



FEATURE

Study :
**The Impact
of Medically
Tailored Meals**

Community Servings was recently awarded a prestigious Robert Wood Johnson Foundation "Evidence for Action" grant to evaluate our Food is Medicine approach on health. The two and a half year study will evaluate the impact of our medically tailored meals program on healthcare expenditures, inpatient hospitalization, and ER visits in severely ill and nutritionally vulnerable adults.

Continued on page 3

Reflecting on a Milestone & Looking to the Future



Dear Friends,

Our sick clients struggle with accessing the nutritious food they need to fight the critical illnesses they face. Whether they're homebound and unable to make the trip to the grocery store or faced with the reality of choosing to buy food or life-saving medications - it is our responsibility to care for those who are unable to care for themselves or their families.

For the last 27 years, Community Servings has prepared and delivered more than seven million medically-tailored meals. Now, more than ever, our most vulnerable neighbors need us. With your generous support, we look forward to the next seven million meals and beyond to ensure our clients are not hungry, sick, and alone.

With thanks,

A handwritten signature in black ink that reads "David". The signature is stylized with a large, sweeping initial "D" and a cursive "avid".

David B. Waters

CEO

Continued

The Impact of Medically Tailored Meals

Dr. Seth Berkowitz from Massachusetts General Hospital will be serving as Co-Primary Investigator with Jean Terranova, Community Servings' Director of Food & Health Policy. Other key partners include a secondary researcher from the Mongan Institute Health Policy Center and the Massachusetts Department of Public Health.

"Our partners at MGH and our team have long understood that malnutrition is a significant factor in the worsening health outcomes of individuals facing disease and chronic illness," said David B. Waters, CEO of Community Servings. "We applaud the Robert Wood Johnson Foundation for their focus on research that considers how social determinants influence health outcomes. By building a data-driven case for the impact of integrating accessible, medically appropriate meals into the healthcare system, we hope to fundamentally change public policy."

Community Servings is one of just 20 grantees, and the only nonprofit social service organization, awarded funding. The resulting data will be instrumental in building the evidence base for our work and that of the broader Food is Medicine field.

Dr. Nancy Adler, Director of *Evidence for Action* commented, "The Community Servings research project will be a key step towards testing the idea of 'food is medicine', providing critical evidence on the efficacy of these kinds of interventions that bridge social services and health care. Examining the medically tailored meals model is particularly important since issues of nutrition disproportionately affect those who are seriously ill and/or socioeconomically vulnerable."

To learn more about the project, "Evaluating the Food is Medicine Approach on Health," visit servings.org and follow us on Facebook for updates.

Community Servings is one of just 20 grantees, and the only nonprofit social service organization, awarded funding





Pie in the Sky

Our annual Thanksgiving fundraiser raised more than \$770,000 to provide medically tailored meals to our critically ill neighbors in need. Thank you to our *Pie in the Sky* sponsors, volunteers, and pie sellers who baked, bought, and sold more than 20,000 pies! And a special thanks to our bakers who so generously give their time and talent to support our mission.

left: Pies baked by Mistral, a Pie in the Sky baker veteran for more than 20 years!



A Gift for Mom = Meals for Someone in Need

Honor the special women in your life while making a meaningful difference in the lives of mothers and families living with critical and chronic illnesses. We're partnering with artist Susy Pilgrim Waters and Fastachi to bring you Meals4Moms gifts that give back!

Each \$25 or \$50 gift represents one or two weeks of nutritious meals for a mom living in Massachusetts who is too sick to shop or cook for herself and her family. Visit meals4moms.org to purchase your gift.

left: Illustration by Susy Pilgrim Waters



UPCOMING

LifeSavor

Join us for our 25th Anniversary *LifeSavor*, presented by Citizens Bank on Thursday, May 4. The evening begins with a cocktail party filled with luxury auction packages, creative cocktails, and a fun balloon pop raffle at The Langham, Boston. Guests are then whisked away to Boston's best restaurants to enjoy an intimate dinner party. *LifeSavor* is not your average gala – it's not to be missed! Purchase your tickets at lifesavor.org.

Cooking up careers

The *Teaching Kitchen* trains individuals interested in careers in the food service industry who face barriers to full-time employment. As participants learn food service skills, they also help our kitchen staff prepare the meals that we deliver to our clients each day.

Utilizing Community Servings' state-of-the-art industrial kitchen, the 12-week curriculum covers all facets of working in a professional kitchen including food safety and sanitation, knife skills, cooking techniques, and nutrition. Trainees also have the opportunity to go on field trips to restaurants and food operation centers and meet with guest chefs for special class demos.

"The program has given me hope for the future. I feel privileged that I have been given a chance to gain the knowledge and skills I need to pursue a career in the food industry," said one trainee.



