



Healing Meals
Community Project

2024 Annual Report




Healing Meals
COMMUNITY PROJECT



“

I just received our first delivery and I am seriously overwhelmed with gratitude! The handwritten cards, the personalized notes, the typed up menus, the careful packaging, and last but not least the amazing quality of the ingredients.”

—Ruth, Healing Meals Client





Dear Friends and Supporters,

If you are reading this, you have been instrumental in the success of Healing Meals Community Project. Each and every person who has provided support, in any way, can be proud of how far we have come since we cooked our first meals on March 12, 2016.

Reflecting on the notes I wrote after that first night, I cannot help but smile with gratitude and appreciation for what it took to get started. Now, looking back over the years, I am in awe of what we have collectively achieved. We have built an organization focused on community, with a mission to nourish and love people through our beautiful meals—beyond what I ever imagined.

Last year, my word was **OPPORTUNITY**. As a team, we approached every opportunity with the perspective of whether it supported our community, streamlined our processes, provided financial growth, and helped us build an organization with lasting value. We faced many opportunities and, together, discerned which would have the greatest impact. Here are just a few ways we embraced “Opportunity”:

Streamlined Processes:

Implemented Salesforce applications to enhance efficiency.

Youth Empowerment:

Supported our Youth Development Team in creating their own event.

Community Partnerships:

Partnered with Hartford Hospital to support underserved pregnant moms with diabetes.

New Initiatives:

Launched a new event, Super Saturday.

Increased Service:

Provided 28% more meals, ensuring we served every family in need.

In the pages that follow, you will see the number of volunteers and donors who committed to Healing Meals Community Project in 2024. I am humbled by this grand list and deeply grateful for your support.

We will continue to nourish our community, always remembering that **LOVE** is at the center of everything we do at Healing Meals Community Project.

With heartfelt gratitude,

Sarah Leathers

Sarah Leathers, Founder and CEO

Kindness Crew

We are grateful to the hundreds of volunteers who fuel our mission. In 2024, **507** individuals provided **14,053** hours of service.



45
Youth
volunteer
chef coats





Adult Volunteers:

400 Hour Club

Annette Lilly
Gene Evans
George Kearns
Jacquelyn Charest
Jane Brockway
Jeanne Russo
Jonathan Housum
Len Bieringer
Maria Bloom
Myck Williams
Nanci Fox
Rich Sider
Susan Myers

200 Hour Club

Adam Cohen & FOCUS Center
for Autism
Allison Schmitz
Betsey Rollins
Bob Goodman
Bob Janas
Cheryl Glasgow
Cheryl Velasquez
Christine Pandolfe
Cindy Dodge
David Fleming
Doug Nielson
Gayle Gagliardo
Gloria Riberdy
Harry Jones
Hillary Pease
JD Riley
Jean Canter
Jeanne Conrad
Johann Mooney
Karen Worley
Karin Sebolt
Karyl Carlson
Kathleen Hughes
Kathleen Kelly
Kimberly Calcinari
Linette Branham
Lisa Peluso
Marie Stone
Mary Sanislo
Melanie Geno
Michael Marti
Michele Dyson
Nancy Shyer
Sandy Garcia

Sue Zeller
Susan Powers
Suzy Wertz
Tom Johnston
Tracy Arnold
Wendy Saffer

85 Hour Club

Aaron Frank
Alison Keefe
Amy Beup
Anne Massucco
Barbara Flynn
Barbara Teiger
Bonnie Daly
Caroline d'Otreppe
Carrie Kranz
Carrie Titolo
Chad Hoke
Christina LaPent
Christine Fichera
Cindy Welsh
Claudia Norsworthy
Dale Galbo
Daniel Flynn
Diane Oberhausen
Donna Comeau
Elizabeth Neave
Ellen Palmer
Emily Sondheimer
Erika Evanko
Gaganjot Bedi
Heather Vega
Janet Black
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Marcia Pfeiffer
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Mary VanDerMeid
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Suzanne Shea
William Bergamo
Yvonne Bergholtz
Zarouhi Khachoyan

