting  
[www.mfeast.org](http://www.mfeast.org).

### VOLUNTEER

To find out how to get involved, contact  
Mellisa at [mcolimore@mfeast.org](mailto:mcolimore@mfeast.org).

### SHARE YOUR STORY

Did you miss Stoop Storytelling? Head to  
[www.mfeast.org](http://www.mfeast.org) to see what you missed and  
to share your "My Moveable Feast Moment."

### DIG: SPRING HAS SPRUNG

Help us in the Garden! Email Laura at  
[lsaunders@mfeast.org](mailto:lsaunders@mfeast.org).

### CELEBRATE WITH US

Join us for a Culinary Graduation! To RSVP  
for our May 22, July 24 or Sept. 25 ceremony,  
contact Jermaine at [jpeterson@mfeast.org](mailto:jpeterson@mfeast.org).

## YOUR LEGACY

To help Moveable Feast continue services for  
the next 25 years, please think of us in your  
will and estate planning.

Contact Executive Director, Tom Bonderenko,  
at [tbonderenko@mfeast.org](mailto:tbonderenko@mfeast.org)