



# Partnering For Change

A Newsletter from the Office of Grants Management



Maryland's Human Services Agency

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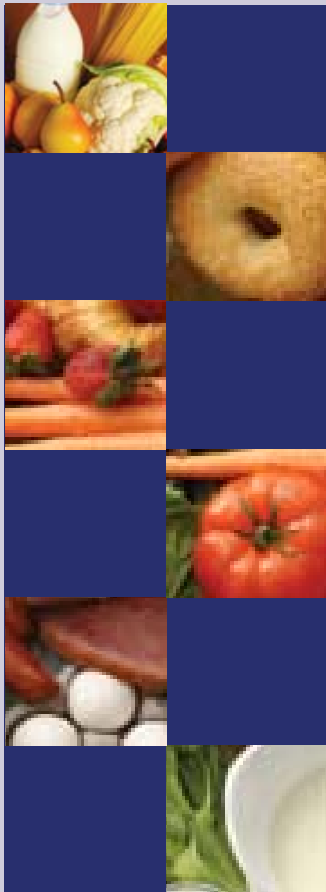
**MESSAGE FROM  
CAROLYN F. EDMONDS**  
Director,  
Office of Grants Management

Welcome to the inaugural issue of “Partnering for Change,” the Department of Human Resources, Office of Grants Management’s quarterly newsletter. We will use this vehicle to highlight our many programs and community partners that are an integral part of a network of services we make available. Because of these partnerships, thousands of Marylanders across the state are connected to an array of resources. Through the Office of Grants Management, DHR partners to provide community-centered services including housing, emergency food,(including soup kitchens, pantries), fatherhood programs and after-school programming.

According to a 2010 report by the U.S. Department of Agriculture, 15 percent of U.S. households (about 50 million people) are “food insecure.” This means that during any given month, these households will run out of money and food and will be forced to miss meals unless they are able to find assistance. This is where the work done by the Office of Grants Management and our many community partners comes in. In this issue, the two food and nutrition grantees highlighted are representative of the approximate 600 community partners that receive funding through the Department of Human Resources.

Please stay tuned for future issues that will highlight our many community partners. This work is expansive and we are continuing to see an increased need for services. We invite you to contact us with information about your particular programs and services and how you are making a difference in the lives of the people you serve.

Best,  
Carolyn F. Edmonds





## FOOD & FRIENDS, INC.



If you suffer from HIV/AIDS, cancer or another illness but had little or no family support, how would you feed yourself? Would you be able to prepare nutritious meals to enable your body to fight your illness? Food & Friends, Inc. is dedicated to the mission of seeing that patients in this situation do not go without a nutritious home delivered meal.

Founded in 1988 in response to the HIV/AIDS epidemic in Washington, DC, Food & Friends has emerged as the only nonprofit to offer a specialized nutrition program in the Washington, DC metropolitan region.

The Washington, DC metropolitan area, which includes the Maryland, suburbs, continues to have one of the highest incident rates of new HIV infections in the United States. The current rate is estimated to be nine times the national average.

Cancer is the second leading cause of death in Maryland. Over the years, Food & Friends has expanded its ser-

vices to address the needs of people living with cancer and other life-challenging illnesses.

In 2011, almost 1,100 Marylanders will be the recipients of more than 362,000 meals prepared, packaged, and delivered by Food & Friends with the help of 52 dedicated staff and more than 11,000 devoted volunteers. Eligibility for service is based entirely on medical need and all services are confidential and free, regardless of income, age, gender, sexual orientation, religion, or ethnicity. Food & Friends realizes that serious illnesses affect the entire house, so they also offer the same services to the dependents and caregivers of clients.

Food & Friends recognizes that serious illness can present extreme financial burdens on individuals and families. In fact, seventy-four percent of their clients live below the poverty line. Consequently, the meals provided by this organization help to improve food security for their clients.

Food & Friends also provides vital

inter-personal connections for clients. For many clients who are homebound, the delivery driver from Food & Friends may be the only person with whom they have contact all day. These personal meal deliveries not only address the challenges of hunger and financial strain, but minimize the the loneliness and isolation clients often feel during serious illnesses.

Meals provided by Food & Friends improve the quality of life for people living with disease. While these meals may not cure a life-challenging illness, they go a long way in helping clients manage side effects from medication and treatments such as chemotherapy.

A balanced diet incorporated into carefully prepared meals, delivered by compassionate people to someone ill, is what Food & Friends is all about.



## SERVICES

### Home Delivered Meals

Freshly prepared meals, including breakfast, lunch, and dinner for up to six days a week are delivered to a client's door. Food & Friends offers 11 specialized diets that are carefully designed by their chefs and community dietitians to meet the distinct nutritional requirements of people living with different life-challenging illnesses. The dietitians adjust each client's diet as his or her nutritional needs change.

### Groceries-to-Go

This service provides the equivalent of three meals per day for up to six days. Deliveries include non-perishable groceries supplemented with frozen soups and entrees.



### Nutrition Education Services

Individualized nutrition counseling, group cooking classes, and educational workshops are provided with this service. Food & Friends' community dietitians perform consultations that include an assessment, body composition test, and diet analysis. Volunteer chefs teach hands-on cooking courses and Food & Friends' community dietitians teach nutrition seminars in the community.

