In the kitchen where our youth volunteers and mentors work side by side, magic happens.
Dear Friends,

As we gather to reflect on the past year, I am filled with immense gratitude for the unwavering support and dedication that define our Healing Meals family.

2023 has been a year of transformative growth. Together, we have nourished not only bodies but also spirits, providing comfort and hope to those facing health challenges. Our mission—to nourish through food and connection—has been our commitment toward a healthier community.

In the kitchen where our youth volunteers and mentors work side by side, magic happens. The chatter of our volunteers as they dice and prep and the clatter of pots and pans becomes a symphony of care, as each meal is crafted with love and intention. These meals, infused with healing energy, find their way to the doorsteps of families in need. Imagine the relief, the warmth, and the hope that a nourishing broth or a wholesome dish brings to someone recovering from illness. It’s a small act with immeasurable impact.

Our Healing Meals Team in collaboration with our Kindness Crew, epitomizes the very essence of our organization, always bringing their compassion and positive energy into each new day. They selflessly give their time, ensuring that no one faces their health journey alone. Their commitment inspires us all.

As we turn the pages of our 2023 Annual Report, we celebrate milestones and partnerships. We honor the courage of our clients, the dedication of our volunteers, and the generosity of our supporters. Each story shared, each meal delivered, and each smile exchanged is a testament to the healing power of community.

In 2024, we will continue to seek new opportunities to enhance our programs, build strong partnerships, and savor each day. Together, we can continue to nourish bellies, hearts and minds. May our shared commitment continue to ripple outward, touching lives far beyond our kitchen doors.

With gratitude and anticipation,

Sarah Leathers
Sarah Leathers, Founder and CEO
Kindness Crew

We are grateful to the hundreds of volunteers who fuel our mission. In 2023, 530 individuals provided 13,000 hours of service.
Adult Volunteers:

**400+ Hours**
- Annette Lilly
- Gene Evans
- George Kearns
- Jane Brockway
- Rich Sider

**200–399 Hours**
- Allison Schmitz
- Betsey Rollins
- Bob Goodman
- Bob Janas
- Cheryl Velasquez
- David Fleming
- Gayle Gagliardo
- Gloria Riberdy
- Hillary Pease
- Jackie Charest
- JD Riley
- Jean Canter
- Jeanne Conrad
- Jeanne Russo
- Jonathan Housum
- Karen Worley
- Karin Sebolt
- Kevin Masse
- Len Bieringer
- Lin Branham
- Linda Samoncik
- Melanie Geno
- Michael Marti
- Michele Dyson
- Myck Williams
- Nanci Fox
- Nancy Shyer
- Pamela Bowman
- Sue Zeller
- Susan Myers
- Suzy Wertz
- Tracy Arnold

**85 Hours—Green Aprons**
- Carrie Titolo
- Cheryl Glasgow
- Christina LaPent
- Christine Pandolfe
- Cindy Dodge
- Cindy Welsh
- Claudia Norworthy
- Dale Galbo
- Daniel Flynn
- Doug Nielson
- Ellen Palmer
- Emily Sondheimer
- Gaganjot Bedi
- Harry Jones
- Jean Molodetz
- Joanne Cieri
- Joan Whittaker
- Johann Mooney
- Juliana Cooper
- Karyl Carlson
- Katherine Viani
- Kathleen Hughes
- Kathleen Kelly
- Katie Martin
- Kimberly Calciniari
- Linda Landrigan
- Lisa Marti
- Lisa Peluso
- Liz Keenan
- Lori Stethers
- Lorrie Lescarbeau
- Lynn Everett
- Marcia Pfeiffer
- Margaret Domashinski
- Marie Stone
- Marsha Nedorostek
- Mary Sanislo
- Mary VanDerMeid
- Quincy Williams
- Ryan Mazun
- Sandy Garcia
- Sharon Lingenheld
- Siobhan Ulrich
- Smadar Ohlbaum
- Sue Mazurki
- Susan Eblen
- Susan Powers
- Tom Johnston
- Wendy Saffer
- Bill Bergamo
- Zarouhi Khachoyan

