

# 3-COURSE MEAL

## Three questions for a Moveable Feast staff member

Isabel has been with Moveable Feast for three years as one of our in-house Registered Dietitian Nutritionists. She works with our food service team to develop a menu that’s both medically tailored to our clients’ needs and tastes great.

### What three words come to mind when you think about giving our clients the best experience through their health journeys?

Partnership, empowerment, and coaching

### What’s the most common piece of advice you give to MF clients?

“Make it your own”. Of course, we want to maintain parameters to keep meals medically tailored, but I say this when it comes to diet prescriptions, health goals, dietetic advice, etc. It’s important to think about food and nutrition as a tool to improve and extend a happy, healthy life.

### What do you enjoy most about working for Moveable Feast?

The wins! When a client calls me with a question or when they call me to give me an update on their goals. Ooof! Best feeling in the world.



ISABEL



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### SAVE A STAMP – SCAN TO DONATE

Your support means more people can get the nutrition they need during a difficult time in their life.



## McCORMICK COMMUNITY SERVICE AWARD



Moveable Feast is honored to recognize James Seidl, Vice President of our Board of Directors, as the winner of the esteemed McCormick Community Service Award for 2021. With this honor comes a \$25,000 donation to Moveable Feast, a very generous gesture of support and regard for James’s contributions to our mission.



James began his journey as a supporter of Moveable Feast in 2012 as a volunteer driver, delivering meals to our clients on holidays. Since then, he has stewarded a robust relationship between McCormick & Co. and Moveable Feast, leading to sponsorships, volunteer service by the active PRISM Employee Affinity Group, and a generous donation of spices made possible by McCormick employees.

We appreciate and applaud James for his service and dedication to our work.

## MOVEABLE FEAST BOARD OF DIRECTORS

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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.



## LOOKING FORWARD. DRIVING CHANGE.

Over the last two years, Moveable Feast has been keenly focused on driving forward our 30+ year commitment to deliver food and provide support to those living at the intersection of chronic illness and food insecurity. In 2021, the need for home-delivered, medically tailored meals was urgent for an increasing number of Marylanders who lack the necessary access and resources to obtain healthy meals. During the pandemic, we eliminated our waitlist, setting a place at the table for everyone in need of our services. Now, we look forward to a lasting impact with the help of partners and supporters like you.

## STRATEGY SUSTAINS IMPACT

In 2021, we launched a three-year strategic plan that identified five key strategic priorities for the organization. We are proud of what we have accomplished over the last year. We remained focused on our strategic priorities and goals as the world continued to evolve and change due to the pandemic. Through it all, we centered our work

on community, sustainable impact, and racial equity to be a driving force for change at the intersection of food insecurity and chronic illness.

We are now in Year 2 of the Strategic Plan and have identified ten ambitious goals for 2022 that align with our strategic priorities. For more on our three-year strategic plan and to see what we’re focused on in 2022, visit our website at [mfeast.org/about/strategic-plan/](https://mfeast.org/about/strategic-plan/)

## 2021 ACCOMPLISHMENTS



### CENTER RACIAL AND SOCIAL EQUITY

- Published the Equity Roadmap and Commitment to Racial Equity Statement
- Applied an equity lens to update HR policies
- Aligned budgets with Strategic Plan priorities to better support staff with training and other resources



### GROW AND DEVELOP PEOPLE

- Created and implemented a manager training program
- Contracted HR services to conduct a compensation study and applied Phase 1 changes to the 2022 budget
- Developed and implemented a Board leadership succession plan



### PARTNER TO EXPAND REACH

- Increased capacity to contract healthcare partnerships and serve more Marylanders
- Utilized research and client feedback to identify diabetes intervention as an urgent need



### DEMONSTRATE AND IMPROVE IMPACT

- Identified key metrics to help track improved health and wellness outcomes of clients
- Implemented new client feedback mechanisms to streamline input and improve satisfaction ratings



### ENGAGE THE COMMUNITY IN OUR MISSION

- Initiated a brand audit for feedback on messaging and brand
- Conducted an equity audit of marketing materials to promote transparency and center equity in communications



# WE DELIVER ON QUALITY

## HOW THE SAUSAGE GETS MADE

In order to meet the needs of our clients during the pandemic while managing supply chain disruptions, we had to modify our menu options to ensure a smooth operation. Even with these challenges, we're proud to say we've never missed a delivery. We've been working hard over the last several months to reintroduce our clients' favorite meals to the menu.

### NOTES FROM A DIETITIAN

This entire meal only has 1.2 grams or 2.5% of saturated fat. For context, most sausages—by themselves—usually have 7 grams or 26% of saturated fat.



Brown rice and apples provide fiber and additional nutrients.

