

3-COURSE MEAL

Three questions for a Moveable Feast staff member

Shabazz Rubin has been with Moveable Feast for three years and serves as our Production Chef. In this role, Shabazz ensures that our food production needs are met on a daily basis and also helps support the many volunteers that work in our kitchen each week. Under Shabazz’s guidance, Moveable Feast produces 6 meals a minute!

What 3 words come to mind when you think of Moveable Feast?
Nonstop, enduring & accomplished.

What is your favorite recipe to make for friends and family?
Lasagna.

What do you enjoy most about working at Moveable Feast?
What I enjoy most is the feeling of accomplishment.



SHABAZZ



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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.



Mark your calendars for Ride for the Feast 2022 on May 21st – our 20th anniversary ride! The event will feature three routes of varying lengths: 101, 69, and 42 miles through the beautiful roads of Talbot County. Our 2022 event will include a Friday night program and dinner, a celebratory kick off at the starting line, and a closing ceremony at the finish line to honor all the great work of our riders and supporters. Thanks to our incredible riders, volunteers, donors, and sponsors, we raised \$665,054 in 2021 to support those living at the intersection of food insecurity and chronic illness.



 **Registration for the 2022 event will open on November 30th, 2021 at www.rideforthe Feast.org.**

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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.



OUR COMMITMENT TO RACIAL EQUITY

Moveable Feast’s roots are in providing support to those most marginalized; our work began during the height of the AIDS epidemic in 1989, to provide food, hope, and love to those living with HIV and AIDS. The organization began at a time of struggle for justice, equality, and dignity for individuals living with this critical illness who needed healthy food and human connection. Over the course of the last three decades, we have continued to support vulnerable people throughout Maryland while expanding our services to those with other illnesses beyond HIV and AIDS. **Your continued support means that not only can we continue our services but expand our work to meet the increased needs of our community.**



Sue Elias, Executive Director

The year 2020 was, by all accounts, a time of tremendous tumult and forced adaptation by individuals and society collectively. While the Moveable Feast team was fully occupied in adapting to the COVID-19 pandemic, a long-standing affliction in the United States became impossible to ignore. Underlying issues of racial injustice and inequity, often dismissed and unseen by many, were brought to the surface across the country and within our organization.

These two pandemics – COVID-19 and systemic racism – converged with significant force over the past 18 months. The COVID-19 pandemic illuminated the deep impact of healthcare disparities on communities of color, who are at increased risk of falling ill and dying from COVID-19. In the United States, COVID-19 also uncovered the prevalence of food insecurity with nearly one in four households experiencing the inability to provide adequate food for their families. Evidence shows that structural and racial inequities are a root cause of many disparities in health and wellbeing outcomes, including the issues Moveable Feast attempts to address: food insecurity and critical illness.

Moveable Feast envisions a reality in which Marylanders come together to feed people, fight disease and foster hope. When inequities and injustices exist, our ability to realize this vision is impeded. Led by our Equity, Diversity, and Inclusion Staff Committee, Moveable Feast has created our **Working Commitment to Racial Equity** to guide us as we seek to minimize the negative impacts of racism in the present and future.



We hope to be an inspiration for all nonprofit organizations and a shining example of just how impactful our work can be when we prioritize equity, diversity, and inclusion at every level of the organization. Please take the time to read the full **Working Commitment to Racial Equity** statement and our **Equity Roadmap** on our website at www.mfeast.org and **consider making a gift today so that our important work may continue.**

The Moveable Feast EDI Committee (L-R): Angie Kelley, Melanie Brown-Lane, Alisha Thompson, Isabel Betancourt, Ilene Cervantes del Toro, not pictured, Sue Elias.

BACK TO SCRATCH

YOU can help Moveable Feast get back to scratch! According to the Merriam Webster Dictionary: “In cooking, to make something from scratch means to use only the most basic ingredients, with nothing premade.” Before the pandemic, Moveable Feast’s staff made at least 75% of our medically tailored meals on-site from scratch. Moveable Feast’s ability to make meals from scratch provides our clients with a delicious culinary experience that also meets their unique nutritional needs. Cooking from scratch also allows Moveable Feast to have more control over the ingredients, which our dietitians state is essential when serving people impacted by chronic illnesses.

Prior to the pandemic, Moveable Feast’s compassionate community of volunteers served more than 200,000 hours annually, seven days a week, with an average of 500 volunteers a month. Our volunteers made it possible to support the preparation and packaging of up to 8,000 meals a week, almost all made from scratch using fresh ingredients.

A favorite meal of Moveable Feast’s clients is our meatloaf with gravy, brown rice, and vegetables. The meatloaf is made in 40-pound batches and must be manually shaped and placed into loaf pans, baked, and then hand-sliced.

