



SUSTAINING THE FEAST

In 2015, Moveable Feast provided 847,000 meals to more than 5,000 individuals. That number is amazing considering that in 1990, our first year of operation, we served just 10 people. But expanding our services to feed more people battling life-threatening illness each year has always been a part of Moveable Feast's story. Shaun Carrick, one of Moveable Feast's founders, remembers, "We started by providing meals to 10, then 40, then 100 people...within two years we were serving hundreds of people a hot meal each day."

We're proud of how we've been able to help thousands of Marylanders over the years, but there is always more to be done. Moveable Feast has launched a \$2.5M capital campaign—Sustain the Feast, Secure the Future—to renovate our building and increase our capacity so that we can provide 7,000 households with 1.5 million meals annually.

Mr. Carrick, and the other Moveable Feast founders, began the organization not only to provide food to people living with HIV/AIDS but also to embrace and care for those who society scorned. Clients not only faced rejection because of their illness, but often because they were also gay or drug addicted.

"Our volunteers would hold the hands of a young man dying from AIDS, hug and hold a woman who was days from death, and help plan the funeral of a man whose family had disowned him because they learned he was gay and had AIDS. Everyone would thank us for being there for them; they knew they were not alone; they knew they were loved and well fed," says Mr. Carrick.

The founders of Moveable Feast dared to contradict the panic of the 1980s by bringing individuals with HIV/AIDS nutritious meals, and the peace of mind that comes with being loved and comforted while dealing with the loneliness and exhaustion of severe illness and, at that time, probable death.

Much more is known about HIV/AIDS and now, with treatment, it is no longer a death sentence. However, it is still a serious health issue in Maryland, especially for the people Moveable Feast serves. In the last 15 years we have expanded our services to help individuals with cancer, renal disease, diabetes, cardiovascular disease, and other life-threatening conditions. These conditions prevent them from accessing the nutritious food that can make them well and keep them strong. Keeping people well improves their quality of life, reduces hospitalizations and use of the emergency room, results in better

health outcomes and reduced medical costs and, ultimately, results in cost savings for everyone.

Our Sustain the Feast, Secure the Future campaign is focused on raising funds to upgrade and replace our equipment, renovate and improve our current facility, and build our capacity and revenue. Smart renovations and better use of space will improve the quality of our meals, our clients' satisfaction, and increase production efficiency. The projects the campaign will fund will allow us to continue to meet the need for Moveable Feast's services in the future. The State of Maryland and a number of foundations have generously supported the capital campaign, but individuals have provided the majority of the money raised. The support of individuals is still needed so that we can ensure our ability to Sustain the Feast for many years to come.

Mr. Carrick says, "Nearly 30 years ago, 6 individuals and I started to make a difference in a community that was paralyzed because of a dreaded disease. Please support the Moveable Feast Capital Campaign so that no one will ever have to worry how they will feed themselves or their families, if they are taken ill. What we started 30 years ago remains as needed and relevant today as it was then."

KITCHENS THEN & NOW



A Moveable Feast driver helping out in the kitchen we used at Waverly Presbyterian, in 1991.



Plans for the new kitchens to be created with funds from the Sustain the Feast, Secure the Future Capital Campaign. Construction is due to start in late 2016.

...FUTURE



JUST A THOUGHT

Dear Friends of Moveable Feast:

When I was a young boy I would dress like my favorite super hero: a towel tied around my neck for my cape, it flowed behind me as I ran from room to room of our small apartment in New York. I was convinced I could leap tall buildings in a single bound – just like my hero- SUPERMAN!

Funny how life changes our understanding of who the real heroes are.

These last nine years at Moveable Feast I have been privileged to meet so many heroes. All of them are just ordinary people who know that, even if their own lives are impossibly knotted, they can untangle someone else's and ease their suffering.

