



MEALS FROM THE HEART ANNUAL REPORT 2022





Tom Thiets
Director and President

Our mission
at Meals From
The Heart is
to provide
respectful meals
to neighbors
in need and
accessible
opportunities for
those who wish
to serve.

Note from Tom:

Since we packed our first meal on February 14, 2014, we've been rolling with the throttle open! And it is sure a fun ride. When the you-know-what threw us a curve a couple of years ago, we had to think on our feet and find new ways to help folks who needed it. That led us to some fun and innovative ways to serve, including our Food Box program and smaller "Party-Pack" events hosted at our office in Oak Park Heights.

Fast forward to 2023, and we're still progressing at full speed. We incorporated our new ideas into the mix and have been able to help so many families keep tasty and healthy food on their tables. Plus, we've had the opportunity to work with many fantastic organizations to make it happen – from corporations to community groups.

My biggest personal reward, however, is experiencing the enthusiasm and smiles of everyone who gathers to help. We are incredibly blessed to have a passionate and FUN group of volunteer leaders who show up repeatedly to make each event better than the last.

We are so grateful to everyone who helps share our passion for providing good food to families.

Tom Thiets



WE MAKE IT EASY TO MAKE A DIFFERENCE.

Meals From The Heart is a nonprofit 501(c)(3) that brings people together to serve neighbors through energized and fun meal-packing events that provide flavorful, fortified meals to local food shelves. This is important to corporations, faith groups, community groups, and civic organizations because our events make it easy to implement meaningful team-building and service activities.

Working with Meals From The Heart allows participants from all walks of life to join forces to address a serious need in their own community and experience a sense of accomplishment, stronger relationships, goodwill, and joy.

Organizations of all kinds have discovered that creating worthwhile community service events doesn't have to be a hassle. In fact, they can be fun AND easy! We work with business and community groups to host meal-packing events that really make a difference.

CORPORATE MEAL-PACKING EVENTS

We call our corporate meal-packing events "corporate throwdowns". Our hosting partners simply call them amazing! Meals From The Heart works with corporate partners to host meal-packing events designed specifically for employee groups. These aren't typical meal-packing events. They're fast-paced, competitive, and fun – ideal for team building, boosting morale, and strengthening relationships.

COMMUNITY GROUP MEAL-PACKING EVENTS

Meals From The Heart customizes meal-packing events to fit nearly any style of organization. Participants are grouped into teams trained and led by our volunteer leaders, who work together to combine the ingredients into the packages and create fortified and tasty meals.

B2B CHALLENGE MEAL-PACKING EVENTS

While it can be easier for larger companies to match our events with their service and team-building goals, smaller businesses often don't have the space or resources to host their own event. We created an event designed specifically for them. Teams from area businesses participate side by side in one-hour sessions to pack meals. It's a fun and easy way to get the local business community together to help neighbors in need.

PARTY-PACK EVENTS

For smaller local groups, we host "Party-Pack" events at our facilities in Oak Park Heights, MN. Ideal for families, friends, neighbors, or coworkers, we're all set up to create a fun and meaningful meal-packing experience right at our location.

FOOD BOX PROGRAM

Our FOOD BOX program helps families stretch their grocery budget by offering pre-packed food boxes filled with a selection of familiar and quality grocery items at substantial savings. We seek out and purchase the right mix and variety of quality shelf-stable food items to create several healthy and flavorful meals. Our Food Boxes are valued at over \$50 and even include cooking tips, recipes, and gift cards when possible.

2022 HIGHLIGHTS

A week doesn't go by at Meals From The Heart without something interesting happening. It was tough to choose so few, but here are a few highlights that made this past year a great year for Meals From The Heart. Thanks to our amazing volunteers and partners!



213,840 MEALS PACKED FOR WAR REFUGEES IN UKRAINE

While our focus at Meals From The Heart will always be serving our local communities and neighbors, we won't hesitate to assist wherever the need may be. 213,840 Meals Packed With Love And Hope For The Refugees Of War In Ukraine. Our partners at Convoy of Hope shipped 30 PALLETS of our meals to Ukrainian refugee groups in eastern Europe.



WE TOOK THE SHOW ON THE ROAD – BIG TIME!

In the spirit of keeping the volunteering in the communities, Meals From The Heart packed up their gear and created a three-day, five-location meal-packing roadshow. Their caravan of giving visited Montevideo, Apple Valley, Maple Grove, Waconia, and St. Paul. In just three incredible days, the energized team from Old National Bank worked together to pack over 130,000 meals.



HELPING MILITARY FAMILIES WITH OUR FOOD BOX PROGRAM

Believe it or not, a Military Family Advisory Network survey revealed that one in five military families faces food insecurity. In 2022, we delivered nearly eight tons of groceries to military families through the Meals From The Heart Food Box program. Thanks to our partner, Beyond The Yellow Ribbon, and the many volunteers who braved the cold weather to deliver grocery bags to families who needed a little help stretching their food budget.



