

Healing Meals Awarded \$2,500!



Mission: Provide healthy, organic meals to people in a health crisis while fostering compassion and empowering youth and adult volunteers in our communities.

Program Funded:

Founded in 2016, Healing Meals Community Project provides nutritious organic meals for a three-month period to individuals and families facing a health crisis. That period the amount of time needed to support their client's health when it is most compromised, when their appetite is lacking yet their need for nutrient-rich food is great. HMCP has found that eating enough healthy foods during this time can increase the effectiveness of medications and improve overall quality of life.

HMCP has served more than 130,000 meals to 1,600 people. With the help of a robust volunteer team, they deliver to about 125 people a week, living in any of 75 Connecticut towns. Farmington being one of them. This grant will support around 600 meals in Farmington during the calendar year 2024.

To learn more about Healing Meals Community Project, visit: **<https://healingmealsproject.org>**.

