



Healing Meals

COMMUNITY PROJECT

Healthy Meals Program

2025 Impact Report

LOVE & GRATITUDE

WHO'S BEING NOURISHED



Healing Meals

Healing Meals

Healing Meals

Healing Meals

NOURISH WITH LOVE

Healing Meals

Healing Meals

Healing Meals

Healing Meals

Healing Meals

Healing Meals

NOURISH WITH LOVE

EAST

Healing Meals

PROGRAM OVERVIEW

What we do:

- Provide nourishing, nutrient-dense meals using organic ingredients to families during a health crisis
- Pair meals with nutrition education that builds confidence and lasting habits
- Empower families with knowledge that supports healing today, and healthier generations to come

Listening to Our Clients

How we measure impact:

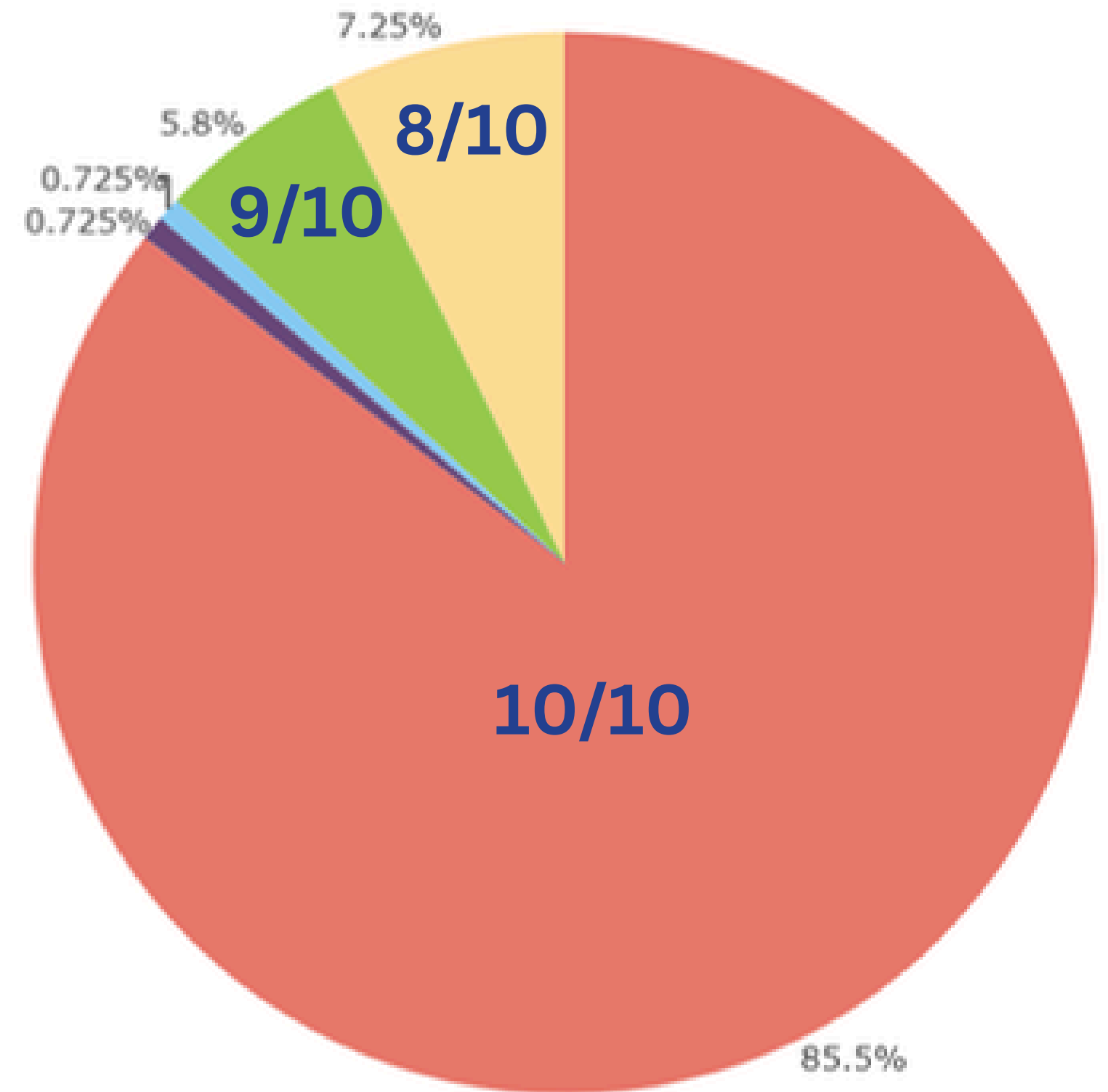
- End-of-program client surveys (2025)
- Quantitative data on food and lifestyle changes
- Qualitative feedback through client testimonials
- Emphasis on lived experience and self-reported outcomes

