

NEW YEAR, NEW PRIORITIES AT MOVEABLE FEAST

At the start of 2024, we are driving our 30-year commitment to health equity forward by delivering food as medicine. An increasing number of Marylanders live without the necessary access, financial resources, and support to achieve their best quality of life. At the same time, medically tailored food and nutrition is receiving national attention as a proven approach to improve health outcomes and mitigate skyrocketing healthcare costs. The urgency of Moveable Feast's work is clear considering it is the only community-based organization in our service area that provides medically tailored, home-delivered meals at no cost to those living with serious health conditions and undergoing medical treatment.

According to the Maryland Department of Health, over 50% of adults reported having at least one chronic health condition in 2020 and today, roughly 1 million adults are

covered by Medicaid in Maryland. Moreover, approximately 200,000 Marylanders are dually eligible for Medicaid and Medicare, highlighting an opportunity to increase access to medically tailored meals through healthcare funding.

In 2022 as charitable contributions and emergency funding decreased, we reinstated our waitlist. Currently, over 300 people are waiting to begin service with Moveable Feast, and that number is expected to increase as we anticipate the discontinuation of emergency food services funding and a decrease in long-term government funds, specifically for people with HIV. The 2024 – 2026 Strategic Plan seeks to ensure that Moveable Feast can provide services, attention, and care to our current clients and increase access to medically tailored meals for a growing population of Marylanders in need.

With proven performance and an evidence-based approach to medically tailored nutrition, we firmly believe in the power of food and the force of our work to improve health outcomes and quality of life for those we serve.

Strategic Snapshot 2024 – 2027

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| PRIORITY 1 | Increase access to medically tailored meals (MTMs) by refining and negotiating the Moveable Feast value proposition for healthcare payers. |
| PRIORITY 2 | Position Moveable Feast as a provider of choice for Maryland healthcare providers and clients. |
| PRIORITY 3 | Strengthen Moveable Feast's capacity to meet the growing demand for medically tailored meals. |

WHY IT MATTERS IN MARYLAND



OVER 50%
of adults reported
having at least
one chronic health
condition in 2020



1 MILLION
adults are covered
by Medicaid in Maryland



200,000
Marylanders are
dually eligible
for Medicaid and
Medicare

NEW ON THE MENU!



Baked Whiting Fillet, Quinoa, Broccoli with Lemon Pepper Sauce

A note from our dietitians:

In the past we have received client requests for more fish meals. Clients really like the fish meals that we already have, like lemon cod and breaded pollock, and a big part of that is the soft texture and flakiness of fish in general. This meal is one of our favorite unicorns, in that it fits all our diets, except for our “No seafood” diet. Meaning, it is served on our regular heart healthy menu, as well as our diabetic and kidney dialysis diet. We specifically paired the fish with quinoa to boost up the protein to 25g and fiber to 8g, which is quite a bit for an average meal!

Cajun Chicken, WW Pasta, Broccoli with “Creamy” Cajun Sauce

A note from our dietitians:

This meal also fits all our current meal plans. It is heart-healthy, diabetic-friendly, and within our parameters for potassium and phosphorus for any clients receiving our “Kidney Dialysis” diet. Chef Kate found this awesome diced chicken that is 50% dark meat and 50% white meat, which tastes delicious, holds moisture better and is already diced into bite size pieces, so it is much easier for our clients to chew and enjoy.

Turkey Bean Chili, Quinoa, and Spiced Apples

A note from our dietitians:

Dietitians LOVE beans, and we are all VERY excited about this meal! Beans have protein, fiber, B vitamins, and antioxidants. Beans are one of the most complete foods you can eat, and an important ingredient in any heart-healthy diet. One great way to have increased plant-based ingredients in a meal is to replace half the meat with a bean or a legume, so you still get the protein in, but now you’re lowering the saturated fat and adding more fiber to your day. This meal is served to our clients on our regular heart-healthy and diabetic menu. We hope to have more beans and lentils on the menu very soon!

