

Food & Friends





History of Food & Friends



Program Overview



Community

OUR HISTORY

Founded in a church basement as a meal delivery program for clients living with HIV/AIDS

Groceries-to-Go program added

10,000,000th meal delivered

Cancer, Renal, Parkinson's, COPD now covered

Home-delivered 1,892,504 medically tailored meals to 5,476 clients



Service extends to Northern VA

Move to a larger facility at 219 Riggs RD NE

President Obama volunteers as part of the 9/11 National Day of Service and Remembrance

We never miss a day of service during the COVID-19 pandemic



OUR MISSION

To improve the lives and health of people with HIV/AIDS, cancer, diabetes, and other serious illnesses that limit their ability to provide nourishment for themselves by:

- preparing and delivering **medically tailored meals and groceries**
- providing **medical nutritional therapy** and wellness education
- giving services **free of charge** for clients and dependents
- creating a strong **sense of community** for both our clients and volunteers that reduces social isolation.

WASHINGTON DC SERVICE AREA



FY23 Total Meals in DC
841,736

Ward

1	78,411
2	35,038
3	24,428
4	120,748
5	122,462
6	74,802
7	174,411
8	211,436



VOLUNTEERS

Last year, **4,000** volunteers helped with food prep and deliveries, up from 2,974 in 2022.

Volunteers contributed an equivalent of **32 FTEs**

In 2023, Food & Friends was voted as the **Best Nonprofit** and **Best Place to Volunteer**

CLIENT STORY

Margaret -

Food & Friends' home-delivered meals were a relief for Margaret, "It has been great because I had to relinquish my driver's license a few years ago, so I cannot drive. I was relying on family." The consistent delivery schedule and pre-made entrees also freed up Margaret's home health aide to do more than cook and prepare meals, including essential household tasks and helping Margaret get outside for walks.



OUR IMPACT

In 2023, we provided 1.9 million medically tailored meals to 5,500 clients. Since starting on service, *



90% of clients report **improved health**



81% of clients report that they are better able to **follow doctor's orders**



73% of clients report improved **mental health**/decreased stress



44% of clients reported we were their **only source of food**



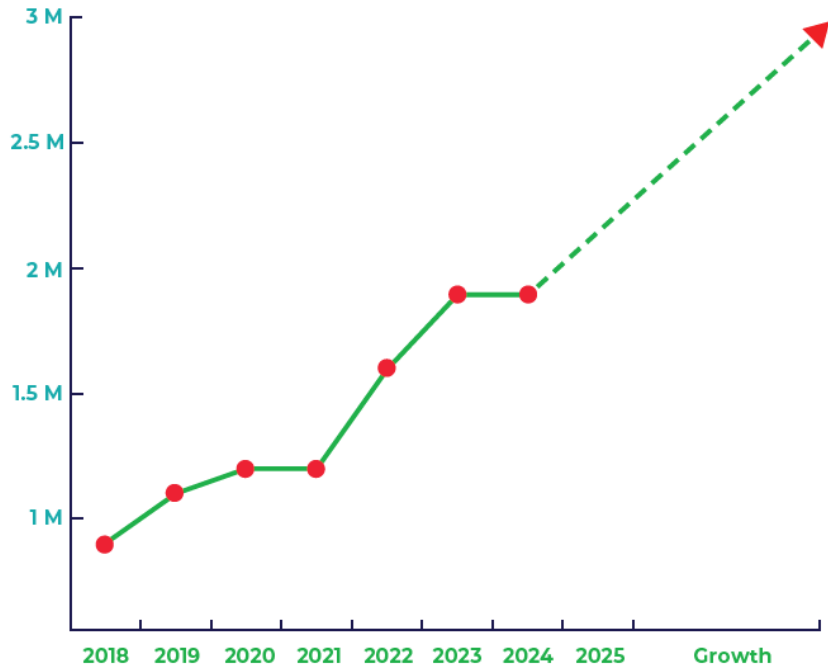
81% of clients report they are able to achieve/maintain a **healthy weight**