Overall Satisfaction & Recommendation

Our clients strongly recommend Healing Meals:

- **86%** of clients **rated** Healing Meals at **10/10**
- **Over 98%** **rated** the program **8 or higher**

These percentages demonstrate **exceptionally high satisfaction and trust.**



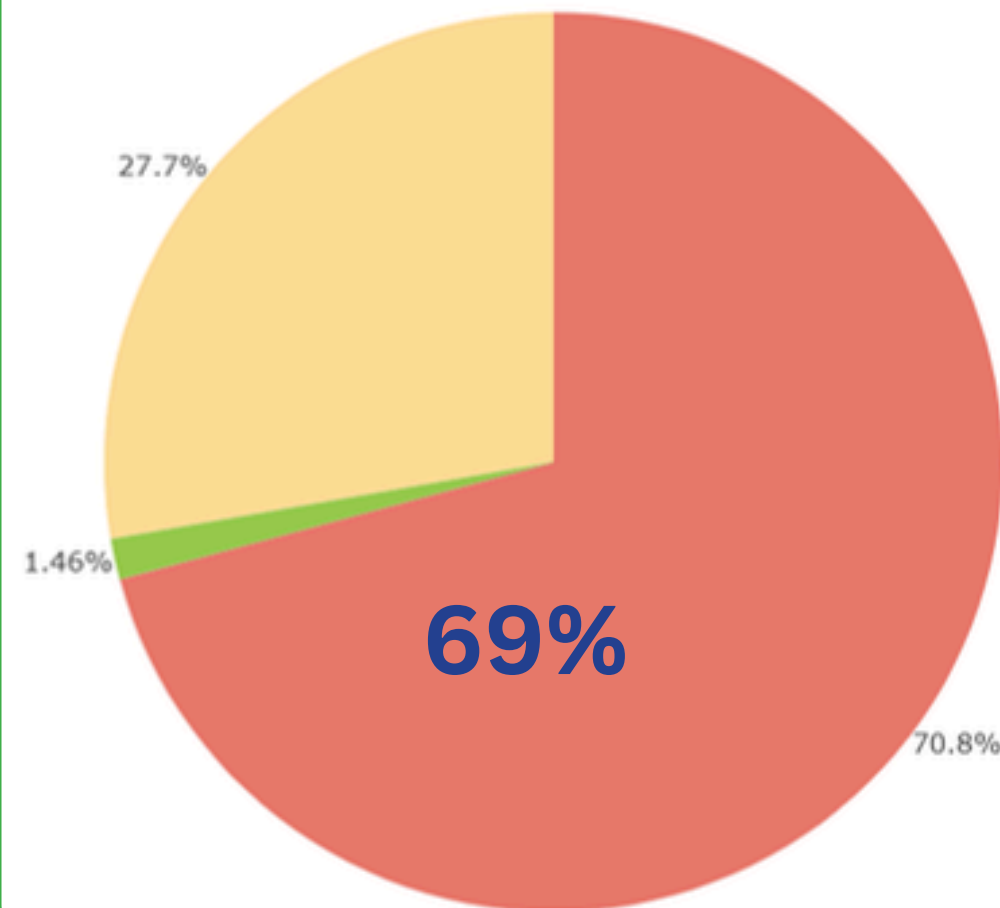
