



Alisha

## 3-COURSE MEAL

### Three Questions for a Moveable Feast staff member

Alisha Thompson is Moveable Feast's Recertification Coordinator in the Client Services Department. After two years at Moveable Feast, she was finally able to complete her first century ride during May's RFTF, blasting music the whole way through!

**What 3 words come to mind when you think of Moveable Feast?**  
Necessary. Determined. Evolving.

**What is your favorite recipe to make for friends and family?**  
I spent some time abroad, specifically in South Korea. I've made it a goal to perfect one of my favorite dishes: Bulgogi Ttukpaegi! Bulgogi Ttukpaegi is a stew made with thinly sliced beef, carrots, onions, rice noodles, and served with rice. My time abroad was important to me. Making the dish brings back many positive memories.

**What do you enjoy most about working at Moveable Feast?**  
I love the mission, the staff, and the volunteers! As a newcomer to Baltimore, it was through Moveable Feast that I learned about the city, made my first friends, and developed my own community!



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**SAVE A STAMP – TEXT “FEAST” TO 56512 TO DONATE**  
Your support means more people can get the nutrition they need during a difficult time in their life.



Our 2020 virtual Dining Out For Life event raised over \$50,000! Thanks to the fundraising efforts of our Ambassadors, supporters and sponsors, despite having to go completely virtual, we were able to host a fantastic event.

For more information, please visit [www.mfeast.org/diningoutforlife](http://www.mfeast.org/diningoutforlife)

Be sure to mark your calendars for this year's 2021 Dining Out For Life on Thursday, September 23rd. We are excited to support our restaurant partners all while raising funds for Moveable Feast. This event will be a hybrid of virtual and in-person activities that will culminate on September 23rd.

## MOVEABLE FEAST BOARD OF DIRECTORS

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## ROOTED IN OUR HISTORY AND FORGING A PATH TO OUR FUTURE

In 1989 when six individuals came together to form Moveable Feast, their vision was to provide, food, hope, and comfort to residents of Baltimore City living with HIV and AIDS. Throughout COVID and our subsequent strategic planning process, this has stuck with us. How can we honor our deep and rich history in the community, while thinking forward? It was challenging at times; we as an organization asked ourselves some difficult questions, questions that the greater community has also been grappling with over the last year. Ultimately we knew that racial and social equity needed to be at the center of our work moving forward. Through those efforts, we are striving to achieve racial and social equity as it impacts our clients living at the intersection of food insecurity and serious chronic illness. We also knew that our strategic priorities needed to address how we as an organization could most affectively meet the needs of the many communities we serve.

Our work needed to be reflected in our vision and mission statements too; our vision, a Maryland where people come together to feed people, fight disease, and foster hope. Our mission, improve the health of Marylanders experiencing food insecurity and chronic illness by preparing and delivering medically tailored meals and providing nutrition education, thereby achieving racial, social, and health equity. This process has helped affirm our vision and focused our mission on the core work of making and delivering medically-tailored meals with medical nutrition therapy.

We are excited to be on this journey with the compassionate community that allows our work to continue. Our services are more important now than ever before, and your support has allowed us to continue to serve those living at the intersection of food insecurity and serious chronic illness.

**“It is easy to get stuck in crisis mode where we end up reacting instead of forging a courageous and strategic path forward. Engaging in a strategic planning process allowed us to look into the future with a clear idea of where we want to be in three years. We look forward to engaging with our partners and supporters in forging that path together.”**

– Sue Elias, Executive Director

### STRATEGIC PRIORITIES: 2021-2023



**Center Racial and Social Equity**  
Build an organizational culture that is diverse, inclusive, and continually seeks to achieve racial and social equity



**Demonstrate and Improve Impact**  
Collect and use data to drive measurable outcomes in nutrition therapy and medically tailored meals programs resulting in greater food access and improved health for those we serve



**Grow and Develop People**  
Attract, develop, engage, and retain diverse staff, board members, and volunteers



**Partner to Expand Reach**  
Develop healthcare partnerships to ensure financial stability and reach more people experiencing illness especially those facing barriers to receiving nutritious food



**Engage the Community in Our Mission**  
Effectively communicate our stories, services, work, brand, and impact to promote health equity

From our strategic priorities, Moveable Feast's Strategy Team has created 13 ambitious goals to help fulfill our mission and vision in year one. Each of the 13 goals is led by a member of the Moveable Feast team, with all goals providing opportunity for staff members across the organization to be actively engaged in the process.



