

# Food & Friends' Expansion:

## Doubling Our Impact

### Mission of Food & Friends:

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

-preparing and delivering medically tailored meals and groceries that are designed to meet the medical and dietary needs of each of our clients;

-providing nutritional counseling and wellness education that enhances our clients' quality of life; and

-creating a strong sense of community for both our clients and volunteers that reduces the social isolation that often comes with serious illnesses and provides meaningful opportunities for neighbors to help neighbors in need.

### Project Overview of Expansion:

Food & Friends' facility expansion and renovation will enable us to develop new healthcare partnerships, improve health outcomes, reduce hospitalizations, lower healthcare costs, and enhance the quality of life for individuals and families managing serious or chronic illnesses. To achieve this, we must double our capacity to meet the growing health needs of our community. When completed, our expansion will ensure we can expand our reach and sustain our mission for the next 25 years and beyond.

### Our facility expansion and renovation will impact...

#### Capacity:

Expanded areas for increased meal production, food packing, and storage. New kitchen facilities and equipment.

#### Efficiency:

A fully functioning loading dock that will allow for faster, safer, and more efficient receiving of large quantities of products needed for meal preparation.

#### Project Timeline:

Public Phase: June 8, 2026

Groundbreaking: July 13, 2026

Construction: July 2026-2027

#### Sustainability:

Integrating energy efficient technologies, eco-friendly materials, and thoughtful site planning to minimize our environmental impact.

#### Dedicated work spaces:

Spaces for food packing, including our shipping program; private spaces for 1:1 nutrition counseling; and a flexible multipurpose space for volunteers and staff.



To learn more about  
our building expansion,  
click the QR code.



### CONNECT



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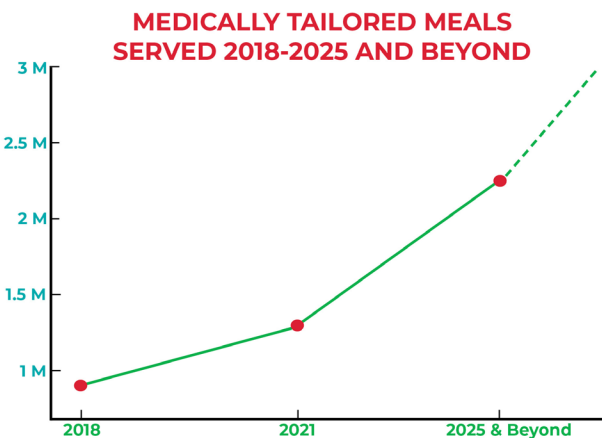


**Food & Friends is a non-profit and relies on donations to support our mission.**

# 2025 impact snapshot

A proven leader in Food is Medicine, Food & Friends' mission is to improve the lives and health of people with HIV/AIDS, cancer and other serious illnesses that limit their ability to provide nourishment for themselves.

**Together, we are neighbors helping neighbors.** Thanks to our community, Food & Friends has successfully responded to surging demand for medically tailored meals and groceries from adults and children with life-challenging illnesses throughout D.C., Maryland and Northern Virginia.



**TOTAL MEALS DELIVERED IN FY 2025**



**TOTAL CLIENTS SERVED IN FY 2025**



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

In 2025, with support from more than 4,500 volunteers, Food & Friends home-delivered over 2 million medically tailored meals to 6,257 seriously ill individuals throughout the District of Columbia, western Maryland and northern Virginia. Our clients have a range of illnesses including cancer, poorly controlled diabetes, renal disease, HIV/AIDS, maternal health concerns, heart disease, and other life challenging illnesses.

- 2,208,870** meals delivered to residents in the region
- 6,257** clients including dependents and caregivers
- 1,300+** nutrition engagements with our registered dietitians
- 4,566** volunteers
- 67%** of all households have income less than \$1800/month

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