**Members**
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- Amanda Kellogg
- Amanda Soucier
- Anne Massucco
- Anne McFadden
- Ann Leabman
- Anthony Ciccone
- Ari Mills
- Avra Novarr
- Beth Tolan
- Betsy Hole
- Bill Keenan
- Bob Richardson
- Bonnie Daly
- Brian DiFatta
- Brittany Kalnenieks
- Camilla Kerr
- Carol Davis
- Caroline Zhang
- Carrie Kranz
- Catherine Earnhardt
- Cathryn Amarante
- Cathy Cummings
- Chad Hoke
- Charles Spencer
- Chelsea Ross
- Chip Walters
- Chloe Shoaf
- Chrissi Bartkiewicz
- Christine Cieplinski
- Christine Fichera
- Christine Granger
- Cristina Dornelas
- Dame Catalan
- Dana Fluder
- Dan Sitcovsky
- Darlene Galayda
- David Juros
- David Rosenfeld
- Dawn Zaleta
- Deborah Fazzina
- Deborah Giaffridda
- Deepti Bhatia
- Diane Oberhausen
- Donna Brugnetti
- Donna Comeau
- Durga Shervi Kuvelkar
- Eileen Neubert
- Elizabeth Neave
- Elizabeth Reilly
- Elizabeth Robinson
- Elizabeth Rogers
- Ellen Lescher
- Erika Evanko
- Erin Morris
- Esther Gonzalez
- Evelyn Simons
- Gary Nedorostek
- Greta Blanchard
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- Holly Powers
- Holly Simeon
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Katherine Cain  
Kathleen Gauthier  
Kathleen Webb  
Kathy Compton  
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Katie Villa  
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Sanjeeeta Raghavendra  
Sarah Salton  
Sarita Poddar  
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Shawn George  
Sue DiFatta  
Sue Keenan  
Susan Bengtson  
Susan Bristol  
Susan Dorfman  
Susan Schenker  
Suzanne Shea  
Suzanne Waters  
Tanya Smith  
Tatiana Orejuela  
Timothy Wynne  
Tom Hole  
Tom VanDerMeid  
Tony LaMark  
Tracy Geyer  
Tracy Parrino  
Tricia Laubscher  
Trudy Pearce  
Vanitha Sitaram  
Virginia Worrell  
Vitali Zhulkovsky  
Wendy Lisle  
Yvonne Bergholtz  

**Youth Volunteers:**  
**Master Chef (200+ Hours)**  
Anna Baran  
Bhajan Deshpande  
Hayden DiFatta  
Imani Lagasse  
Sam Mills  

**Chef Coat (100-200 hours)**  
Alex Picoul  
Andrew Taylor  
Bella Listro  
Charlotte Case  
Charlotte Nolan  
Charlotte Olin  
Gavin George  
Hannah Schoen  
Iris Wen  
Jai Deshpande  
Jenna Lee  
Kate George  
Katherine Droppo  
Ketan Badrinath  
Rohan Badrinath  

