



FEATURE

# Healthy Meals with Local Flavor

September marks the beginning of fall, when the summer's bounty is in full swing. At Community Servings, our walk-in coolers are bursting with produce donated by local farms and food rescue organizations - food that our culinary team uses to prepare nutritious, made-from-scratch meals.

"What's the catch of the day?" is the first question Anne has for Warren, a Community Servings' Delivery Driver, when he arrives at her door with her weekly meal delivery. Anne likes to joke with Warren that he must have come straight from the farm fields or fishing boat, considering how vibrant the meals are that he delivers.

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Dear Friends,

Over the past two decades, I have walked into work each day with pride, knowing that I'm entering an organization that provides sustenance and nourishment to those battling illnesses. When I started working at Community Servings in 1998, we were delivering 30 hot meals each day for clients with HIV/AIDS in two Boston neighborhoods. It is astounding to think that now we prepare and deliver 2,500 meals a day for clients with over 35 different critical and chronic illnesses who live throughout 326 square miles in Massachusetts and Rhode Island.

And yet, we still have a wait list for our meals program. Our vision for the future is to triple our own capacity to meet that need, as well as increase the capacity of organizations across the country by forming a Food & Health Policy Center that will scale our model nation-wide, thus changing the way America feeds the sick.

As we grow, it is important for us to continue to provide our critically ill neighbors with the comfort they need when they're unable to care for themselves or their families, and help those beyond our current delivery area. Community Servings has done so by making the case to healthcare insurers and payers that providing medically-tailored meals to critically and chronically ill individuals not only saves money, but also improves health outcomes.

When insurers cover medically-tailored meals, which, research shows, lead to a 16% savings in healthcare costs, our model can be replicated in areas where philanthropic dollars aren't able to support programs like ours.

It's our goal to ensure our most vulnerable neighbors, whether in Massachusetts or elsewhere, are provided with meals that not only help them manage their illness, but also provide much-needed comfort.

With thanks,

A handwritten signature in dark ink. The first letter 'D' is large and stylized, with a long horizontal stroke that extends to the right. The rest of the name 'avid B. Waters' is written in a cursive, flowing script.

David B. Waters

CEO

*Continued*

## Healthy Meals with Local Flavor

A 58-year-old Dorchester native who loves spending time with her four grandchildren and singing in her church choir, Anne has also battled diabetes for years. 2018 marks her fifth year of receiving Community Servings' meals. "I receive a variety of foods I never used to eat – fish, whole grains, and the like. I get a nutritious diet that my doctor trusts, and I feel healthy."

Each year, Community Servings prepares and delivers 650,000 made-from-scratch, medically-tailored meals to people battling critical and chronic illnesses. Research indicates that medically-tailored meal interventions have a positive impact on healthcare utilization and costs, health outcomes, and patient satisfaction. In fact, a study of Community Servings' clients showed a 16% savings on total cost of care due to decreased emergency room visits, inpatient admissions, and emergency transportation services.

Our Local Foods program grew out of the desire to elevate nutrition care for the chronically and critically ill by using fresh, seasonal ingredients, while supporting and partnering with local farmers, fisheries, and other producers of local foods. Growing this farm-to-institution pipeline brings more foods with the highest level of nutrients to our low-income, critically ill clients, maximizing the role of nutrition in managing their illnesses. For many of our clients, access to fresh fruits and vegetables is extremely difficult due to the lack of availability in their neighborhood, higher costs, or mobility limitations that prevent many from being able to shop for themselves.

With the incredible generosity of our local food partners, who donate 50,000 pounds of produce each year, Community Servings is able to provide beautiful meals made with local fruits and vegetables to clients like Anne.

Thank you to our generous partners: Boston Area Gleaners, Community Harvest Project, Land's Sake Farm, Lovin' Spoonfuls, Plainville Farm, The Farm School, and The Food Project.

**Community Servings  
offers 15 different  
medical diets  
for our clients  
with illnesses,  
made with local,  
farm-fresh produce.**





## Pie in the Sky

Community Servings' 26th annual *Pie in the Sky* Thanksgiving bake sale brings together more than 100 of Greater Boston's most generous chefs, bakers, and caterers to bake and donate thousands of delicious pies that more than 500 volunteers sell to their family, friends, and coworkers. Each \$30 pie or donation provides a week's worth of meals for a critically ill neighbor in need. Help us make this year's *Pie in the Sky* the best year yet! Here is how you can help:



### Become a Pie Seller

We rely on our army of 500+ pie sellers to help sell 25,000 Thanksgiving pies to friends, co-workers, and neighbors. Sell pies on your own or start a team--there's no minimum selling requirement and every pie you sell or donation you receive will go directly to feeding our clients. **Learn more or sign up at [pieinthesky.org](http://pieinthesky.org).**



### Become a Pie Sponsor

Thanks to our generous sponsors, more than \$.90 cents of every dollar raised through *Pie in the Sky* will provide nutritious, home-delivered meals to a person living with HIV/AIDS, cancer, heart disease, diabetes, and other critical illnesses. We have a variety of sponsorship levels which provide valuable marketing and communications benefits. **To learn more email [dpfeifer@servings.org](mailto:dpfeifer@servings.org).**



### Volunteer

In the days leading up to Thanksgiving, more than 500 volunteers help us label and deliver pie boxes, move and sort pies at Pie Central, and transport pies to/from our bakers and pick-up sites. Volunteer opportunities are open to individuals and groups and will be posted on [pieinthesky.org](http://pieinthesky.org) later this fall.