Members

Ailing Quek
Alondre Rush
Amanda Fazzino
Amanda Kellogg
Amanda Soucier
Amy Heine
Ann Leabman
April Mock
Beth Tolan
Bill Keenan
Brian DiFatta
Brittany Kalnenieks
Carla Gonzalez
Carol Davis
Carol Hebbeler
Carol Sfikas
Carolyn DeiDolori
Carolyn W Levine
Caryl Bills
Cesar Sauer
Charles Spencer
Chloe Shoaf
Christine Granger
Christine Kasson
Christine Rouleau
Christy Hoffman
Craig Terwilliger
Cynthia Dowd
Dame Rose Catalan
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Danielle Convery
Darlene Galayda
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Dawn Zaleta
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Deborah Giuffrida
Deborah Gordon
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Elizabeth Robinson
Ellen Coco

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Flavia Sauer
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Ingrid Maclean
Ira Goldman
Isabel Prieto Blanco
Ivy Perrelli
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Jane Perkins
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Jeanne Young
Jean Thompson
Jennifer Searfoss
Jennifer Stantial
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Susan Schenker
Suzanne Waters
Tamara Carey
Tatiana Orejuela
Teresa McCue
Tom VanDerMeid
Tony LaMark
Tracy Parrino
Tyler Ronald

**Youth Volunteers:
Master Chef (200+ Hours)**

Anna Baran
Bella Listro
Hannah Schoen
Imani Lagasse
Jai Deshpande
Sam Mills

Chef Coat (100-200 hours)

Addie Gill
Charlotte Case
Charlotte Nolan
Charlotte Olin
Charlotte Ranks
Emilie Carroll
Gavin George
Giselle Larbi
Henry Frank

Iris Wen
Kate George
Katherine Droppo
Ketan Badrinath
Lucas Pylypiv
Raymond Zhang
Rohan Badrinath
Sam Baran
Sasha Davis
Timmy Baumer
Zoe Howe

Blue Apron (50-100 hours)

Abby Rothstein
Abhi Poddar
Aditty Chopra
Audrey Duan
Bebeann Oh
Ben Sagiv
Chance Housum
Claire Reidel
Daya Laurich
Eric Kim
Grace Magel
Ian Wolfe
Katelyn Saul
Katie Peng
Katherine Tsang
Katie Chaletsky
Lauren Lee
Lauren Titone
Logan Gottesmann
Maia Aronson
Maisie Collins
Marissa Mills
Matthias Reiser
Nyasha Haylett
Prahalya Senthil
Ryan Zhang
Sahai Haylett
Sohani Das
Tessa Brown
Thomas Le
Varun Srinivasan
Vera Srinivasan
Vikram Chetnani
Vinay Sethuraman
Yilian Jiang

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Abhi Srivel
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Aiden Grossi
Aishee Mukherjee
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Ava Montgomery
Avaneesh Savkar
Ava Papagianneris
Avery Keefe
Avery Parker
Ayaan Panjani
Bailey Silva
Benjamin Silverstein
Bennett Evanko
Bennett Fairchild
Bhadra Aneesh
Bianca Ma
Brayden Keefe
Brecon Morgan
Britt Housum
Brooklynn Knowles
Caden VanDerMeid
Cameron Trettel
Camryn Telford
Caroline Hathorn
Caroline Hebbeler
Cedar Kulynych-Griffith
Charlize Calcagno
Charlotte Page
Charlotte Reidel
Charlotte Saul
Chengcheng Wang
Chloe Dismukes
Chloe Wasserman
Claire Flynn
Claire O'Donnell
Cole Bornn

