



"Be the light"

As we come to the end of our first wonderful year serving the Snohomish community, I feel compelled to share the impact that your time and donations have made. This year we have served 5,422 beautiful, organic healing meals to our friends and neighbors who are going through cancer treatment and recovery. I was stunned when I first learned 80% of cancer patients end up malnourished during their treatment. Being malnourished makes treatment less effective, increases side effects and extends patients' potential recovery times. We also know that many people don't have the means to access the high level of nutritious foods that they desperately need at this time, so we remove any barriers to recovery by providing healing meals free to our clients and their families. When eating is so crucial - yet the last thing our clients feel like doing - the beautiful, delicious and nutrient-rich meals arriving at their door from Snohomish Healing Project are **a life-saving gift.** And it's all thanks to you!



Our beautiful client, Lisa, shared this with us –

Having nutritious meals delivered to me and my husband has been a blessing.

It was 2 ½ years ago that I was diagnosed with ovarian cancer. Since that time of my diagnosis I have had 5 different chemotherapy sessions as well as major surgery to remove all of the organs associated with that illness. All of these procedures left me with fatigue, pain and nausea. Knowing that I had a variety of tasty and nutritious meals coming to our door each week gave me a great deal of comfort and support, since making our own meals was many times very difficult for us.

I felt the love of the people who delivered the meals as well as the communication from those who have given their time to prepare them. At a time of need the Snohomish Healing Project has come through for me and I will be forever grateful.

Right now, we have neighbors who are in the fight of their lives. A cancer diagnosis can be terrifying, and their loved ones can feel helpless. You may be one of those friends and family members who would do anything to help, and to help them know that they aren't alone.

You can make a real, tangible, immediate positive impact and directly aid in someone's healing when you support Snohomish Healing Project. When the future looks dark, you can be the light. **Here's where your money goes:**

A gift of **\$100** provides a week of nutritious, healing meals tailored to the medical nutrition needs of one client

\$400 provides 2 weeks of meals to an elderly client and their spouse

\$500 provides a month of meals to a single client who lives alone and is food insecure

\$1000 provides a full month of meals to a single mom who is fighting cancer while caring her two children

Wouldn't you love to make a meaningful contribution to someone's recovery?

<https://snohohealing.org/donate/>



Our amazing adult and teen volunteers know how rewarding it is to send love out to the world in the form of healing meals. Our teen volunteers have learned not only how to cook nutritious foods, but also how to make a positive change within their community. They recently received this letter of gratitude from April, another client, whose family received some stunning news while she was going through treatment –

Our family has greatly benefited from your delivery of these beautiful, healthy and tasty meals. It has been such a blessing. Shortly after we started receiving these meals, my husband was also diagnosed with cancer. The power of healing through food is what you are helping us with. We are forever grateful, thank you thank you thank you.

We are looking toward the next year, and will be helping many others in their battle for healing and recovery. There is so much joy in reaching out a hand to pull someone up who is fighting so hard, and is in need of love and support. Our goal for the coming year is to send out **twice as many healing meals** to our beautiful friends and neighbors, and **we need to raise \$100,000** to do it. Every dollar you can contribute will get us closer to that goal.

Our friends at Pfizer have believed in us and the powerful impact of food as medicine from the very beginning, and have kicked off our Giving Tuesday with a \$5000 gift. **We are so grateful** for their support and sincerely hope you join us to make this a year of great kindness. You can help to provide a light at the end of the tunnel for those in need.

Thank you so much for being a part of the Snohomish Healing Project family. **We truly can't do this work without you.** This year, please give as generously as you can so that we can continue to say “YES” when clients like Lisa and April need our help. Together we can create a healthy, caring and sustainable future where every teen knows how to make a healthy meal, and everyone has the nutritious food they need to fight cancer and recover in full health. Together, we are touching the lives of many clients, helping each of them know that they matter and that they aren't alone. Please help us continue to make their support a reality.

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In Sincere Gratitude,

Annie Simmons

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