INCREASED CONSUMPTION OF WHOLE FOODS

Positive Dietary Shifts

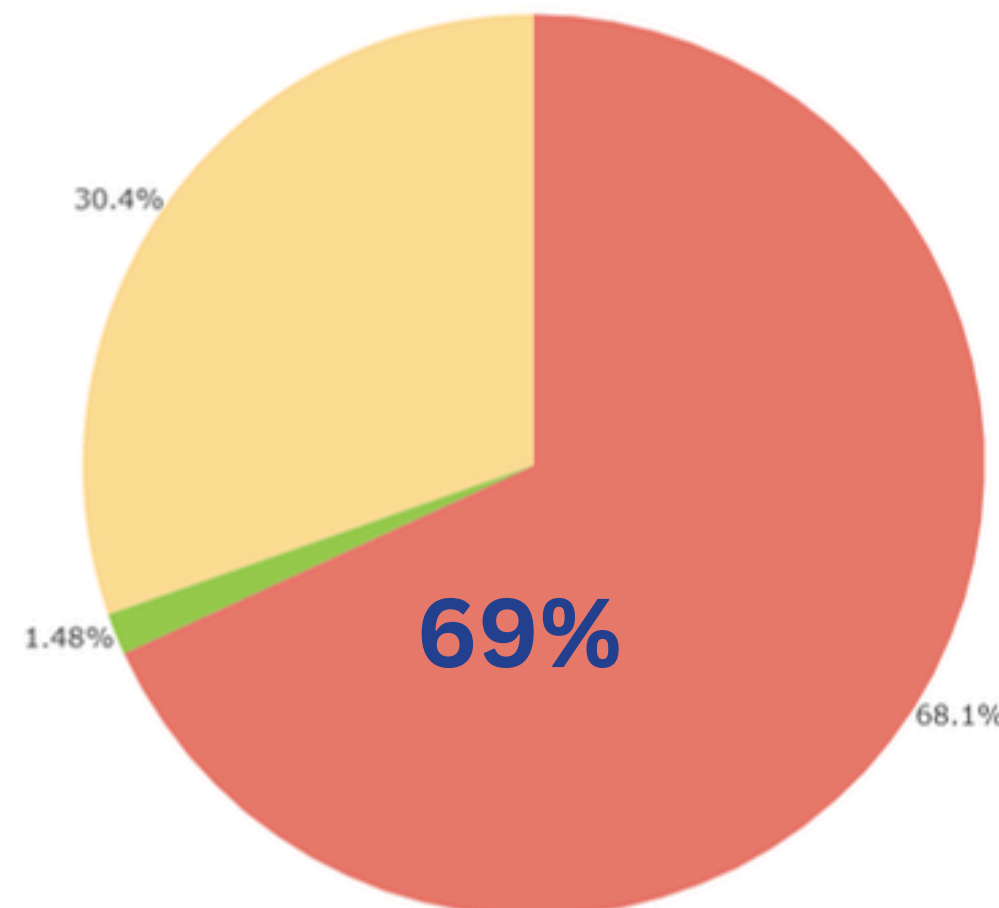
Reported changes in our clients' food consumption:

- 69% reported increased vegetable consumption
- 69% reported increased whole grains & beans consumption
- 39% reported increased fruit consumption