Connor Gilday
Cooper Thomas
Daniela Sanetti
Daniel Jacius
David Hebbeler
Elaine Ding
Eleanor Walas
Elianna Kim
Elizabeth Cadoff
Elle Anderson
Ellie Cramer
Ellie Parets
Emma Pagliaro
Finn Boyd
Frank Briggs
Grace Jacobs
Grace Jennings
Graham Johnson
Graham Rasy
Hazel Ronald
Isabelle Hathorn
Ishan Desai
Ize Taylor
Jack Earley
Jackson Shultz
Jahnvi Varma
Jake Bender
James Shields
Jane Hennessy
John Russo
Jordana Connell
Jordan Wang
Josie Pia
JP Budlong
Kathleen Galvin
Katie O'Meara
Kellen Shields
Kevin Chokshi
Kevin Galvin
Kierra Wilson
Leo Rasy
Liam Heaney
Lily Jones
Lily Silva
Liya Tang
Logan DiFatta

Logan Dunn
Luciana Calcagno
Madeline O'Meara
Maks Jaremko
Malreek Dixon
Margeaux Ford
Marika McCarthy
Mattingly Ford
Meijin Hsiao
Melody Wei
Michael Zheng
Miles Beck
Morgan Prestage
Nathan Parker
Noah Kabakoff
Olivia Whitman
Owen Millman
Pat Shea
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Vinicius Sauer
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William Zheng
Ying Cheng
Ziggy Edney
Zil Desai

108

Adult volunteer
green aprons

129

Youth volunteer
blue aprons



In 2024

211

Youth volunteers

+

296

Adult volunteers

Prepared and
delivered

42,748

Meals to

363

Clients enrolled
in Meal Program

80% of clients
live in low-income
households and
receive our meals for
free or at low cost



“

You have all brought such a bright spot into my cancer journey. Truly—each meal, each note or a special treat has lifted my spirits immeasurably. ”

—Mary Ellen, Healing Meals Client



“

I am grateful that this program exists. We need help from time to time and you were there when I needed it most. ”

—Sandra, Healing Meals Client

“

From the moment I came [to Healing Meals], the staff welcomed me and valued me and my ideas, experiences, and opinions ... I love that Healing Meals respects the power of their youth in that way. I also think that learning about what Healing Meals does for their clients has been really powerful for me ... I did not ever think that a service that provides meals for people going through a health crisis would be so valuable, but I can see it now. Through Healing Meals, I have become more passionate about healthy living ... I am so grateful to have that experience and those connections in my life! ”

—Emilie, Youth Chef Coat Volunteer



“

When reflecting on my life changing journey at Healing Meals, I look back on the wonderful experiences I had over the past five years ... When I entered a kitchen full of compassionate people, incredibly dedicated to serving others, I knew that I wanted to join the Healing Meals family ... This incredible organization gave me the opportunity to help people in need, as well as having a positive impact in my local community. One of the most rewarding feelings was receiving thank you letters from families whose lives were changed by these meals. Through every letter came a heartwarming message and motivation to keep giving back ... Volunteering at Healing Meals helped me grow into the person I am today, teaching me the importance of servant leadership, community, and gratitude. ”

—Michael, Youth Blue Apron Volunteer

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84VIKINGSFORGOOD

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A Note from Our Incoming Board Chair:

My favorite part of being at Healing Meals is the wall of notes from clients who are thankful for the delicious food and the kind and supportive notes from the Healing Meals team. These notes show the love being given to our clients and the love being given back to our staff and volunteers in return. Each note represents a life changed through nutrition and support. Reading these notes fills my heart with gratitude for the hours of hard work being done by everyone at Healing Meals to make this possible and the generosity of our many donors.

2024 was a great year at Healing Meals with goals being surpassed, processes refined and new staff and volunteers joining the mission—all with the strong leadership of Sarah Leathers and her team driving the organization forward. The outlook for 2025 is bright and there are many ways to be involved with this mission and to have your soul nourished while helping our clients be nourished both physically and emotionally. Please join us in supporting this great mission and let's live Sarah's theme for this year—"Spread Love Wildly!".

With much gratitude,
David Juros
2025 Board Chair

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Thanks to our staff who supported the work in 2024

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