MOVEABLE FEAST

Feed People | Fortify Health | Foster Hope

Summer 2024

FOOD FOR THOUGHT

COLLABORATION IS KEY

Pictured: Isabel Betancourt (left) and Kate Erwin (right)

Access to affordable, nutritious food is crucial for good health, yet many people, particularly in under-resourced communities, face barriers. For over 30 years, Moveable Feast has remained a trusted advocate and committed ally to Marylanders in need of life-giving nourishment. At the start of 2024, Moveable Feast rolled out the 2024-2026 Strategic Plan which outlines top priorities and goals to accomplish over the next three years. We have made considerable progress in many areas of this plan so far, and one goal is focused on the core component of our services – our delicious food.

Thanks to Director of Food Services, Kate Erwin, and Nutrition Manager, Isabel Betancourt, and their teams, Moveable Feast now has 38 meals on the menu. These meals are culturally diverse and tailored to meet the specific needs of our client population. Each client's meal plan is based on their primary diagnosis and nutrition assessment done with a Moveable Feast dietitian upon enrollment. Our medical diets include Heart Healthy, Carb Balance, High Protein and Kidney Dialysis. Clients can also opt for no seafood, no red meat, low lactose or soft & bite size preferences within these diets. Some staff favorites from our new menu include Turkey Bolognese and Tuna Steak with Lemon sauce. We have crafted a 4-week menu cycle, so clients are now experiencing more variety than ever.

We have also introduced a new branded nutrition label that includes nutrition facts, heating information and allergens. The Nutrition Services and Food Services teams meet regularly to ensure our menu remains fresh, healthy, and most importantly, that it is contributing to the best quality health outcomes for each of our clients.

Photo credit: Eric Sipes, Pivotal Visuals

Check out our full 2024-2026 Strategic Plan to see our priorities and goal to increase access to medically tailored meals.

MFEAST.ORG/2024-2026-STRATEGIC-PLAN/

MOVEABLE FEAST REMEMBERS

It has been a difficult year as we have said goodbye to two beloved members of the Moveable Feast community, Paulette Moore and Carlton Smith. As we continue to heal, we remember how they both touched hearts and opened minds to the importance of Moveable Feast's work.

In January, we lost a former staff member and longtime friend to Moveable Feast, Paulette Moore. As the medical transportation staff driver, Paulette was deeply invested in the lives of Moveable Feast clients for over 25 years. Her commitment to Moveable Feast clients was unbreakable – she only lasted in retirement for three days before she was back with a change of heart. Not long after, though, Paulette received some news that set her on her own difficult health journey.

"I began working with Mr. Carlton in 2018. He was the Chair of CAB long before I came to Moveable Feast and was a well-respected member of his community, known for his positive attitude and willingness to help others. Over the years, I learned that Mr. Carlton was a wealth of information concerning the needs of CAB members and knew about all the current community events. I will personally miss Mr. Carlton's big heart and passion for serving in all of his roles and capacities across the many community-based organizations in which he was involved."

Jocelyn M. Jones
Client Services Coordinator II

"When I think of Paulette, the first thing that comes to mind is her impact on others. The Moveable Feast clients were so appreciative of not only their rides back and forth to their appointments but always talked about how being with Paulette made their day just a little bit easier. Sure, they still had their medical conditions but spending that time with Paulette was something they just looked forward to. Paulette was equally as kind to her co-workers, always asking about their well-being as well as their families' well-being, and always bringing a smile to our faces."

Rufus Ellison
Transportation & Facilities Manager

Moveable Feast remained an important part of Paulette's life until the end. Paulette Francis Moore passed away on January 30, 2024. She will be remembered fondly and forever for her bright personality, kind spirit, and generous heart.

Just six months later, we lost another treasured member of our community. Carlton Smith had been involved with Moveable Feast for over 15 years. He was the sitting Chair of Moveable Feast's Community Advisory Board (CAB) at the time of his passing, on May 30, 2024. Carlton was known by Moveable Feast staff and CAB members to be a tremendous advocate for access to health resources, particularly among those living with HIV. His gentle nature and passion for health equity allowed Carlton to both connect and mobilize his community. Carlton was a force of nature and will be sorely and forever missed by all of us at Moveable Feast.

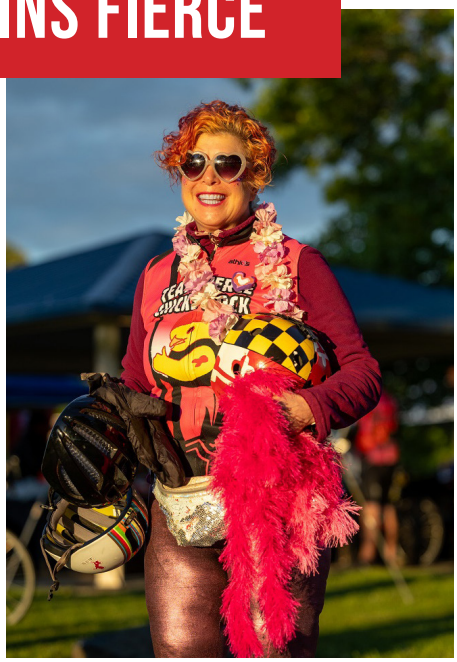
COMMITMENT TO MOVEABLE FEAST REMAINS FIERCE

Moveable Feast has its roots in providing care and comfort to people living with HIV. Over 20 years ago, one nurse whose patients were receiving services from Moveable Feast wanted to learn more. Lisa Scotti formed a cycling team to raise funds for Moveable Feast and the rest is history. Team Fierce Chicks Rock has remained a bedrock support network to Moveable Feast clients, raising millions of dollars over the course of 20 years. Many of the Fierce Chicks are medical professionals who have dedicated their lives to caring for others. This year, Moveable Feast recognized Team Fierce Chicks Rock with the David T. Andrews Founders Award, a testiment to their exemplary efforts and care for community.