FEED THE NEED LUNCHEON

We hosted our Meals From The Heart "FEED THE NEED" luncheon in December at the Lake Elmo Event Center. It was nice to bring this event back after a two-year break. And it was a huge success. Our presenter was famed KARE11 storyteller Boyd Huppert. During his nearly 40-year career in TV news, Boyd has become widely known for his video storyteller and teacher work. He was a genuinely engaging and entertaining presenter and shared some of his favorite tales.

LIGHTS! CAMERA! PACKIN'! WE HAVE A NEW VIDEO!

We go to great lengths to explain to people how easy, fun, and rewarding it is to host a Meals From The Heart meal-packing event. That's why we always say, "We make it easy to make a difference." But it's often hard for folks to imagine how effortless it is. So, Jon Cermin and our friends at CCPI Video Company traveled with us to a few events that 3M was hosting and captured a full day of meal-packing – from set up to clean up! Thanks to our incredible volunteer crew, all we need is a room, power, and a group of eager meal-packers, and we can convert just about any space into a meal-packing machine. Note that we often even leave the room at the end of the day cleaner than when we started! Here are a few stills from the video, but you can check out the real thing on the home page of our website, mealsfromtheheart.org.



BOARD

Meals From The Heart is governed by a volunteer board of directors.

Lou Cristan (Chair)

Tom Thiets

Todd King

Dan Davis (Treasurer)

Lisa Diez

Hubert Ngabirano (Secretary)

Cheryl Schmura

VOLUNTEER LEADERS

Meals From The Heart is also blessed by a dedicated group of volunteers who set up, tear down, and lead our packing events. Without their hard work, passion for serving, and good humor, we simply would not exist. The list is too long to mention here, but know we are very, very grateful.



THE NUMBERS

Statement of Financial Position	As of 12/31/22	As of 12/31/21
CURRENT ASSETS		
Bank Accounts	334,373	277,432
Accounts Receivable	15,873	21,623
Inventory	98,426	97,838
Fixed and Other Assets	29,391	28,863
TOTAL ASSETS	478,063	425,756
LIABILITIES AND EQUITY		
Liabilities		
Current Liabilities	39,281	43,467
Long-Term Liabilities	159,835	150,000
Equity		
Retained Earnings	152,699	91,896
Unrestricted Assets	79,590	79,590
Net Revenue	46,436	60,803
Total Equity	278,725	232,289
TOTAL LIABILITIES AND EQUITY	478,063	425,756

Statement of Activity	Jan - Dec 2022	Jan - Dec 2021
REVENUE		
Donation Revenue	133,259	112,546
Grant Income	18,750	46,983
Meal Packing	279,258	225,142
Miscellaneous	38,912	74,675
TOTAL REVENUE	470,179	459,346
COST OF GOODS SOLD	151,816	149,977
GROSS MARGIN	318,363	309,369
EXPENDITURES		
Occupancy	73,429	67,497
Payroll	144,545	170,336
All Other Operating	52,966	61,533
TOTAL EXPENDITURES	270,940	299,366
NET OPERATING REVENUE	47,423	10,003
OTHER REVENUE (LOSS)	(987)	50,800
NET REVENUE	46,436	60,803



At Meals From The Heart, we've never relied heavily on financial support outside of self-funded events. In other words, the host, sponsor, and participants cover the food and distribution cost. The Big Heart Club is our sustainer fundraising initiative of recurring donations that help provide a financial base to ensure that we have the resources to help keep food on tables and help businesses, individuals, and organizations stay engaged in valued community service – regardless of the circumstances.

BIG HEART CLUB FOUNDING MEMBERS

Kevin and Ev Bjork	Andrew and Sonja Mishek
Andy and Becky Braden	Terri and Rich Hanson
Joe Capaul	Jerry and Kay Nelson
Lou and Kathy Cristan	Chuck and Joan Newman
Dan and Gloria Davis	Darlene Parent
Keven and Michelle Dockter	Wayne and Gwynn Pepin
Linda Ergen	John and Pat Reinke
Don and Diane Farleo	Pete Schuna
Toby and Jen Hammer	Lynn Schurrer
Ken and Kathy Hanson	Tom and Lisa Thiets
Sandy Holcomb	Dennis and Janet Thiets
Patricia Houston and Jim Ellingson	Aaron and Julee Titze
Todd and Judy King	Eric Trosdahl and Larry Loyer
JP Leider and Katy King	Lois Walton
Lori Mildon	John and Jodi Weyrauch



IN 2022

1,083.864

MEALS PACKED

127

**FOOD BANKS, FOOD
SHELVES, NONPROFITS,
AND CHURCHES
DISTRIBUTED OUR
MEALS**

70%

**OF OUR MEALS WERE
DISTRIBUTED IN
MINNESOTA**

8

**TONS OF FOOD
DELIVERED TO
MILITARY FAMILIES
THROUGH OUR FOOD
BOX PROGRAM**

34

**CORPORATIONS,
BUSINESSES, AND
COMMUNITY GROUPS
HOSTED MEAL-
PACKING EVENTS**

THANKS TO THE ORGANIZATIONS AND INDIVIDUALS WHO HAVE FUELED OUR WORK OVER THE YEARS!