**Blue Apron (50-100 hours)**  
Addie Gill  
Bebeann Oh  
Charlotte Ranks  
Elizabeth Zehr  
Emilie Carroll  
Giselle Larbi  
Hannah Rabinowitz  
Henry Frank  
Kate Schwendemann  
Katherine Tsang  
Katie Chaletsy  
Kelly McNamara  
Konrad Motyka  
Lauren Lee  
Logan Gottesmann  
Maisie Collins  
Max Petropoulos  
Michael Kalois  
Nadine Behjet  
Raymond Zhang  
Sahai Haylett  
Sam Baran  
Sasha Davis  
Sierra Secor  
Thomas Le  
Timmy Baumer
Members
Aarika Biswas
Abby Patterson
Abby Rothstein
Abhi Poddar
Abhi Srivel
Abishek Kandasamy
Adam Pendergrass
Adittya Chopra
Aidan Hayes
Aishee Mukherjee
Alexander Donohue
Alex Schwendemann
Alex Spaulding
Alma Dudas
Amabilia Yoreima Escalante Ortiz
Amanda Wall
Andre Sardinha
Andrew Duan
Andrew Mugno
Angel Valdes
Annabelle Chan
Anna Fluder
Anna Pastor
Anna Stockwell
Anne Bitondo
Aparna Sitaram
Aradhana Chetnani
Arin Yadav
Aryana Patel
Audrey Duan
Ava Canning
Avery Prewo
Ayaan Panjani
Ben Sagiv
Bhadra Aneesh
Bowen Lightner
Brecon Morgan
Bryson Tsogt-Erdene
Camryn Telford
Caroline Hebbeler
Caroline Sisk
Cedar Kulynych-Griffith
Chance Housum
Charlie Hoffman
Charlotte Page
Chloe Dismukes
Chloe Grant
Chloe Wasserman
Ciaran Groom
Claire Ha
Claire Reidel
Cooper Mason
Cooper Thomas
Courtney Meeker
Danielle Fisher
David Hebbeler
David Scoll
Daya Laurich
Delaney Soucie
Elaine Ding
Ella Babigian
Emma Krug
Eric Kim
Faye Moster
Finn Heller
FOCUS Center for Autism
Geoffrey Herrmon
Gillie Baxter
Grace Jacobs
Grace Jennings
Grace Magel
Graham Johnson
Hannah Irvin
Holly Freeman
Ian Wolfe
Idalia Ortiz
Jack Earley
Jackie Curley
Jackson Shultz
Jagruti Tirunagari
Jake Bender
Jameson Knall
Jenna Hole
Jillian Beatman
Jinandi Herath
Joanna Ha
Jomelis Bruno
Jordana Connell
JP Budlong
Juliet Pia
Katelyn Saul
Katie O'Meara
Kevin Chokshi
Kierra Wilson
Larry Ortiz Escalante
Lauren Firestone
Lauren Titone
Lex Sullivan
Liam Heaney
Liam Hildinger
Lillian Iloeje
Lily Jones
Liya Tang
Lizzie McClellan
Logan DiFatta
Logan Dunn
Lucas Pylypiv
Macie Goetz
Madison Brady
Mady Tucker
Maeve Trudell
Maia Aronson
Mason Pia
Matthew Picoult
Meghan Gaffney
Meijin Hsiao
Melody Wei
Michael Li
Michael Zheng
Molly Grandell
Natalie Ith
Nathan Parker
Neil Garag
Nick Cordani
Nidhi Pratti
Nora Kerr
Nyasha Haylett
Olivia Machlarz-Earle
Owen Millman
Pat Shea
Phineas Connell
Priya Shinde
Quinn Bacon
Rayhan Shameen
Riley Yoreo
Ronan Arsenault
Ryan Micari
Ryan Zhang
Samantha Carr
Sanjana Sitaram
Sara Babigian
Sarah Kowal
Sarah Mathew
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Shamiah Rogers
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Vinay Sethuraman
Wesley Moyer
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Yifan Jiang
Ying Cheng
In 2023