RIDE FOR THE FEAST 2024

1	217	19,000	$610,162
day	riders	miles cycled	raised

Lisa Scotti and Shana Dell accept the 2024 David T. Andrews Founders Award



Pictured: Lisa Scotti

DINE OUT TO END HIV THIS OCTOBER

DINING OUT FOR LIFE

OCTOBER 10, 2024

Join Moveable Feast on Oct. 10, 2024 and Dine Out to feed people, fortify health and foster hope! Check out our Dining Out for Life website at mfeast.org/diningoutforlife to select your restaurant and make a reservation now! Gather your friends, family, or colleagues for a great meal knowing that a percentage of your bill will be donated to Moveable Feast.

Want to do even more to support Moveable Feast on Oct. 10? Sign up to be a restaurant Ambassador. For more information, visit the Dining Out For Life website or contact Events Manager, Kevin Smith, at ksmith2@mfeast.org.

CAN'T MAKE IT ON OCTOBER 10TH?

Donate the cost of the best dish at your favorite restaurant!

GOODBYE TO SUMMER HEAT. HELLO TO HOLIDAY TREATS.

We can't believe it either, but the Thanksgiving and Christmas holidays are right around the corner. As always, we will be delivering special holiday meals that include our own Moveable Feast spice mix, along with other holiday treats for clients. We need volunteer delivery drivers to help make it happen! If you are interested, please contact volunteer coordinator, Mel Mputu, at mmputu@mfeast.org.

3-COURSE MEAL

Three questions for a Moveable Feast staff member

Carl Green has been delivering meals to Moveable Feast clients for over seven years. When we ask why he took the job, his answer is simple: He loves to drive, but mostly, he loves people. Carl is positivity personified. Every interaction begins with a warm and lively "Hey, you!" and ends with a laugh. His infectious energy and commitment to quality service makes him an invaluable member of the Moveable Feast team. In Baltimore and beyond, Carl is delivering hope.

What three words come to mind when you think about the service we provide to our clients?
Gratitude, happiness, and fulfillment

What would you like Moveable Feast supporters to know about the client population we serve?
We are not just local, we service the entire state of Maryland.

What do you enjoy most about working for Moveable Feast?
Meeting with and talking to the clients, and putting a smile on their face.

Carl with volunteers at Ride for the Feast 2024

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SAVE A STAMP – SCAN TO DONATE Your support means more people can get the nutrition they need during a difficult time in their life.

GETTING ON BOARD

DOFL Delights Brian DiNardo

Over 20 years ago, Brian DiNardo arrived in Baltimore, MD, and first learned of Moveable Feast.

"My brother-in-law brought me to a Moveable Feast event. At the time, some of his friends were HIV positive and I saw what Moveable Feast was doing for them and others. It was a heartbreaking time and Moveable Feast brought hope and dignity to people who were, at times, stigmatized." Like many of Moveable Feast's board members, Brian first became involved with the organization through volunteerism. First in the kitchen, preparing and packaging meals, and then as a Moveable Feast ambassador for Dining Out For Life. Of his experience with the annual fundraiser, he says, "DOFL is such a multifaceted way for Moveable Feast to connect with the community, increase visibility, and raise awareness to its cause—And who doesn't want to enjoy a great meal for a good cause!" When Brian reflects on his decision to join Moveable Feast's board of directors, he says "I jumped at the chance!" Brian admits he has gotten a bit cynical with age, but says, " What impresses me most about Moveable Feast is a single-minded dedication to the clients and the cause. I have met so many wonderful, excited, and talented people through Moveable Feast, and not just the board members but everyone working there. It has inspired me and given me hope!"

BOARD OF DIRECTORS

MOVEABLE FEAST

James Seidl – CHAIR
Amy Petkovsek – VICE CHAIR
Tiffany Smith – TREASURER
Manuel Miyar – SECRETARY
Terry Wallace – MEMBER-AT-LARGE
Sandy Boucher
Tom Burkhart
Liana Burns
Keisha Byam
Keisha Clarke-English
Christine Crabbs
Rudy de Leon Dinglas
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Stephanie Pankow
Judy Shahan
Nidia Valenzuela

Moveable Feast is a 501 (c)(3) charitable organization, contributions to which are tax-deductible. A copy of our current financial statement is available upon request by contacting our accounting office. Documents and information submitted to the State of Maryland under the Maryland Charitable Solicitations Act are available from the office of the Secretary of State, State House, Annapolis, MD 21401 for the cost of copying and postage.