BUSINESS PARTNERS

3M - Maplewood, MN (10 Divisions)
AbbVie Pharmaceutical, Chicago, IL
Andersen Corporation - Oak Park Heights, MN
Anytime Fitness - SE Brands Woodbury, MN
Deluxe (GA, KS, MN, TX)
DiaSorin Corporation - Stillwater, MN
Edina Realty, Stillwater, MN
Edina Realty, Woodbury, MN
Felhaber-Larson Law - Minneapolis, MN
GT Financial, Woodbury, MN
Lakeview Hospital - Stillwater, MN
Land O'Lakes - Arden Hills, MN
Medtronic - Netherlands (4 cities = 5 Facilities)
Medtronic - USA (MN, CA, MA, CO, AZ, FL = 10 Facilities)
North American Banking, Roseville, MN (4 facilities)
Old National Bank, MN (4 locations; 32 branches)
Pathways Health - Lake Elmo, MN
Renewal by Andersen - Cottage Grove, MN
St Cloud, MN B2B (15 small businesses)
St. Paul Association of Realtors (SPAAR)
Stillwater Medical Group, MN
Stillwater, MN B2B (30 small businesses)
Super Valu-UNFI - Golden Valley, MN
Tactile Medical Annual Conference - Austin, TX
Tactile Medical HQ, Minneapolis, MN
Varde Corporation - Minneapolis, MN
Xcel Energy, St. Paul, MN

COMMUNITY PARTNERS

Calvary Lutheran, Alexandria, MN
Catalyst Covenant Church, White Bear Lake, MN
Hidden Pines Ranch Day Camp - MN
Holiday Pack - Stillwater, MN Community
King of Kings Lutheran, Woodbury, MN
Long Island Lutheran School, NY
Luther Memorial Church - River Falls, WI
North Heights Lutheran, Arden Hills, MN
Northbrook Church, Northbrook, WI
Our Savior's - Stillwater, MN
Shepherd of the Valley - Afton, MN
St Bridget Catholic Church & School, River Falls, WI
St Mary's Big River Catholic Church, Ellsworth, WI
St Mary's Catholic - Stillwater
St. Jude Parish School, Mahtomedi, MN
St. Mark Lutheran - Circle Pines, MN
St. Paul Side by Side, MN (1 Hmong Evangelical Church)
St. Paul Side by Side, MN (1 Spanish Speaking Church)

St. Paul Side by Side, MN (10 Lutheran Churches)
St. Paul Side by Side, MN (2 Mosques)
St. Paul Side by Side, MN (3 Catholic Churches)
Stillwater MN - Rotary Clubs (Sunrise & Noon)
Trinity Academy- Hudson, WI
U of WI - Menomonie Stout
Upper Arlington Lutheran Church, Columbus, OH
Willow Lane Elementary - White Bear Lake, MN

DISTRIBUTION PARTNERS

BBE Food Shelf - Brooten, MN
Care & Share Food Bank Southern Colorado
Central Texas Food Bank - Austin, TX
Christain Cupboard, Woodbury, MN
Columbus, OH Food Bank
Community Food Share - Louisville, CO
Ellsworth, WI food shelf
Feeding Southern Florida
First Lutheran - St. Paul, MN
Food Bank of the Rockies
Food For Life Network, Miami Lakes, FL
Friends in Need, St. Paul Park, MN
Harvest of Hope - Boulder, CO
Island Harvest, Long Island, NY
Kandiyohi County MN
Keystone Community Services Roseville, MN
Keystone Community Services, St. Paul, MN
Larimer County, CO Food Bank
Los Angeles & Orange County, CA food shelves
Mahtomedi, MN (St. Jude) Food Shelf
Open Hands Ministry, St. Paul, MN
Pierce County WI Food Pantry
Ralph Reeder, Mounds View, MN
River Falls WI, Back Pack Program
River Falls, WI food shelf
River of Life Church - North Minneapolis, MN
Ruby's Pantry (80 sites MN & WI)
St. Croix Food Bank, Hudson, WI
St. Vincent de Paul - Boston, MA
St. Vincent de Paul - Tempe, AZ
The Link - New London, MN
Weld Food Bank - CO
Plus others that were dropped off by event participants



**MEALS
FROM THE
HEART**

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mealsfromtheheart.org