

## Our Mission

We are dedicated to raising awareness in our community about healthy lifestyles and nourishing meal preparation. We strive to be a resource for those undergoing cancer treatments by providing guidance, support, and delicious organic meals.

**Our vision** is to educate the Nashville community about proper nutrition, healthy meal options and provide nutrient rich meals to patients fighting cancer during a time when eating right can make all the difference.

**Meals 4 Health & Healing** involves:

- ❖ Teens work in the kitchen under the guidance of adult mentor chefs. They prepare beautiful, delicious and nourishing meals for people dealing with cancer. Students learn about nutritious foods, basic cooking skills, teamwork and making a huge difference in someone's life.
- ❖ The meals are delivered by volunteer Delivery Angels free of charge to clients in the community. Clients are supported by Client Liaisons who visit them at home, help them understand why this type of food can make a difference, and stay in weekly communication with them to make sure the food is working for them.
- ❖ Food is from organic or sustainable sources. Only "clean" nutrient rich food is used in the preparation of the meals—no pesticides, herbicides, added hormones, preservatives or overly refined ingredients.



**Meals 4 Health & Healing**

## Community Partners



## You Can Make a Difference

To donate to the program, sponsor a client, or make a gift in memory or honor of a cancer patient:

Log onto [www.hfmeals.org](http://www.hfmeals.org)  
or send check to The Heimerdinger Foundation,  
4004 Hillsboro Pike, Suite 223-B,  
Nashville, TN 37215



THE HEIMERDINGER FOUNDATION

[www.hfmeals.org](http://www.hfmeals.org)

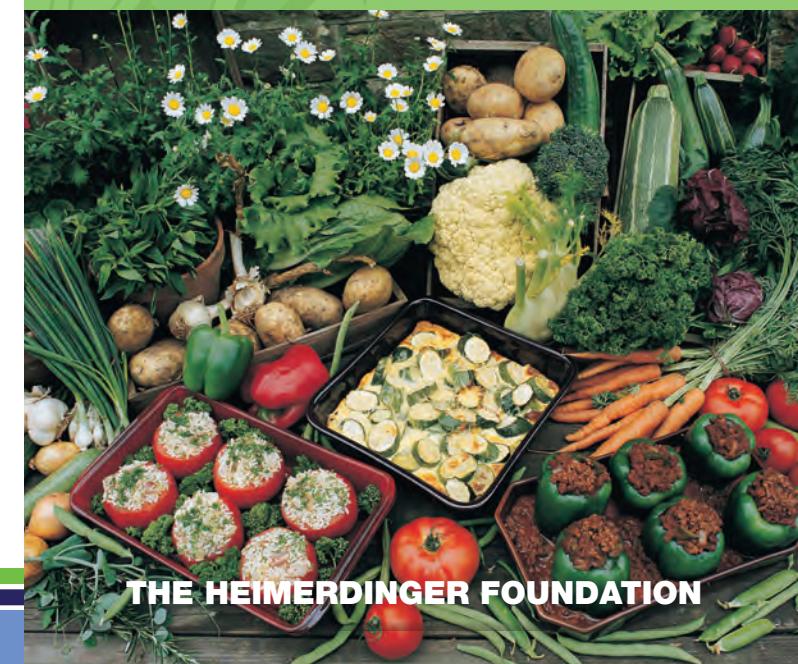
Phone: 615-241-0246, Fax: 615-953-3704

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for program development assistance.  
The Heimerdinger Foundation is a 501(c)3 nonprofit organization  
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# Meals 4 Health & Healing



**Providing Nutrient Rich Meals & Education for Cancer Patients**



**THE HEIMERDINGER FOUNDATION**

# Our Story

In November of 2010, Mike Heimerdinger was diagnosed with a rare form of cancer. He began undergoing traditional cancer treatments, including chemotherapy, immediately following his diagnosis. He sought to find answers by making changes to his diet and lifestyle. Then, when faced with the news that traditional treatments were not working, it led him to clinics that approached cancer using different therapies. These clinics treated cancer with a whole-body approach by using nutrition, supplements and alternative treatments along with chemotherapy. Although he ultimately lost his battle in September of 2011, the information we gained from his journey has opened our eyes to the benefits of eating nutritious whole foods and the additional therapies available to help support the body. In memory of Mike's life, we have organized The Heimerdinger Foundation to promote healthier lifestyles and help raise awareness about cancer treatment options.

We have been overwhelmed as a family with the outpouring of love and support from people whose lives "Dinger" impacted. It is our dream to give back to the community he so loved.



## Meals 4 Health & Healing offers hope, support and education to the local community



### What We Serve

For people dealing with cancer treatment, a healthy diet can lessen side effects, improve

treatment outcomes and speed recovery. When you are ill and can't eat much, every bite has to count. Our meals are nutrient rich, made with the freshest of ingredients. Each week we prepare a wide range of vegetables, whole grains and proteins in our meals. There is an array of flavors and textures so that you can always find something that tastes good.

You will not find any refined flours or sugars, preservatives, chemical additives or overly processed foods in the meals we deliver.

We deliver four entrees, 2 soups and 2 vegetable sides once a week. The service is free of charge for the first 3 months while you are undergoing treatments. Service can be provided for up to 6 months.

### Who We Serve

Our focus is on patients who are in crisis, have little or no care-giving support and are financially unable to provide themselves with nutritious food. We deliver meals to Davidson and Williamson Counties.

We are honored to have a Wellness Panel of knowledgeable professionals from various health practices to provide information and education regarding healthier lifestyles and body supportive treatments.



To find out if Meals 4 Health & Healing is a good fit for you, please contact our Client Manager at [clients@hfmeals.org](mailto:clients@hfmeals.org)



### Why is Healthy Eating Important?

- ♥ Some researchers estimate that one-third of all cancer deaths could be prevented through dietary changes alone.
- ♥ Only about 12% of Americans eat a healthy diet. The standard American diet is too high in unhealthy saturated fats, salts and refined sugars and too low in fruits, vegetables, whole grains, calcium and fiber.
- ♥ Four of the top ten causes of death in the US are related to poor nutrition.
- ♥ Together, these four—cancer, diabetes, heart disease and stroke—account for more than half of all deaths in the U.S. each year.