# TASTY & BOLD – MOVEABLE FEAST’S SIGNATURE SPICE BLEND:

Chef Melanie has been the Executive Chef at Moveable Feast for over 5 years; bringing her culinary prowess and expertise in creating delicious recipes for our clients. One of her favorite projects has been the creation of our Signature Spice Blend. Chef Melanie wanted to create a tasty and salt free alternative for our clients and thus, our Spice Blend was born! For our Spring Newsletter, we asked Chef Mel to share the inspiration behind the blend and her favorite ways to use this delicious mix of spices.

*“I created the Spice Blend in response to the challenge of helping clients make their food more flavorful without using salt. The blend was created with the idea of being herb forward complimented with paprika, thus enhancing the flavor and visual appeal of meals. The process involved mixing different herbs and spices and finding the right ratio of each to create an all-purpose blend.”*



For those without their own blend at home, you can easily replicate this recipe using dried parsley, paprika, garlic powder, onion powder, and pepper. Here are some of Chef Mel’s favorite ways to use the blend:

**On Roasted Vegetables**  
Toss vegetables lightly in olive oil and sprinkle with the blend. Roast until desired doneness.



**As a Marinade**  
Add oil, preferred citrus (lemon juice, vinegar), and the blend. Mix well and pour over protein (chicken, steak, tofu). Cover and refrigerate at least 2 hours (no more than 24 hours).



**As a Dip Mix**  
Combine blend with cream cheese or prepared hummus.



James Seidl, a Moveable Feast Board member, works at McCormick & Company, a global leader in flavor, and generously donates the McCormick herbs and spices throughout the year that we use to create our Signature Spice Blend. James’ donations allow us to provide a blend to every client that comes onto service. For James, “flavor is an important way to support healthy eating and blends like the one Chef Mel has created for our clients, which use McCormick herbs and spices, are a great way to flavor meals without adding salt.”

# GET INVOLVED



Moveable Feast is excited to announce that we are now taking up to 6 volunteers per shift Tuesday’s, Wednesday’s, and Thursday’s. Additionally, we now welcome any new volunteer who has received their COVID-19 vaccination. Interested in learning more about our updated volunteer policies, or, ready to sign up for a shift? Please visit our website [www.mfeast.org](http://www.mfeast.org) for more information or contact Community Engagement Manager, Angie Kelley, at [akelley@mfeast.org](mailto:akelley@mfeast.org).

## VOLUNTEER APPRECIATION WEEK

From April 19th – 23rd Moveable Feast hosted Volunteer Appreciation Week; a week where we honor our community of incredible volunteers who allow us to serve those living at the intersection of food insecurity and serious chronic illness. Although our volunteer capacity is limited, we were still able to provide some tokens of our appreciation to those who were able to join us in-person that week. Volunteers received gift bags and baked goodies for each shift. We also hosted a daily raffle for any volunteer who made deliveries or joined us for a kitchen shift. We look forward to an in-person celebration next year!



▲ Some of our long-term volunteers during Volunteer Appreciation Week (top L-R: Robin & Jim, bottom L-R: Steve & Mark)

# WHO WE SERVE

Kevin Hull, a client since 2017, first learned about Moveable Feast through his addiction counselor. Kevin remembers “when I first came onto service I was skin and bones.” He quickly saw the positive impacts of being on service, “I can see the difference in how much weight I gained, another thing that has been beneficial is eating a balanced meal. I would only eat one meal a day since I was using drugs. I’ve learned to eat three square meals a day.”



Kevin

He is also very fond of his dietitian, Isabel, who has been working with him the last few years, “it was challenging at first, but Isabel stays on me about exercising”, Kevin says, “I stay in contact with Isabel on a regular basis, she helps me with anything, even getting masks. She’s the only dietitian I’ve had since starting at Moveable Feast.”

For Kevin, he not only enjoys getting our meals, but also appreciates the education he receives about healthy eating, “these meals help me with diet variety – I’m not always sure what is good and bad for me, but I always know that everything Moveable Feast provides is nutritious” says Kevin. “Isabel has been fantastic, all of the employees are fantastic. I have nothing but high regard for Moveable Feast.”



We want to extend a special thanks to our 2021 presenting sponsor, Performance Food Group. PFG has been a longstanding of partner of Moveable Feast’s; supporting the event since 2015 and increasing their sponsorship gift this year. We are honored by their continued commitment to the organization and support of our Home Delivered Meals Program. Thank you PFG!



Photos courtesy of Kim Gunderman

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