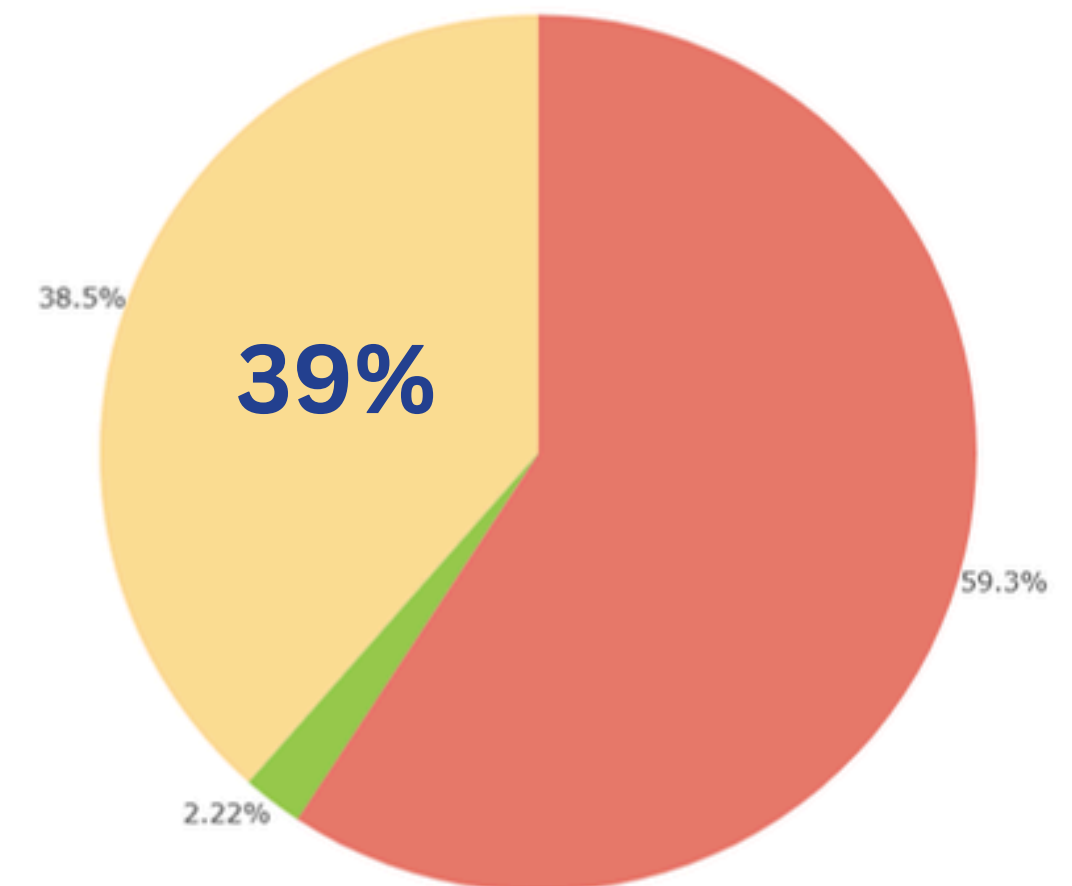
Vegetables



Whole Grains & Beans



Fruit



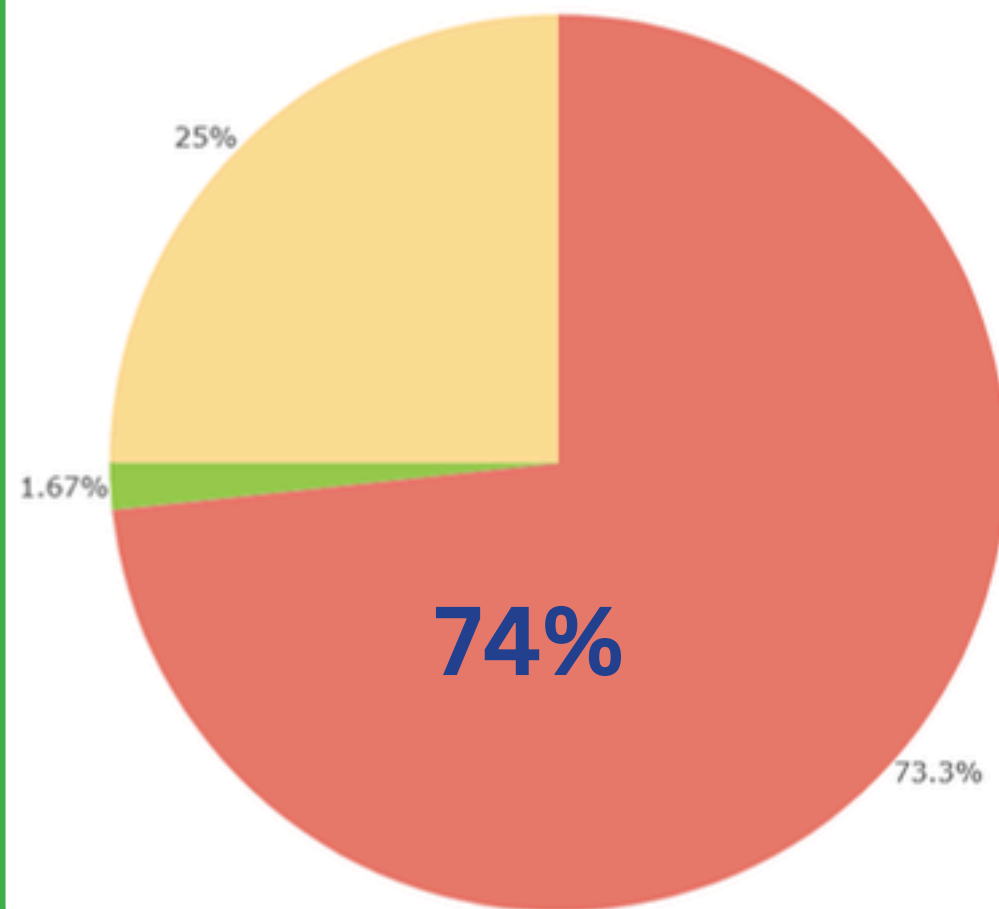
DECREASED CONSUMPTION OF LESS NUTRITIOUS FOODS