Our donors, our volunteers, our bike riders, our Board and staff each have their own story and challenges, but all of them are intent on untangling someone else's life. By the generous gift of your time, your money, your talent and skill, you have helped to untangle the lives of our clients by helping to **FEED people, FIGHT disease and FOSTER hope!** To me, YOU are a hero!

You have been there for our clients in so many different ways: you are their hero! Thank you.

You have inspired me each day to work hard to ensure that the values of Moveable Feast, compassion and excellence, are always exemplified without compromise.

As I retire on September 2, after 32 years in human service work, I marvel at what we have accomplished together especially here at Moveable Feast. After I leave, please continue to be a HERO for those who need you most.

You may never know their names or see their faces, but you can continue to make a difference, if only because it's the right thing to do. To me, that's the definition of a hero! Thank you and God's speed.

Sincerely,



Thomas Bonderenko



PARTNERSHIPS THAT WORK – HOME DEPOT & BJ'S GIVE A LITTLE MORE



Above
Home Depot team members



Right
**BJ's Wholesale Club
team members**

Getting nutritious food to Moveable Feast's clients requires more than the hard work of our kitchen staff and volunteers—the produce we grow in the Duncan Street Miracle Garden helps make those meals healthy and our fleet of refrigerated vans ensures that we deliver the meals safely. Two companies, Home Depot and BJ's

Wholesale Club, recently went beyond providing financial support to Moveable Feast by investing time and service in our garden and transportation programs.

Spearheaded by Home Depot's Ellicott City store manager, Steve Galliard, Home Depot employees from stores in Baltimore City and County, donated two days in April to get the Moveable Feast's plots at the Duncan Street Miracle Garden in shape. The garden provides an abundant harvest of vegetables and herbs to enhance our clients' meals.

Working with additional volunteers from Waldinger Creative and Volunteer Maryland, the Home Depot volunteers built raised beds, painted the fence, mowed, weeded, tilled the plots, mulched, and planted fruits, vegetables, and shrubbery. Supplies were purchased with a \$2,000 grant from the Home Depot Foundation. Moveable Feast is very grateful for Home Depot's support of the garden.

BJ's Wholesale Club and Meals on Wheels America teamed up to offer grants to nonprofit organizations and their grant application process was very different from the typical form asking for information about the organization's mission and financial details. Instead, organizations were asked to submit a "creative" application with very few guidelines around what BJ's and Meals on Wheels would consider to be an acceptable entry. Fortunately, the Moveable Feast community has members with all sorts of talents and a willingness to give whatever is needed to support our mission. Secret Crush Society, a Baltimore band made up of long-time Ride for the Feast riders and volunteers, wrote and recorded a song and used it to score a photo essay about Moveable Feast. BJ's and Meals on Wheels responded by awarding Moveable Feast \$5,000 to replace the refrigeration unit on one of our delivery vans.

On a March morning this spring, team members from the new BJ's Wholesale Club christened the newly refrigerated van while enjoying a performance of "We Are the Moveable Feast" by Secret Crush Society (with our new Development Associate, Jack Pinder on guitar). The team members then spent time volunteering in our kitchen, experiencing first-hand the work that goes into keeping our clients fed.

Check out our website (mfeast.org/photos-video) to see video and pictures of Home Depot and BJ's employees helping at Moveable Feast.

GET INVOLVED



We are currently recruiting volunteer ambassadors for **Dining Out for Life 2016, September 15th**. At least 60 restaurants in Baltimore City, and the surrounding counties will be participating!



Every day! We need volunteers every day to help prepare meals in our kitchen, deliver food to clients, and support us in the office and, in the warm months, in our garden. Volunteers keep Moveable Feast moving!



The State of Maryland is sponsoring a **Day to Serve between September 10th and October 10th** this year. Governor Hogan is asking every Marylander to volunteer at least one day during that month. Want to organize a group from your workplace, school, church or community organization to do a Day to Serve with Moveable Feast? Visit daytoserve.org/maryland to learn more.



Contact Angie Elliott at aelliott@mfeast.org to sign up & help!