*Pie in the Sky* started as a grassroots bake sale fundraiser and has grown to be our most successful fundraiser, raising more than \$822,000 last year. More than a fundraiser, *Pie in the Sky* fosters community spirit and engages the public in the mission of Community Servings. **Get involved this year and visit [pieinthesky.org](http://pieinthesky.org).**



*From left to right: Sue Joss, CEO, Brockton Neighborhood Health Center; Karen Pearl, CEO, God's Love We Deliver; Kathryn Brodowski, MD, MPH, Director of Public Health and Research, The Greater Boston Food Bank; David B. Waters, CEO, Community Servings.*

## UPCOMING

### 6th Annual Food is Medicine Symposium Thursday, October 25

Join the Center for Health Law and Policy Innovation of Harvard Law School, the Harvard Food Law and Policy Clinic, and Community Servings as we present initial data and results from the first-in-the-nation *Food is Medicine* Statewide Plan. Take an in-depth look at newly published research demonstrating that medically-tailored meals are proven to reduce healthcare costs and improve outcomes for individuals with complex illnesses. Join a facilitated discussion with leading area physicians on the implications of this new research and data in light of reforms to the Massachusetts Medicaid system. **To learn more or register to attend, visit [servings.org](http://servings.org).**



## Breaking Ground on our New Home

This spring, Community Servings hosted a groundbreaking ceremony with Boston Mayor Martin J. Walsh and Massachusetts Department of Public Health Commissioner Dr. Monica Bharel, along with other key philanthropic supporters of the Food is the Foundation capital campaign, which to date has surpassed 87 percent of its \$10 million fundraising goal. This private capital, combined with equity raised from New Markets Tax Credits, private debt from community development lenders, and funding from the City of Boston, will pay for the construction and expansion of Community Servings.

## Dollar for Dollar, Your Donation Will Be Matched!

The Manton Foundation is generously committing \$500,000 towards our Food is the Foundation Campaign, but only if we can raise an additional \$500,000 by the end of the year. To double your impact and help us provide medically-tailored meals to more of our critically ill neighbors in need, donate before December 31, 2018 at [servings.org/foodisthefoundation/donate](http://servings.org/foodisthefoundation/donate).

*Photo by Eric Antoniou | From left to right: Antony Bugg-Levine, CEO, Nonprofit Finance Fund; Merit McIntyre, President, Coldwell Banker Residential Brokerage, New England & Campaign Co-Chair; Ellen Zane, CEO Emeritus & Vice Chair, Board of Trustees, Tufts Medical Center & Campaign Co-Chair; Michelle White, Owner, Next Step Soul Food Café; David B. Waters, CEO, Community Servings; Martin J. Walsh, Mayor of Boston; Magnolia Contreras, Director of Community Benefits, Dana-Faber Cancer Institute; Monica Bharel, MD, MPH, Commissioner of the Mass. Dept. of Public Health; Karen Bressler, Partner, Amuleto Mexican Table, Former CEO, AGAR & Community Servings Board Chair; Peter Zane, Former President, Kryptonite Corporation & Campaign Co-Chair; Representative Elizabeth A. Malia*





## New for Clients: The Pescatarian Diet

Clients' medical and nutritional needs are at the core of our mission. Our registered dietitians listen carefully to each client during their initial assessment, and make regular phone calls to check in on their health status and satisfaction with their meals. Over time, our dietitians found that many clients would prefer to eat a meat-free diet while still consuming fish, and as a result, the nutrition and kitchen teams adapted our menu of offerings to include a pescatarian diet.

This popular diet features heart-healthy fish like salmon, perch, and cod - often sourced from local New England fisheries - with the fresh vegetables and healthy carbohydrates included in our regular vegetarian diet. Fish adds high-quality protein and beneficial omega-3 fats. Our chefs love to serve fish alongside local produce when it's available, like the spinach and radishes pictured in the salad in this recipe.

The addition of the pescatarian diet has allowed us to vary the options we serve to our clients, and our nutrition and kitchen teams worked over the summer to develop a variety of dietitian-approved recipes.

### Cornmeal-Crusted Perch

We love the crunchy coating and light-but-filling heartiness of this fish. This recipe enhances the mild yet sweet flavor of perch using minimal seasoning. This firm, flaky fish is baked, without the need for added fat. Feel free to swap out perch for your favorite white fish.