Healthier Choices Replacing Convenience Foods

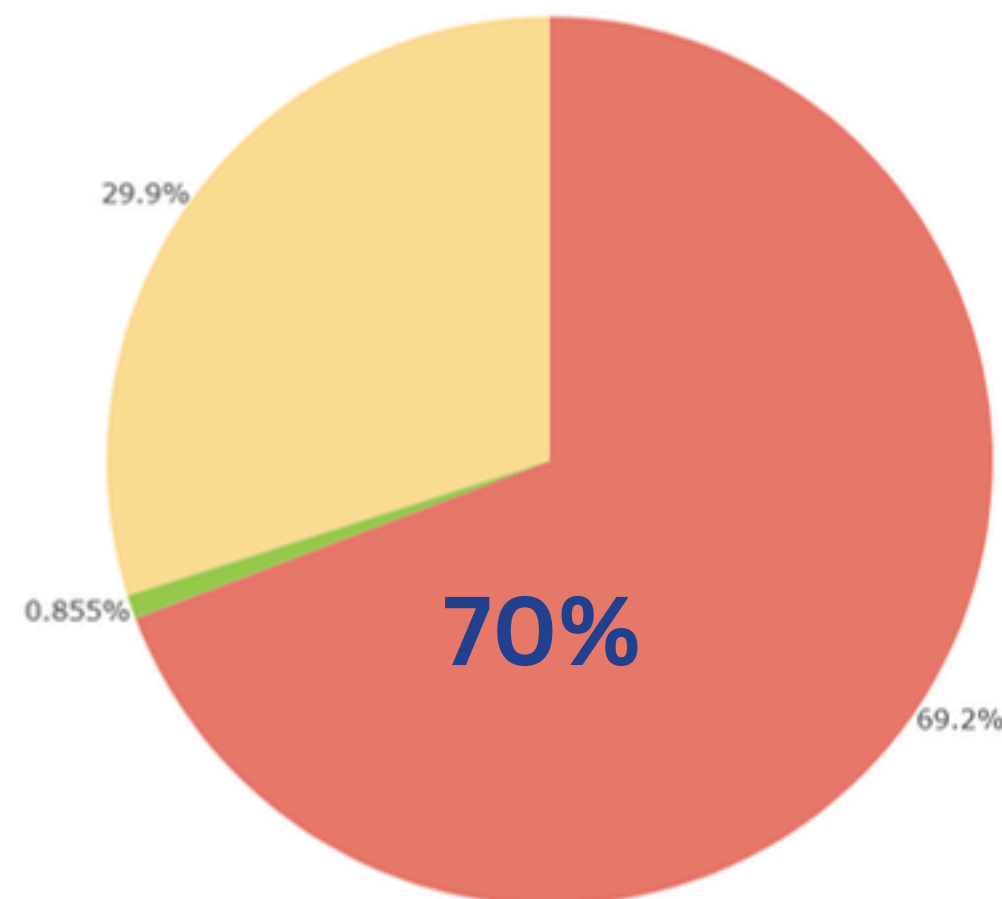
- 74% reported decreased fast food
- 70% reported decreased sugary drinks
- 66% reported decreased pre-packaged foods