33,000 Meals served to

349 Clients enrolled in Meal Program

+ 203 Family members

3,050 Deliveries made and cards written

80% of clients are considered low-income
I can’t thank all of your staff enough for the relief, comfort and solace these wonderful meals have done for us. My husband had two surgeries and we sustained severe financial hardship. The meals are ‘delicious’ and literally fed us, for without these meals, we literally would have had very little to eat. What took me so aback was that it doesn’t take a huge crisis to place individuals in this position and if their health is significantly impacted, how difficult shopping and trying to prepare a decent meal truly is!! Your program has been a bright light and not only removed my worries but gave me a much needed respite as my spouse is requiring much care. We send our profound gratitude for the gift of service to our community and the wonderful volunteers, including your high school students, who participate in making life so much better for our community. May God Bless all of you!
—Jacqueline, Healing Meal’s Client
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Sarah Pritchard  Margo Pullman  Julie Purzycki
Andrea Raabe  Judith Rabinowitz  Laura Radocy
Djordje Radujko  Nick Ravalese  Gary Reola
Wendy Reola  Michael Ressler  Charles Reuter
Kevin and Elizabeth Reynolds  Brenda and Jim Rice  Denise Rice
Megan Richard  Bob and Margaret Richardson  Emily Richardson
Daniel Rider  James Rignall  Colleen Ristau
Ann and John Ritson  Brent Robertson  Luc Robillard
Benjamin and Diana Robinson  Dionne Robinson  Elizabeth Robinson
Hilary Robinson  Phil and Cynthia Rockwell  Nancy Rodriguez
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Linda and Philip Romegialli  Tyler Ronald  Nancy Crane Rosen
Barbara and Alan Rosenberg  Howard and Ellen Rosenberg
and Family  David and Sylvia Rosow  David Ross
Andrew Roth  Jane Roth  Kristopher Rudd
LouAnn Rusczek  Justin Russell  Bernard and Karen Ryan
Brenda Ryan  Charlotte Ryan and Ryan Sullivan  Jen and Jeffrey Ryan
Nancy Ryan  Scott Ryan  Lois Saffer
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Andy and Margie Satell  Melodee Savage-Roderick  Amanda Savio
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Giovanni Serpi  Elizabeth Shea  Sofia and Traci Sheintop
Todd Shelansky  Jennifer Shorett  Marybeth Shutran
Nancy Shyer and Emily Drago  Kevin Simeon  Larry and Phyllis Simeon
Pam Simmons  Karen Simon  Lynette and William Simpson
Patricia Sisk  Sharon Sklar  Louis Stamoulis
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Rosalie Strano  Danielle and Daniel Stravato  Maria Imelda Suit
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Scott and Kristin Sullivan  Steven Sweeney  Lori Swenson
Ann Switzgable  Holly Sysko  Nina Sysko
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Michael Testone  The Coursey Financial Group  The Frederick Gunn School
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and Merrimack Valley  Barbara Upton  Karen Vallee
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Nancy and David Wadhams  James Walton  Rich Walton
Jeanne Ward  Michelle and Chuck Ward  Scott Warner
Tracy Warner  Kenneth Washuta  Joy Watkins-Jones and Garfield Jones
Brie Watson  William Watson  Michael Watts
Beth Weinberger  Diane Weinholdt  Jeannine Welch
David Welk  Ken Welsh
Kevin and Wendy Werle
Chris and Samantha White
Erika and Jeffrey White
Robert and Janet White
Tom Whitlock
David Wickstrom
Hope and Mark Wigmore
Elizabeth Wik
Elizabeth and William Wilcox
Kristen Wilder
Sara Wilkinson
Beverly Williams
Alison Wilson and Cherylann Keough
Jill Wilson
Donna and Wayne Wnuck
Joseph Wojciechowski
Andrew Wood
Elisabeth Wood
David Woodworth
Jean Wozniak
Tim Y
Gail and Michael Yaffe
Heather Yoreo
Keith Yoreo
Dawn Young
Becky Zappone
Doreen Zawacki
Sue Zeller
Olivia Zemany
Robin Zimmerman

**Thank you to those who donated in-kind gifts:**

Russell and Laurann Asklof
Ayelet Connell
Pamela Bowman
Joan Palmer
Joanne Burke
Tony Camilleri
Connecticut Valley Garden Club
Costco
Tom Daly
Nora Feder
Ferry Lane Farm
Nanci Fox
Gary’s Maple Syrup and Garlic
George Hall Farm
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Hartford Athletics
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Hartford Yard Goats
Holcomb Farm
Iris Photography
Jeff Lizotte
Le Banh Patisserie
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M. Laiuppa Fine Art
Mary Ellen Mullins
Kevin Masse
Kim Mathieu
MAX Downtown

