



Healing Meals

COMMUNITY PROJECT

2016–2026 A Decade of Nourishment

Small gestures. Lasting impact.

Gratitude often shows up in quiet ways, through time freely given, hands busy at work, and the small, thoughtful details that remind someone they are cared for. Recently, we saw that same spirit of care reflected in both the generosity of chefs giving their time in our Kitchen and the gift of spring flowers shared to brighten our clients' delivery bags.



At our 2026 Cookathon in April, chefs from across our community generously shared their time and talent to help prepare meals for the individuals and families we serve. To the many chefs who returned once again this year, thank you for your continued support and care.

And to those who joined us for the first time, we are so grateful you became part of our Kitchen community. Together, you all made this year's Cookathon a wonderful success, and we hope to welcome you back again next year.

Chef Spotlight (L-R): [Kim Wood](#), [Chris Sheehan](#), [Tyler Anderson](#), [Terry Walters](#), [Jeff Lizotte](#), [Joe Bucholz](#) & [Joey Cusano](#), Tony Camilleri, [Kevin Masse](#), [Chris Prosperi](#) & [Joe Bucholz](#).



(Photo Courtesy of [@Connecticut Headshots](#))

During the Cookathon, we also marked a meaningful milestone - our 250,000th meal delivered. We were honored to share that moment with Bob Maxon and Taylor Regan of NBC Connecticut, who joined us not only to witness it, but to help deliver that meal into the community. It is through these moments of showing up that this work continues to grow. Shown here (L-R): Healing Meals Founder & CEO Sarah Leathers, Bob Maxon, NBC CT Morning Meteorologist and Emmy Award-winning anchor and reporter at NBC CT, Taylor Regan.

Photo Courtesy of [@Wicked Tulips Flower Farm](#)

This spring, 250 tulips from Wicked Tulip Farms' [Tulips for Love & Hope Program](#) accompanied our meal deliveries, offering a simple but meaningful reminder that nourishment can take many forms. Since the pandemic, this extraordinary program has shared more than 100,000 tulips with organizations across the region, each bouquet prepared by dedicated volunteers. Special thanks to Lisa Gardner, whose thoughtful nomination helped bring this unexpected moment of beauty and care to the individuals and families we serve.



Chefs. Volunteers. Growers. Supporters. Different roles, shared purpose. Together, they create something far greater than any one act alone.

As we celebrate ten years of nourishment, we are reminded that Healing Meals has always been shaped by people who choose to show up with care, generosity, and intention. Every meal prepared, every bouquet shared, and every hour volunteered becomes part of something larger than itself.

If you would like to be part of what comes next, we invite you to join us at our annual Made With Love benefit on June 23. It is an evening to celebrate this remarkable community, reflect on a decade of nourishment, and help carry this work forward into the years ahead. [BUY YOUR TICKETS TODAY](#)

With gratitude,
Sarah & the Healing Meals Community Project Team

Sarah Leathers

Founder & CEO, Healing Meals Community Project