This reflects meaningful behavior change, not just short-term participation.

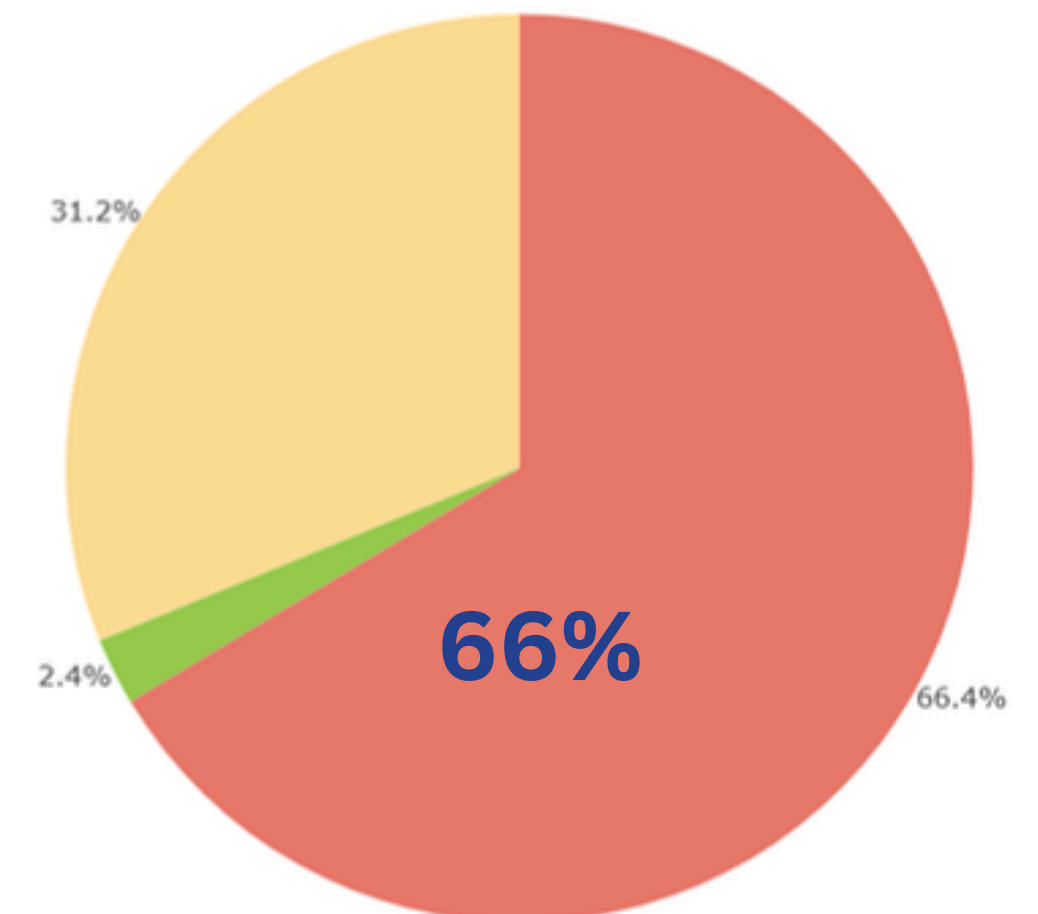
Fast Food



Sugary Drinks



Pre-packaged Food



Impact on Health

- Client completion **survey data from 2025 demonstrates** that Healing Meals Community Project's Healthy Meals Program **supports physical health, mental wellbeing, and sustained behavior change.**
- Clients report feeling **nourished, cared for, and more confident in their ability to make healthy food choices,** during illness and beyond.



What Our Clients Have to Say...

- **92%** have a **greater understanding of how food affects their health.**
- **91%** are **more comfortable eating whole foods.**
- **90%** have a **greater understanding of how important it is to focus on their mental health.**
- **89%** believe that the healthy meals program **supported their mental wellbeing.**
- **96%** believe that the healthy meals program **supported their physical health.**
- **91%** plan on **continuing the healthy habits** that they learned.
- **96%** felt **more cared for and connected to a caring community.**



Healthcare Partnerships & Community Referrals

Most participants in our Healthy Meals Program find Healing Meals through **word-of-mouth or referrals from trusted healthcare partners**. Through these relationships, patients and families receive nutrient-dense meals and practical nutrition education that **extend care beyond the clinical setting, supporting healthier habits for the whole family and generations to come.**



Supporting Better Diabetes Outcomes Through Food

Healing Meals partners with the **Diabetes LifeCare Center and Adult Primary Care teams at Hartford HealthCare** to support **patients managing diabetes** with nourishing meals, nutrition education, and coordinated care that can **inspire healthier habits for families and future generations.**

We have served 85 families with diabetes living in underserved communities since we started our Diabetes partner program in 2025.

DIABETES IMPACT STORY: VICTOR

Referred by the **Diabetes LifeCare Center** at Hartford HealthCare, Victor joined Healing Meals while **facing food insecurity and working toward improved health.**

During the program he **lost nearly 60 pounds,** increased daily activity, and became eligible for a needed medical procedure.