Mendes, Angela Silva
Metro Bis Restaurant
Miller Foods, Inc./Oma’s Pride
Lisa and Matthew Natcharian
Otis Mechanical LLC
Playhouse on the Park
Present Company
Chris Prosperi
P&S Services Inc.
Seshu Photography
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Signs Plus Print
Simsbury Real Estate Holdings, LLC
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Diane and Matt Stephenson
Valerie Taylor
TheatreWorks Hartford
Tiger Belly Noodle Bar
Toro Loco Mezcaloteca
Tracy Arnold
Tri-State Restaurant Equipment
Terry Walters
Whispering Fox Photography
Wild Roots Flower Farm
Kim Wood

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Amy Chase McMahon
Ann & Lou Greulich
Anne Kan
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Bud & Cindy Couch
Carol Raffanello
Dean Ockerbloom
Eduardo y Mercy Lopez
Emily MacEwen
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Sunitay Tanthuwanit
Terry Salls
Theresa Salls
Tracy Bonini
Val Magro

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NotTaylorSwiftAndTravisKelce
Olimar and Moss
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Terry Duggan, Sue Deffenbaugh,
Kim Hines
TheGreatCatsby
The Hoffman’s
The Lirio family
Wendy and Kevin Werle
Wendy Saffer

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Advanced Computer Technology
Anastasia Sorella
Awnings Plus LLC
Betsy Blanc and Charlie Powers
Cathy and Sam Peper
Chrissy and Tommy Barnard
Christina LaPent
Christine Pandolfe
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Doris Brome
Eden and Declan Mallory
Ellen Deutsch
Ellen Palmer Wellness
Emily Safino
EPW
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Gma, Pops and Auntie Kim
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Hillary Pease
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Val Magro
Whenever I spend time at Healing Meals, I leave feeling uplifted. The team at Healing Meals are truly nourishing with love. This includes the community of clients, volunteers, staff, supporters and board members, who are nourished both physically and emotionally. Under Sarah Leathers’ strong leadership, 2023 was a terrific year for Healing Meals! In this annual report, you’ll read about impressive highlights of the year.

Sarah and her team set ambitious goals for 2023, and with the generous support and involvement from many of you, they met or exceeded all of them. From serving the 145,000th meal, to hiring a new executive chef, to receiving countless positive testimonials from clients and youth volunteers, Healing Meals is making an incredible impact on our community. There are many new opportunities in 2024 to get involved, to be nourished, and to support the mission. I hope you will join us!

With gratitude,
Katie S. Martin, PhD
Board Chair
Staff and Financials

Thanks to our staff who supported the work in 2023

Sarah Leathers  
Founder & CEO

Ellen Pamer  
Founder & COO

Emily Safino  
Founder & Client Manager

Ayelet Connell, PHD  
Program and Education Manager

Susan Hoffmann  
Community Engagement Manager

Valerie Taylor  
Finance Director

Lauren Miller  
Grants Manager

Louisa Percudani  
Communications Director

Joe Bucholz  
Executive Chef

Karen Crew  
Client Liaison

Hayden DiFatta  
Culinary Administrative Assistant

Cristy Marlette  
Corporate Relationships & Event Manager

Kim Mathieu  
Kitchen Assistant

Andy Satell  
Kitchen Assistant

Tatiana Ponder  
Executive Assistant

Lisa Yoreo  
Development Associate

Mckenzie Piehl  
Farm Manager

Brittany Raffanello  
Meal Program Administrator

2023 Financials

Year-over-Year Growth

<table>
<thead>
<tr>
<th>Year</th>
<th>Expenses</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>$89,252</td>
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<tr>
<td>2017</td>
<td>$187,765</td>
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<tr>
<td>2018</td>
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<td>2020</td>
<td>$853,746</td>
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<td>2021</td>
<td>$857,219</td>
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<td>2022</td>
<td>$897,276</td>
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<tr>
<td>2023</td>
<td>$1,030,000</td>
</tr>
</tbody>
</table>

2023 Expenses

- 55% Programming
- 24% Admin
- 21% Fundraising

2023 Revenue

- 47% Donations
- 27% Grants
- 6% Other
- 20% Fundraisers/Events