



**COMMUNITY
SERVINGS**
DELIVERING MEALS
DELIVERING HOPE



COMMUNITY SERVING COMMUNITY

All our work – including providing 5 million free meals to the critically ill throughout our history – comes through the enthusiastic support of our friends and stakeholders in the community. As one of the Commonwealth’s largest volunteer programs, hundreds of local supporters volunteer in our kitchen each month! Thousands more get involved through our fundraising and special events. For many, Community Servings becomes their community, as new friends come together to care for those who are most vulnerable in our own neighborhoods.

“Community Servings has relieved a lot of stress in my life. I am very tired after my treatments and would not be able to cook for my family. If it weren’t for you, I would be giving my family fast food for dinner. Thank you so much for helping me through this time in my life.”



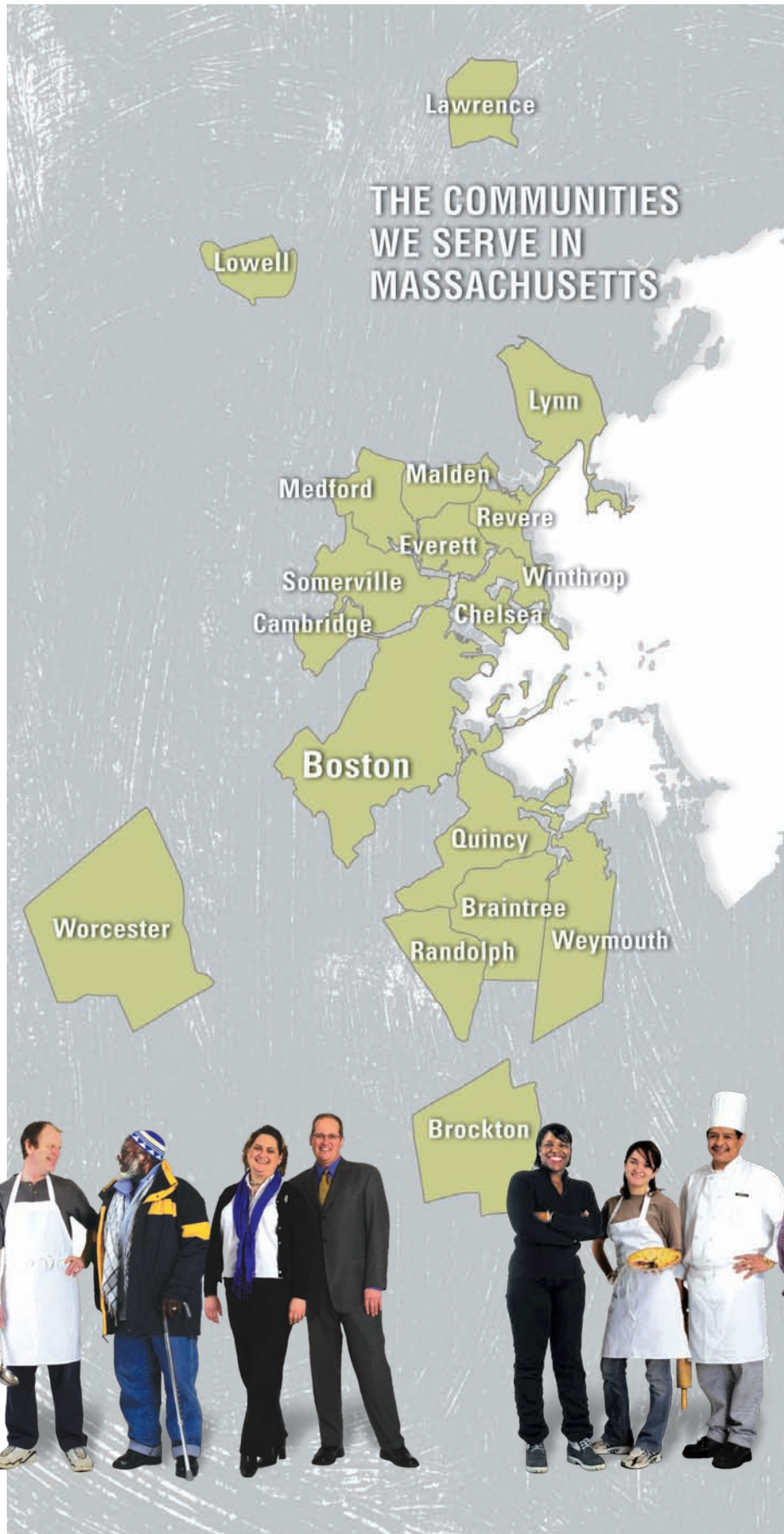
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OUR MISSION

Community Servings is a not-for-profit food and nutrition program providing services throughout Massachusetts to individuals and families living with critical and chronic illnesses. We give our clients, their dependent families, and caregivers appealing, nutritious meals, and send the message to those in greatest need that someone cares. Our goals are to help our clients maintain their health and dignity and preserve the integrity of their families through free, culturally appropriate, home-delivered meals, nutrition education, and other community programs.



FOOD AS MEDICINE

For over twenty years, we've been preparing and delivering beautiful lunches and dinners to hundreds of critically ill individuals and families throughout Massachusetts. These nutritious meals are tailored to meet the dietary needs of men, women and children living with devastating illnesses like HIV/AIDS, cancer, Lou Gehrig's disease, multiple sclerosis and kidney failure. Equally important, our appealing, home-style meals are designed to motivate people to eat and remind them that they are not alone in their battle with a life-threatening illness.

FOOD IS AT THE CENTER OF EVERYTHING WE DO

We also offer *nutrition education workshops* in the community to help people maintain a healthy diet and access fresh foods on a budget. Through our *Local Foods Initiative*, we work with farmers and fishermen to promote their local products in our neighborhood in exchange for donating their surplus foods to our kitchen. As a *social enterprise*, we sell our appetizing meals to local schools and nonprofits to ensure kids get a great breakfast and lunch at school! And we offer *food service job training* to those who face barriers to employment, teaching them important job skills while they help us to feed more critically ill clients.



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For more
information
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