“The meals are high in fiber with little to no added sugar, and learning why that matters has helped me make healthier choices. The program has had a huge impact on my health.” - Victor, Client



Nourishing Mothers & Families During Pregnancy and Postpartum

Healing Meals partners with the **Women's Ambulatory Health Centers at Hartford HealthCare** to provide **nourishing meals and nutrition education for mothers** and families **during pregnancy and postpartum**, supporting healthier habits that can positively **influence family health for generations.**

We have served 83 moms in underserved communities since we started our Maternal Health program in 2020.

MATERNAL HEALTH IMPACT STORY: REINA

Through our maternal health partnership with Hartford HealthCare, Reina received **Healing Meals during pregnancy and postpartum**. The meals provided **nourishing support during a critical time for both mother and baby**.

"I enjoyed eating healthy. They prepared healthy organic meals that helped me physically and mentally. It helped with my newborn before and after birth. Especially Breast feeding, it helped with the milk I provided to the baby. Overall, it was a great program to be a part of and I also learned a lot about eating healthy." - Reina, Client



Baby Maximmo

CLIENT VOICES:

“My cancer diagnosis was a shock... the community of Healing Meals offered me a lifeline! I was too tired, too sick, and too financially strapped to shop and cook for nutritious food... Within the first week of eating your amazing meals I immediately felt stronger! You have helped and supported me more than you will ever know.” – Nicole, Healthy Meals Client

“...All the benefits of the healthy meals. It has helped so much with my sugar levels. They explain all the ingredients in each meal. I know what is entering my body. It is made with real food.” - Maria, Maternal Health Client

“The food is wonderful... I want to thank everybody for preparing my meals. I'm a senior living on a fixed income and this really helps me a lot... I'm eating better and feel a lot better. Thank you very much to everybody. I love everything.” - Diane, Healthy Meals Client



www.HealingMealsProject.org

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