CRAFTING MEALS WITH CARE



To ensure Moveable Feast meals are meeting medically tailored meal nutritional requirements, staff dietitians meet each month to conduct a meal audit. This includes quality control for taste and texture of our medically tailored menu items as well as weight for each portion of protein, fruit/vegetable, and carbohydrates. The dietitians then share feedback with our Executive Chef and any necessary modifications are made. Crafting quality meals with care is an important part of what we do at Moveable Feast.

BALTIMORE RESTAURANTS RISE UP

In Moveable Feast's 30 years of hosting Dining Out For Life Baltimore, few have been more significant than recent years past. Still, as the restaurant industry continues to recover from the COVID 19 pandemic, community support for Moveable Feast has far from wavered. In recent years, restaurant owners have stepped up in whatever ways they could, especially this year, when most honored our 30-year anniversary with a 30% donation of sales! In 2024, we want to make sure our dedicated restaurant partners receive the recognition they deserve. This year, spread the word, share our messages, and take your friends and family out for a night to support local businesses and community members alike.



1 night **35** restaurants **35+** volunteers

\$63,000+ RAISED!

For media inquiries, contact
Communications Manager, Bridget Dohony,
at bdohony@mfeast.org.



SAVE THE DATE
MAY 11, 2024

Ride for the Feast 2024 marks the 22nd year of Moveable Feast's largest annual fundraising event! This year's Ride will take place on Saturday, May 11, 2024, and starts and ends at the Talbot County Community Center in Easton, MD.

Together, we mobilize a community of volunteers and supporters to feed people, fortify health, and foster hope. For media inquiries, contact Communications Manager, Bridget Dohony, at bdohony@mfeast.org and for sponsorship opportunities, contact Events Manager, Kevin Smith, at ksmith2@mfeast.org.



CALLING ON CORPORATIONS

Volunteering at Moveable Feast is a great way for you and your coworkers to have a unique team-building experience while making a positive impact on the community.

There are plenty of ways for big and small businesses to get involved with Moveable Feast, and if you cannot make it in for a volunteer shift, consider sponsoring one of our special events. Ride for the Feast is on May 11, 2024! For sponsorship opportunities, contact Events Manager, Kevin Smith, at ksmith2@mfeast.org.



M&T Bank volunteers



Constellation volunteer

3-COURSE MEAL

Three questions for a Moveable Feast staff member

After completing their degree in public health nutrition, Moveable Feast

Community

Dietitian Jiayi Guan

joined the staff in

August 2023. Their focus on food systems,

population health, policies and chronic

disease management combined with their

experience shadowing dietitians at Moveable

Feast as an intern made them realize the value

of our work: the positive and healing impact

of an individual's connection to their local

community. After graduating, Jiayi applied

without hesitation and the rest is history. At

Moveable Feast, we are fortunate to have staff

dietitians who care for clients, understand and

respect their needs, and allow us to serve a

population of people who benefit most from

food that fortifies health.



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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.

What three words come to mind when you think about the service we provide to our clients?

Caring, persistent and fortifying

What would you like Moveable Feast supporters to know about the client population we serve?

Weekly meal deliveries can make a huge difference to someone's mental and physical health. Many of our clients are managing multiple chronic conditions which can be

extremely overwhelming. Having healthy, nutritious meals delivered to them weekly limits their burden and frees up space for other priorities in their lives.

What do you enjoy most about working for Moveable Feast?

Being a part of our client's health journey, bearing witness to their experiences and working with them to find a way to improve their nutrition and health. And I genuinely enjoy working with everyone at Moveable Feast!

GETTING ON BOARD

Meeting New Members

This year we are introducing seven new board members! All have invaluable experience in public health, business, or government policy that will allow Moveable Feast to assess the best strategy to stay aligned with our mission to achieve racial and health equity in our community. Visit mfeast.org/staff-board/ to see our full list of board members.



BOARD OF DIRECTORS

MOVEABLE FEAST

James Seidl – CHAIR

Amy Petkovsek – VICE CHAIR

Tiffany Smith – TREASURER

Manuel Miyar – SECRETARY

Terry Wallace – MEMBER-AT-LARGE

Sandra Boucher

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Keisha Clarke-English

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Amit "Mickey" Dhir

Brian DiNardo

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Michele Hurley

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Wanda Lessner

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Teri Mascuch

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Stephanie Pankow

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Nidia Valenzuela

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.