Yield: Makes 4 servings

- ¼ cup yellow cornmeal
- 2½ tablespoons all-purpose flour
- ½ teaspoon black pepper
- ½ teaspoon Italian seasoning
- 1 teaspoon garlic powder
- ½ teaspoon paprika
- ½ teaspoon kosher salt
- 1½ pounds raw perch filets (or other white fish)
- Non-stick cooking spray

1. Preheat oven to 425° F.
2. In a mixing bowl combine cornmeal, flour, black pepper, Italian seasoning, garlic powder, paprika, and salt to form the breading.
3. Coat perch filets individually in the breading.
4. Place filets on a baking sheet coated lightly with non-stick cooking spray, and bake in preheated oven for 11 minutes.
5. Fish should flake easily with a fork when done.

## Serving the Community Together



Our friends from **Cambridge Savings Bank** are regulars in the kitchen!

In addition to helping us prep and package made-from-scratch meals for our clients, Cambridge Savings Bank is generously supporting Community Servings' Food is the Foundation Campaign which will allow us to serve more of our neighbors in need and expand to new communities.



Each summer, we host friends from The Food Project in our kitchen. **The Food Project** engages young people in personal and social change through sustainable agriculture. Each growing season, 120 teens and thousands of volunteers join forces on farms throughout Massachusetts to grow beautiful produce, 25% of which is donated to local hunger relief organizations. Community Servings is lucky to be one of them!



Earlier this year we were thrilled to host an all-star team of Boston's best chefs, bartenders, & managers in our kitchen! Laughing it up in this photo is Board Member and LifeSavor 2018 Co-Chair Garrett Harker, Proprietor and Partner of **Eastern Standard Kitchen & Drinks** and **Island Creek Oyster Bar**; Chef Tiffani Faison of **Sweet Cheeks** and **Tiger Mama**; and Chef Dave Bazirgan of **Bambara** with our CEO, David B. Waters.

This talented group rolled up their sleeves and got to work in our kitchen, peeling carrots, chopping onions, and ladling soups. We're so grateful that they took the time out of their day to volunteer with us—thank you!

**Live or work in  
the Boston area?  
Come volunteer  
with us sometime!**



# Job Training Success:

## *From Apprentice to Full-Time Employee*



*Nelson, Community Servings  
Teaching Kitchen graduate  
and now full-time employee at  
Women's Lunch Place*

Meet Nelson, a graduate of our Teaching Kitchen job training program. He was referred to Community Servings' Teaching Kitchen program by our referral partners at Access to Recovery. Nelson was living in a residential treatment program after being incarcerated for five years and struggling with substance use for 35 years.

Nelson wanted to make a major change in his life and career, and knew he needed to start over. He joined the Teaching Kitchen program, where he quickly learned culinary skills and delighted his fellow trainees with his generous, can-do attitude. Teaching Kitchen Culinary Manager Susan Logozzo noted, "Nelson stood out for his true kindness and generosity. He was always looking out for his classmates, always willing to do extra clean-up, and constantly expressing his gratitude for the support he was given."

Soon after completing the 12-week Teaching Kitchen course, Nelson was hired as the Kitchen Intern at Women's Lunch Place (WLP), a shelter serving homeless women in Greater Boston. WLP serves healthy and hearty breakfasts and lunches in a "restaurant" style, where volunteers serve food on china plates to guests at flower-

adorned tables. We are thrilled to be partnered with Women's Lunch Place, who selects four Teaching Kitchen graduates each year to work as paid apprentices in the WLP kitchen as they make their transition into permanent employment.

Nelson is now a permanent employee at Women's Lunch Place. As the full-time Kitchen Assistant, Nelson helps prepare delicious, wholesome meals for 300+ WLP guests every day and ensures the kitchen runs smoothly. WLP staff and guests love the joyful energy that Nelson brings to his work every day. Nelson shows genuine care and hospitality to women in need by doing what he loves. He's almost two years clean and sober, and has reconnected with family, which is everything to him. "Family is back in my life. My kids see a different side of me," said Nelson, also noting that he talks to his mother every day and wants her "to know that I am doing well now."

Nelson's story proves that food heals not just our critically ill clients, but our community members facing challenges. Thank you for showing the power of food, and for serving the community, Nelson!

## Join the Conversation



[servings.org/localfood](https://servings.org/localfood)



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# Thank You



**The Manton Foundation** for their tremendous \$500,000 grant in support of our Food is the Foundation campaign. The Campaign will expand our facility, tripling our medically tailored meals capacity, increasing our capacity to host daily volunteers, and doubling the number of job training program graduates. In addition to their campaign grant, they also awarded Community Servings with a \$500,000 challenge grant. Help us achieve our goal and give at [servings.org/foodisthefoundation/donate](https://servings.org/foodisthefoundation/donate).