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Introducing Angie Elliott—Moveable Feast's new Volunteer Coordinator

Angie Elliott's started at Moveable Feast like so many people do, she volunteered. Her commitment to the organization, and our mission, grew to the point where she devoted many Saturdays to running orientation sessions for new volunteers in our kitchen. Angie says that she was drawn to Moveable Feast in hopes of making Baltimore City a better place and "bridging the gaps that have

been created between our hearts. Moveable Feast builds those bridges with love and compassion – making a clear pathway to the kind of support that we all need in this life."

She wants to see Moveable Feast's volunteer program grow with her vision of strengthening our community by sharing our strengths as individuals. She hopes to "encourage others to step outside of their comfort zone and see the bigger picture of what we are building together. Whether it be

for professional experience, team building or wanting to give back – we volunteer for different reasons, but we come out accomplishing a shared goal. That's pretty amazing when you really think about it!"

We are excited that Angie has come on board to nurture and grow Moveable Feast's volunteer program. The work we do feeding Marylanders in need would not be possible without the hard work of our volunteers.

RIDE FOR THE FEAST

225 RIDERS, 150 VOLUNTEERS, \$750,000.

Thank you sponsors, supporters, volunteers and riders. You make a difference in the lives of those we serve.



Melanie
Brown-Lane



3-COURSE MEAL

Three questions for a Moveable Feast staff member or supporter.

Melanie Brown-Lane joined Moveable Feast's food services team as Executive Chef in early December 2015. Chef Melanie attended Le Cordon Bleu College of Culinary Arts in Pasadena, CA, and obtained a B.S in Hospitality and Service Management from Rochester Institute of Technology. Our clients have benefited from Chef Melanie's wealth of culinary experience and training and her commitment to creating meals that are not only nutritionally sound but also delicious.

WHAT 3 WORDS COME TO MIND WHEN YOU THINK OF MOVEABLE FEAST?

Dedication, Selflessness, & Compassion

WHAT IS YOUR FAVORITE HOLIDAY FOOD TRADITION?

My favorite holiday tradition is my Grandmother's famous fried shrimp. Contrary to the popular belief that all grandmas can cook, my grandmother has a limited stash of recipes. However, those few recipes she does cook are PHENOMENAL! So every year for the major feasts (Christmas/Thanksgiving/Easter) she has to make her fried shrimp. I don't know what she puts in the batter or seasons them with but they are a huge hit every time they are on the menu!

WHAT'S YOUR FAVORITE RECIPE TO MAKE FOR FRIENDS AND FAMILY?

My favorite recipe to make for my family & friends is my award winning chili. I serve it over rice or with cornbread and it goes so fast there aren't any seconds! (Chef Melanie's chili won best overall/crowd favorite at the Spokin' Hot-Chili con Cerveza, Ride for the Feast fundraising event this January!)



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DINING OUT FOR LIFE FOCUS – BREWER'S ART

Every September more than 60 Baltimore-area restaurants donate a portion of their proceedings from one day to Moveable Feast through Dining Out for Life. This year Dining Out For Life will be held on September 15th. This event is not only a way for Moveable Feast to raise funds for the life-saving services we provide but it is also a great opportunity to partner with local restaurants to spread the word about the work we do. Brewer's Art has participated in Dining Out for Life since 1997, often as a 50% supporter. Housed in a stately early 20th century townhome on North Charles Street, the restaurant has received national recognition for its delicious, seasonal food, and, in particular, for its Belgian-inspired beers.

Volker Stewart, one of Brewer's Art's owners, says that they participate in Dining Out

for Life year after year because of the "essential service" Moveable Feast provides to the community, "Moveable Feast helps so many with something fundamental. You need to eat to live. If you can't make food for yourself or go grocery shopping it's nice to have an organization like Moveable Feast step in." Mr. Stewart says he "hopes this partnership stays for a long, long time" and he and Brewer's Art "look forward to many more years of working with Moveable Feast."



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