



Healing Meals Community Project (Healing Meals) is a 501(c)(3) organization that serves nutrient dense, organic meals to clients and their families who are struggling with a health crisis. Our meals are provided free of charge and delivered to the client's doorstep by volunteer Delivery Angels to help them heal more quickly. All of the meals are prepared by youth volunteers, ages 14-24, who are given the opportunity to learn not only how to cook and eat healthy food, but understand the power they have in building healthier communities and a healthier environment. Additionally, youth gain leadership skills and experience the joy and satisfaction of supporting a "neighbor" in need.

With cancer, diabetes and auto-immune diseases on the rise, there are many families who need our support. We have seen the direct impact Healing Meals has had on our client's health and comfort, as well as the physical and emotional relief their families have felt.

In just over two years, we have come together to provide more than 20,000 meals to 165 clients and their families in 42 towns around the greater Hartford area. We have been blessed to have more than 200 youth volunteers share their gifts and talents with us and over 200 adult volunteers who work alongside our youth to deliver meals, shop, prep, fundraise, care for clients, and so much more!

With your support, we can expand our reach within the Hartford and New Haven areas of Connecticut where the need is significant. We will also be able to increase our education program for our youth volunteers and the greater community with monthly events, online resources and publications that will help people take control of their health and prevent disease.

Your commitment to support our mission creates a ripple effect of kindness. In exchange, we look forward to supporting your mission by promoting you in a variety of ways based on your level of interest (all sponsorships are progressive):

Healing Sponsor \$5,000

IMPACT: Provides 7 clients with 5 meals for 10 weeks and supports 50 youth with wellness education, job-readiness skills and leadership training

- Key sponsor on homepage of HMCP website with link
- Donor acknowledgment on website, Facebook, Twitter & Instagram
- Donor acknowledgment on any T.V., radio, newspaper coverage
- Framed tabletop display with logo and name at all community and training events including Nourishing Our Neighbors dinner parties
- Logo listed on back of Healing Meals t-shirt
- Fifteen Healing Meals t-shirts provided

Community Sponsor \$2,500

IMPACT: Provides 3 clients with 5 meals for 10 weeks and supports more than 50 youth with wellness education and job-readiness skills

- Framed tabletop display with logo and name at all community events
- Logo listed on back of Healing Meals t-shirt
- Company name and logo listed on our website
- Eight Healing Meals t-shirts provided

Gratitude Sponsor \$1,000

IMPACT: Allows us to provide 70 total meals—approximately 25% of our weekly meals

- Logo listed on back of Healing Meals t-shirt
- Company name and logo listed on our website
- Company name and logo to be displayed at each community event
- Four Healing Meals t-shirts provided

Supporting Sponsor \$500

IMPACT: Provides 1 client with 5 meals for 7 weeks

- Company name and logo listed on our website
- Company name and logo to be displayed at each community event
- Two Healing Meals t-shirts provided

Caring Sponsor \$250

IMPACT: Provides 3 clients with 5 meals for 1 week

- Company name and logo to be displayed at each community event
- One Healing Meals t-shirt provided

For more information, please contact Ellen Palmer at ellenpalmer@healingmealsproject.org or 860.655.1382.