73% of clients report better able to **manage chronic conditions**

*based on 2023 Client Survey results

**MEDICALLY TAILORED MEALS SERVED
2018-2024 AND FUTURE GROWTH**
109% INCREASE IN SIX YEARS



**ENGAGING
OUR
COMMUNITY**

ENGAGING OUR COMMUNITY

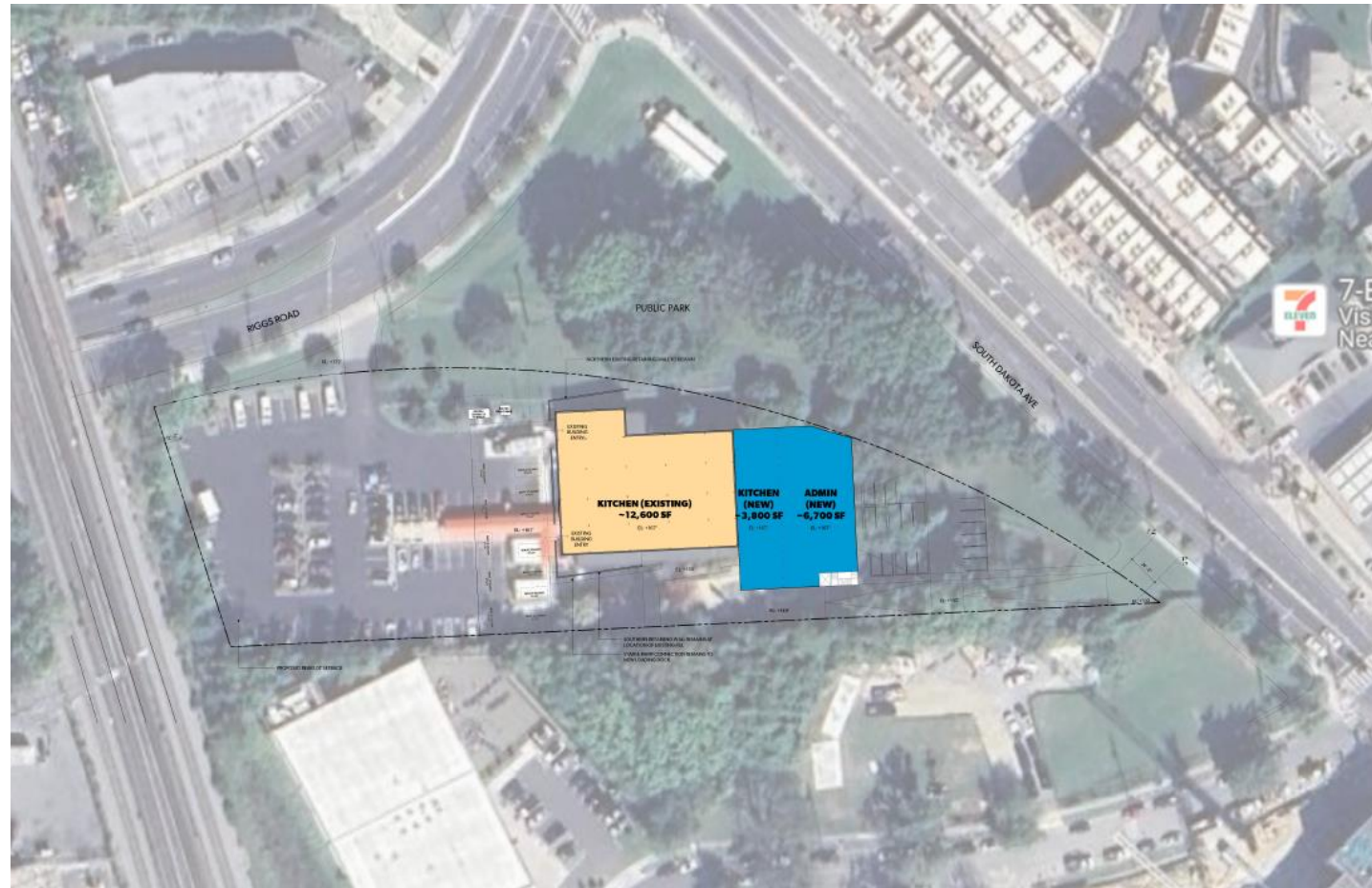
Project Overview:

Food & Friends is excited to introduce plans for a curb cut project aimed at enhancing accessibility, improving the flow of traffic, and increasing traffic safety around our building at 219 Riggs Rd. NE. This initiative underscores our commitment to staying in the neighborhood as a bedrock nonprofit while serving more adults and children with life-challenging illnesses.