The Office of Grants Management assists Food & Friends in providing these programs, and keeps services free to all Maryland residents served.

## DELIVERY TO MARYLAND RESIDENTS

In 2010, Food & Friends prepared and delivered 362,389 meals and groceries to 1,034 people living with HIV/AIDS, cancer, and other life-challenging illnesses in the following Maryland counties: Calvert, Charles, Frederick, Montgomery, Prince George's, St. Mary's and Washing-

ton. Approximately half of those served were children.

While Food & Friends is an organization based in Washington, DC, it is their mission to deliver nourishing meals to clients living in the entire metropolitan area. In addition to de-

livering meals directly to the clients using staff drivers, they also have five drop-off sites in Maryland where volunteers pick up the meals and groceries and deliver them to Maryland clients. \*Visit the Food & Friends website for information about this program and how you can help. [www.foodandfriends.org](http://www.foodandfriends.org)

### The sites are...

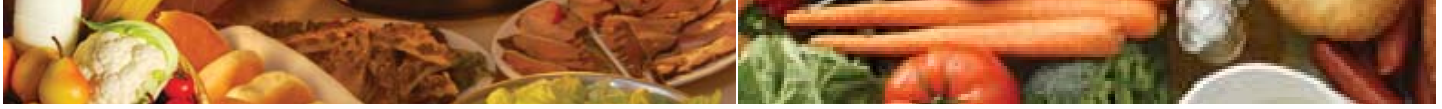
#### Meals delivered in these Counties

- Calvert
- Charles
- Frederick
- Montgomery
- Prince George's
- St. Mary's
- Washington

#### Meals Drop-off Sites

- Warner Memorial Presbyterian Church in Kensington
- First United Methodist Church in Hyattsville
- Temple Shalom in Chevy Chase
- United Methodist Church of the Redeemer in Temple Hills
- New Light Methodist Church in Hagerstown

## MOVEABLE FEAST



In 1989, a few friends gathered in a Baltimore church basement to cook and package healthy meals-to-go. The goal was to provide lifesaving nutrition, supported by a grant, to people dying from AIDS. Working with a grant of just \$8,000 Moveable Feast was born; operating with only three employees and serving just ten clients two days per week.

Fast forward twenty-two years... today, Moveable Feast, now operates from a new state-of-the-art facility in East Baltimore. It serves homebound, low-income Marylanders living with HIV/AIDS, breast cancer, and other life-threatening conditions. Meals are meticulously designed by a team of three registered dietitians, and prepared in-house by thousands of volunteers who are supervised by an experienced kitchen staff.

Remarkably, Moveable Feast is the only meal delivery program in the eastern part of Maryland that provides medically nutritious meals to clients completely free-of-charge. Living in poverty and often alone, clients are frequently unable to feed themselves – both physically and financially – much less fulfill the nutritional demands of their diseases and maintain quality of life.

Last year, Moveable Feast delivered over 534,000 nutritious meals, five days a week, straight to the doorstep of 948 clients living as near as Baltimore

City to as far as the Eastern Shore of Maryland. In addition, through partnerships with various Baltimore community agencies, Moveable Feast served an additional 204,000 meals to over 1,000 Marylanders who are chronically homeless. Over the course of the year, their drivers travelled 75,826 miles to deliver a total of 739,123 meals.

Moveable Feast does far more than deliver hundreds of thousands of meals each year. In 1997, the People on the Move program was created to provide transportation to clients – often homeless – to and from medical appointments and social service agencies. In 2003, Moveable Feast added an innovative Culinary Arts and Life Training Skills program that equips graduates to enter the work force at higher than entry-level positions. In 2010, Moveable Feast partnered with There Goes My Hero Foundation to begin providing meals to patients with leukemia.

Fundraisers, grants, and generous donations make it possible for Moveable Feast to serve an area spanning hundreds of thousands of square miles. Funding from DHR's Maryland Emergency Food a Program (MEFP) and The Emergency Food Assistance Program (TEFAP) helps to provide meals to HIV-positive Marylanders in Baltimore City and on the Eastern Shore.

In 2008, Moveable Feast received a generous grant from SNAP (Maryland food stamp program) which was used to purchase the state-of-the-art kitchen equipment in the new facility building.

Nationally, Maryland ranks 21st in population size, but 4th among US states for new HIV infections per capita. Fifty-nine percent of HIV-positive Marylanders live in the Baltimore-Towson metropolitan area. Breast cancer is the most prevalent cancer in the state ranking Maryland eighth in the nation for breast cancer mortality.

Over the past two decades, Moveable Feast has become the largest free home delivery meal service in the entire state. Propelled by a mission to feed people, fight disease, and foster hope, the organization celebrates not their own success, but that of those they serve. Executive Director Thomas Bonderenko said, "We celebrate our clients: the thousands of men, women and children who have fought bravely to maintain their quality of life in the face of their suffering, discrimination and needless shame."

For additional information

[www.mfeast.org](http://www.mfeast.org)

[www.rideforthe Feast.org](http://www.rideforthe Feast.org)