"The turkey sausage meal is unique in that it actually fits the nutritional criteria for all of our current diets, in other words, it meets our diabetic, heart healthy and renal friendly diet standards and thus can be given to all clients—which is great since it is such a favorite!"

- Ilene, RDN  
Moveable Feast Nutrition Manager



"I was surprised to find sausage on a healthy meal plan! It's nice to see variety on the menu"

- Sarah, volunteer



### OUR CLIENTS' FAVORITE MEALS

- 1. Italian Turkey Sausage**  
with sautéed peppers and onions, brown rice, and apples
- 2. Baked Cod with Lemon Sauce**  
with whole wheat rotini, broccoli and edamame
- 3. Chicken A La King**  
with roasted potatoes and carrots
- 4. Salisbury Steak & Gravy**  
with quinoa and corn
- 5. Grilled Hamburger**  
with whole wheat bun, roasted potatoes and broccoli
- 6. Turkey Cuban**  
with black beans, brown rice and carrots
- 7. Turkey Meatballs & Gravy**  
with brown rice and Italian green beans
- 8. Italian Meat Sauce**  
with whole wheat rotini, peas and Italian green beans
- 9. Manicotti**  
with low-sodium marinara, edamame and carrots

# NOW SERVING...

Expanding our reach to more Marylanders in need of our service is a priority driven by our commitment to accessibility. By partnering with healthcare institutions, we're increasing awareness and access to our Home Delivered Meal Program. This service is unique in its emphasis on meals developed by dietitians to improve health and prevent return hospital visits. Combined with an expanded list of chronic illnesses we're helping to treat, including Chronic Obstructive Pulmonary Disease (COPD), Emphysema, Hepatitis, Chronic Bronchitis, Chronic Tuberculosis, and Cirrhosis, these partnerships will allow more Marylanders access to healthy food as medicine.

"It is estimated this partnership will deliver improved health outcomes and quality of care for patients and positively impact the projected costs for caring for this high-risk population. The COVID-19 pandemic highlighted the need to address critical challenges within the healthcare system, especially disparate health outcomes experienced by minority communities. This partnership will benefit the communities we already serve together."

- Wanda Lessner, Former Senior Director of Executive Inquiry, CareFirst BlueCross BlueShield and Moveable Feast Board member

### Expected benefits of this partnership include:



More personalized care for patients



Focused support for patients with the greatest healthcare needs



Enhanced technology integration, including clinical data sharing

# 20 YEARS RIDING FOR THE FEAST



For 20 years Ride for the Feast, an annual bike ride and fundraiser, has welcomed experienced and amateur riders, friends and families, and general supporters of Moveable Feast. Our signature event, centered on the commitment to food access and health equity, is expected to raise \$800,000 for the clients we serve.

This year, we're proud to recognize the AIDS Healthcare Foundation (AHF) as our presenting sponsor. Like Moveable Feast, AHF was founded in the 1980s by a small group of advocates dedicated to addressing the needs of people with HIV. Then known as the AIDS Hospice Foundation, AHF committed to providing a safe, dignified, and compassionate place for people dying of AIDS to spend their final days. Fortunately, as treatment options expanded, AHF was able to shift their service from hospice to medical care. Now AHF is the largest HIV healthcare organization in the world, dedicated to providing cutting-edge medicine and advocacy, regardless of ability to pay.

### Thank you to our RFTF 20th Anniversary sponsors:

Presenting Sponsor



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To see a full list of sponsors visit [rideforthe Feast.org/sponsors](https://rideforthe Feast.org/sponsors).



## SAVE THE DATE: DINING OUT FOR LIFE 2022

After a tough two years for the restaurant industry, we're excited to celebrate a return to an in-person dining experience with our Dining Out For Life restaurant partners. We're so proud of how we've adapted this event in the past to support each other. In 2021, despite in-person dining restrictions, we raised nearly \$60,000 for Moveable Feast. Now, it's time to mark your calendars and make this year a special return. Join us on Thursday, September 22, as we celebrate Dining Out For Life 2022.

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

# VOLUNTEER APPRECIATION

At Moveable Feast we recognize the value of volunteers and understand without their support, we wouldn't be able to extend our services to all in need. Some of our volunteers drive hundreds of miles throughout the year to ensure our clients receive their weekly delivery of medically tailored meals. Our volunteer delivery drivers are not only contributing to the improved health of our clients, they're offering connection and compassion for the well-being of their neighbors, something that should inspire us all. Thank you to ALL our volunteers. Collectively, 1,011 of you donated 8,897 hours, valued as over \$275,000; that said, we think your efforts are priceless.



Pictured: Mike McVicker, Regional Director of AHF and the AFH Health Center, Public Health, Pharmacy teams