



Healing meals volunteers in the kitchen.

# Healing Meals Community Project

*Nourishing Community &  
Empowering Tomorrow's Leaders*

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At Healing Meals Community Project, three beliefs stand as cornerstones of the nonprofit's mission:

1. Food truly is medicine, and nutritious meals are crucial to healing body, mind, and spirit.
2. Empowering youth with the joy of serving others creates a better future for all.
3. The strength of a supportive community is vital, and collectively, we can always do more.

The group's mission inspires the Healing Meals team as they prepare nourishing, organic meals for those facing health crises, all prepared by youth volunteers working alongside adult mentors and professional chefs.

"The youth volunteers handwrite caring message cards that are included in each meal package," says Ayelet Connell, Program and Education Manager. "A dedicated crew of volunteer 'Delivery Angels' then ensures the delicious and nutritious meals are delivered directly to each client's door."

Since 2016, Healing Meals has delivered 185,000 meals to 2,700 people across more than 70 Connecticut towns. This year, they are on track to serve more than 40,000 meals to about 500 people.

"Your support can help us reach even more families in need.," says Sarah Leathers, the nonprofit's founder and CEO.

Visit [healingmealsproject.org](http://healingmealsproject.org), or call 860-264-5864, for more information, to donate or to volunteer with the organization.



Healing Meals volunteers write notes that will accompany each donated meal.