Celebrating 7 Million Meals

Over the past 27 years we've prepared and delivered 7 million nutritious, made-from-scratch meals to our homebound neighbors suffering from critical and chronic illnesses.

In 1990, Community Servings formed as a response to the devastating HIV/AIDS crisis. Back then, we used a single van to deliver to 30 clients in Roxbury and Dorchester every day. Now, a fleet of eight vans deliver a week's worth of meals to clients and families across 300 square miles.

We couldn't have accomplished this feat without the generous support of our partners, volunteers, and donors. Thank you!

*It takes a village to
prepare and deliver 7,000,000
made-from-scratch meals!*

*Pictured left to right: Medardo
Fernandez, Jorge Torres,
David B. Waters, Kevin Conner,
Juan Vazquez, and Elsa Stengel.*



Farmer Dave's Barley Greek Salad

- 1 cup pearled barley
- 3 cups water
- 2 cups tomato, seeded, diced, and drained
- 1 slice or 2 picked cucumbers, peeled and chopped
- 1-2 red or orange peppers, diced
- 1/2 cup feta cheese
- 1/2 cup pitted kalamata olives
- 3 Tablespoons (1 bunch) fresh chopped mint
- 1 small fresh onion, finely diced
- 3 Tablespoons red wine vinegar
- 2 Tablespoons olive oil
- Salt and pepper to taste

Each year we receive more than 50,000 pounds of donated produce from local farms and food purveyors like Community Harvest Project, Land's Sake Farms, Lovin' Spoonfuls, The Food Project, Farmer Dave's, and others. Through these partnerships, we receive food that remains unsold or left in the fields that would otherwise go to waste. Not only are we able to help reduce food waste, but we are able to make beautiful meals for our clients and increase their access to local, healthy foods.

This recipe is from our friend, Farmer Dave, who shares recipes showcasing local produce that can be found at the grocery store, farmers markets, and in weekly CSA shares.

1. Combine the barley, 3 cups water and a pinch of salt in a medium-size saucepan. Bring to a boil, reduce the heat to low and simmer until the barley is tender, about 45 minutes. Drain in a colander and let cool.

2. Combine tomatoes, cucumber, pepper, feta cheese, olives, mint and onion in a large bowl. Add cooled barley.

3. In a small bowl whisk together red wine vinegar and olive oil. Season to taste with salt and pepper. Dress salad and toss to combine. Cover and place in refrigerator until ready to serve.

This dish is best made 3 hours ahead and is even more delicious the next day.

SOCIAL



@MistralBoston

Apple pies are fresh out of the oven and smell incredible. They'll soon be making their way to @communityserv #PieInTheSky.



@finiconcierge

So excited to deliver
#Thanksgiving pies today
for @communityservings!

Serving the Community Together



Citizens Bank employees are regulars in the kitchen! In addition to helping us prep and package made-from-scratch meals for our clients, Citizens Bank is also the presenting sponsor of *LifeSavor* this year.



We're happy to have hosted Blue Cross Blue Shield of MA for their annual Service Day! Our kitchen was bursting at the seams with 60 BCBS employees who were peeling and chopping vegetables, ladling soups, and packaging meals for our clients!



Blair Miller and Elizabeth Hopkins from FOX25 volunteered to help deliver special Thanksgiving meals to our homebound and critically ill clients.

Volunteers help us prepare 2,200 made-from-scratch meals each day!



@JacobMirsky

One day, I hope soon, deliver of #healthy food to those in need like @communityserv will be part of the #healthcare system. #FoodIsMedicine



@galenmoore

Community Servings is one of the most impressive nonprofit operations I've seen. So glad we had the opportunity to volunteer there. #techgivesback2016

CLIENT STORY

Jane receives our diabetic meals, which are full of nutrient-rich vegetables, healthy fats, whole grains, and are also low in sugar. She says that Community Servings' meals are delicious ("especially the corn chowder!") and they have helped her to lose weight, since they are portion controlled and she started exercising. Jane also loves seeing our delivery drivers each week saying, "the delivery guys are awesome!"

"Since I'm diabetic, the meals really help me with portion sizes. I'm not eating too much and I eat the right desserts. I'm losing weight, too!"



Join the Conversation



servings.org



[Community Servings](#)



[CommunityServ](#)



[Community Servings](#)



[Community Servings](#)

Thank You



State Street Foundation for their \$25,000 grant to support the *Teaching Kitchen*, our culinary job training program for individuals with barriers to employment.

Proctor and Gamble recently awarded us with a \$10,000 grant to provide nutritious meals to our homebound and critically ill neighbors – thank you!

The Cambridge Community Foundation gave \$7,500 to provide meals and nutrition services to Cambridge residents. Thank you for your ongoing support!