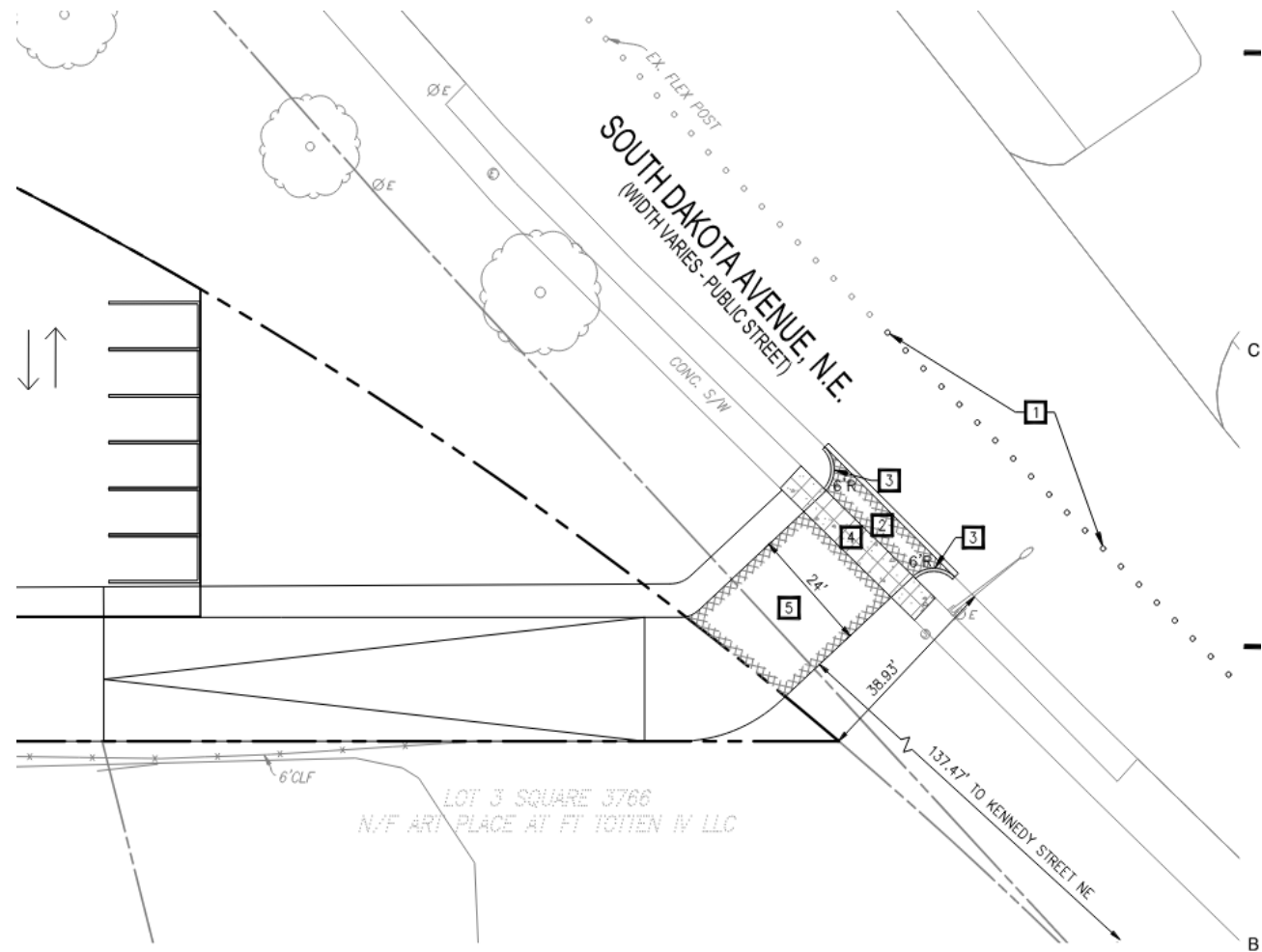
The proposed project for a curb cut on South Dakota Avenue NE improves Food & Friend's site accessibility. Neighborhood safety will be increased as speed is reduced, a solution that helps meet the neighborhood's much requested traffic safety fixes at a congested intersection and the site of a planned neighborhood park.

We will engage the community respectfully and transparently throughout the project's lifecycle, ensuring that community input is valued, as we do every day with our clients.

ENGAGING OUR COMMUNITY



ENGAGING OUR COMMUNITY





OUR VISION

A community where everyone who is seriously ill has the nourishment they need to manage their illness.

Food & Friends is built on a simple premise: anyone can get sick and everyone can help.

Thank you!

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