

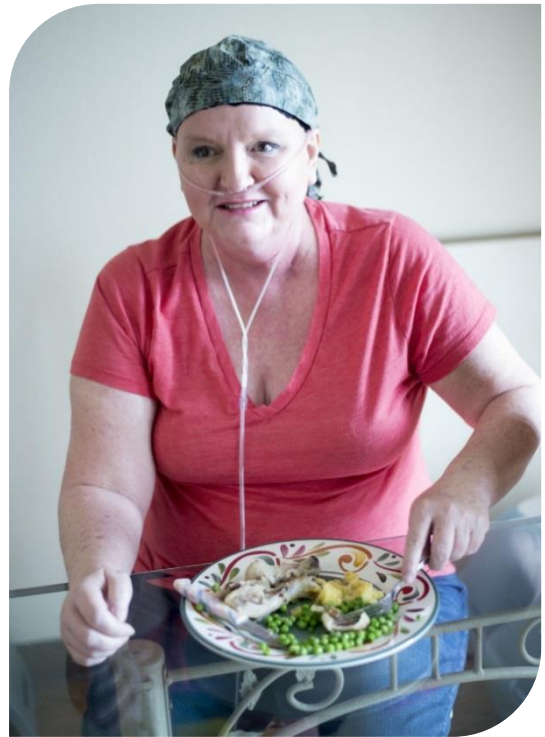
Food is medicine.

Access to a nutritious meal shouldn't be a worry for people with cancer, HIV/AIDS, heart disease, and other serious illnesses. But many people who are ill find themselves with little to eat. Some are unable to cook for themselves. Others find they must choose between food and medicine to make ends meet.

That's why Project Angel Heart prepares and delivers delicious, medically tailored meals—free of charge—to Coloradans living with life-threatening illnesses. Our meals are designed to improve their health and quality of life.

"I love the meals. I feel like I'm eating healthy. If I was left to my own devices, I wouldn't be eating like this. I had to increase my vitamin D and protein [for my treatments], so this has really helped."

-Roberta, 53, living with breast cancer



Read Roberta's story at

www.ProjectAngelHeart.org/Roberta

Fast Facts

- Each week, we prepare and deliver meals to more than **1,200 individuals** in metropolitan Denver and Colorado Springs. In total, we will serve **more than 3,000 clients** in 2018.
- The people that receive our meals are neighbors of all ages living with **cancer, HIV/AIDS, kidney/heart/lung disease, and other serious illnesses.**
- Project Angel Heart's nutritious meals are made **in-house using fresh ingredients.** Our registered dietitian and professional chefs create delicious menus that are designed to meet the heightened nutritional needs of those who are ill, and **modify meals to accommodate clients' medical needs,** religious preferences, and allergies.
- With more than **8,000 volunteers per year** and approximately **18 percent** of our food **donated,** we are proudly efficient.
- Volunteers drive **81,000+ miles per year,** using their own vehicles, to deliver meals to clients.



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