Give Meals that Heal

Vulnerable New Yorkers living with illness are still afraid, many alone, and in need. You can provide a nourishing meal to someone too sick to shop or cook for themselves.

Donate Now

Even as COVID-19 comes under control, many are still in a crisis.

The pandemic took a disastrous toll on the people we serve — New Yorkers who are living with severe and chronic illness. Their underlying conditions made them even more vulnerable to COVID-19.

So, as infection rates decline and life returns to normal for many, please remember there is no “normal” for those who are still sick. While many of us are back outside having fun, thousands of our neighbors are still stuck at home suffering, too sick to shop or cook for themselves.

By making a generous donation, you can feel good knowing you’re providing a nourishing meal to a neighbor in need.
A Simple Meal with a Powerful Impact
The meal you donate nourishes more than the body.

Nutrition
Medically tailored meals deliver powerful, healing nutrients people living with illness desperately need.

Connection
Meal deliveries are a time of connection and conversation, so recipients feel seen, heard, and cared for.

Love
We know that illness affects an entire family, so the children and senior caregivers of our clients get meals, too.
HEIDI, MANHATTAN

“I feel as if I own a restaurant.

I’m very lucky. I’m very happy. I can look at the meals and decide which one I want to eat, when I feel like it.”

Hear from our Clients
Thanks to generous people like you, we cook and home-deliver

more than 10,000 meals each weekday.

That’s 2.5 million medically tailored meals for our clients, their children, and their senior caregivers.

Join the Kitchen Table, and make an impact all year long.

The kitchen table is a dedicated group of monthly donors who support our mission — so all our friends can be fed.
When you reflect on your favorite moments at home with loved ones, chances are good you’re sitting around your kitchen table... swapping stories, laughing until you can hardly breathe, reaching for a napkin to dry a few tears.

There’s something inherently warm and welcoming about that space, isn’t there? Sure, it has something to do with sharing a meal, but the connection goes far beyond please pass the potatoes and I’m going to need this recipe. It’s not really about the food. It’s about care. It’s about community.

It’s about love.

By becoming a monthly donor, you help set the table for our friends and neighbors who need our help.

Join Now