During the height of the pandemic, Moveable Feast’s priority was ensuring that our clients received home-delivered meals without interruption; and, keeping our staff and volunteers safe. At Moveable Feast, this meant allowing fewer people in the building, and relying more on ready-made ingredients. In September of 2020 we reopened our facility to volunteers on a limited basis. More than a year later, we are ready to get back to scratch! But we need YOU to help us make the delicious and nutritious meals that improve health and quality of life for our clients.



GET INVOLVED

GIVING TUESDAY

November 30th, 2021

Support Moveable Feast by making a gift on Giving Tuesday! We are excited to announce a \$5,000 match – gifts that day will be matched 1:1 until funds are exhausted. Easily double your impact and support our clients living at the intersection of food insecurity and chronic illness. Make your gift at www.mfeast.org.

WORLD AIDS DAY

December 1st, 2021

Join Moveable Feast as we honor World AIDS Day. Since 1989, Moveable Feast has served thousands of clients living with HIV and AIDS. We encourage you to share your story of how HIV and AIDS has impacted your life by connecting with us virtually on our social media pages!

VOLUNTEER WITH US

Take action today by volunteering with Moveable Feast! Opportunities include delivery drivers, meal preparation and packaging, and supporting our client survey initiative. Volunteer as an individual or as a group – Moveable Feast welcomes all for profit and nonprofit organizations to volunteer with us. Immediate openings are available for all volunteer opportunities. Sign up today at www.mfeast.org!

THE IMPACT INGREDIENT

Since the start of 2021, Moveable Feast has served 1,244 clients and delivered 331,537 meals. Our work is not possible without our incredible community of volunteers; you are our impact ingredient! This year we’ve welcomed 671 volunteers who have donated 6,729 hours of service – even during a pandemic the steadfast commitment of our volunteers has not wavered. Please join us in giving special thanks to **June Chew, Emily Holland, Stephanie Zemen, Elizabeth Harlow, Susan Surrey, Denise Harbin, and Allyson Simpson** – each of these volunteers has given over 100 hours of service in 2021. We also want to thank our incredible board members who will be ending their tenure on our Board of Directors this year: **Dr. Jules Jung, Jason Vozzak, and Karen Scheu**. These board members have served a combined total of 19 years – we thank them for their dedicated support and leadership!



Moveable Feast has received amazing support from companies who have sent teams to volunteer on-site. We thank the following organizations for sharing their compassionate staff members with us: **Barton Malow, BRAUSA, IREM, Horseshoe Casino, AmeriCorps, Morgan State University Students, Morgan Stanley, University of Maryland Medical System, JHU Imaging - White Marsh, GBMC, Skyline Technology, JHU Nursing Students, Jemicy School, Medlife, R2Integrated, McCormick & Co., and Ellin & Tucker.**



If your team is ready to impact our community, contact Volunteer Coordinator, Michelle “MJ” Jenkins, at mjenkins@mfeast.org or 410.327.3420 x. 33.

DINING OUT FOR LIFE

We want to extend our thanks to all of our volunteers, donors, restaurant partners, and sponsors for making our 28th annual Dining Out For Life incredibly special. To date, we have raised over \$55,000!



 A special thanks to our presenting sponsor, McCormick & Co., a longstanding partner of Moveable Feast, supporting the event since 2016. This year in addition to their sponsorship gift, McCormick also made product contributions to our 24 restaurant partners as a thank you for their support of Moveable Feast. This included 40 lb. gift bags of commercial condiment and spice products. We are honored by their continued commitment. Thank you McCormick & Co.!



ROB HOEHN FOSTER HOPE AWARD

In 2020, Moveable Feast lost an incredible member of our family, Rob Hoehn. Rob was a board member and a longtime volunteer of Moveable Feast, who gave freely and without expectation. To honor his giving spirit, we created the **Rob Hoehn Foster Hope Award** to honor restaurants who embody the spirit of Rob Hoehn. This year we are thrilled to honor Blue Pit BBQ as the first recipient of this award. Thank you Blue Pit for your incredible support and partnership!

THANKS FOR GIVING

Our community of supporters are a crucial part of the success of Moveable Feast. Throughout the pandemic, our volunteers and donors stepped up (and in!) to support our work. We want to extend our thanks to those who supported us through contributions; in 2021 we’ve received 7,860 donations, from 5,661 individual donors totaling \$263,657. In addition to contributions, our partners have donated in-kind products and services valued at \$40,609. Please join us in thanking *Weber Shandwick, TJ Trading, Norris Ford, and all 40 of our incredibly generous partners for their support!*

Thank you to our sponsors:

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