



No one sleeps hungry tonight!

www.FreeMeals.org

FreeMeals

National, volunteer run, nonprofit
feeding families in need.

Reena Jadhav, Founder

Reena@freemeals.org

Meg Beri, Board Member



The Need

- **Over 30 Million Americans slept hungry last night**

A significant issue facing America, with millions of people unable to access the basic nourishment they need

- **Some don't have money**

Lack of financial resources prevents access to food for many individuals and families

- **Others are too sick**

Illness and health conditions can make it difficult for people to obtain and prepare food

- **Seniors without transportation**

Older adults often struggle to access food due to limited mobility and lack of transportation

- **Foster kids waiting for meals**

Children in the foster care system may not have consistent access to regular, nutritious meals



Stories of Gratitude



"FreeMeals is such a big help. I got assistance, and oh my gosh, I'm in tears because my kids had big smiles — it was everything they liked. With prices rising, it gets hard sometimes, but thankfully FreeMeals helped me. Thank you so much once again!"

~ Vanessa G.



Jan 30th, 2025

This program, freemeals.org is the best thing that ever happened to me. I requested only soups and they are able to meet my special need. I look forward to waking up every morning to this lovely program, with the nicest people in the world. My family is so happy. I love this awe inspiring program and am truly happy because of it.

~Eva Tortora



*Thank you
Freemeals for your care
and thoughtfulness.*



FOR MORE STORIES:

[Instagram @getfreemeal](https://www.instagram.com/getfreemeal)
[Facebook:/Getfreemeal/](https://www.facebook.com/Getfreemeal/)
[Linkedin:/company/freemeals](https://www.linkedin.com/company/freemeals)



Stories of Gratitude

WHO WE FEED

THANK
YOU!



"Thanks for the food. This organization is the best thing to happen to me this week. I'm really grateful."



getfreemeal
The.Wav · Grateful



Liked by vkaul12 and others

getfreemeal ALL PICKED UP!! 🙏 Thank you Leah Baker for FREE THANKSGIVING GROCERIES INCLUDING TURKEY 🦃🥰 HAPPY THANKSGIVING 🍁🌹💕

November 23, 2023



"Thank you so much to the FreeMeals program for helping out my family and my time in need. We appreciate you guys so much."

freemeals.org



FOR MORE STORIES:

[Instagram @getfreemeal](https://www.instagram.com/getfreemeal)

[Facebook:/Getfreemeal/](https://www.facebook.com/Getfreemeal/)

[Linkedin:/company/freemeals](https://www.linkedin.com/company/freemeals)



Our Impact



30,000+ meals served

FreeMeals.org has served over 30,000 meals to those in need, making a significant impact in the community.



100% volunteer-run

The organization is run entirely by volunteers, ensuring that 100% of donations go directly towards providing meals.



Groceries and Meals

We deliver nutritious groceries for one week, as well as allergy friendly hot meals. We also host Thanksgiving and Holiday Meals.



\$50 feeds a family of 4

With an efficient model, just \$50 can provide a nutritious meal for a family of four for week.

We have made a significant impact nation-wide serving thousands of meals, relying on a 100% volunteer-run model.



How It Works

Donations

Donations are 100% tax-deductible, allowing supporters to contribute to the cause while enjoying tax benefits.

Families

Families apply online and are screened for eligibility. Approved families submit meal requests and volunteers place meal orders daily.

Delivery

Meals are delivered daily through partners like Walmart, national chains or in person

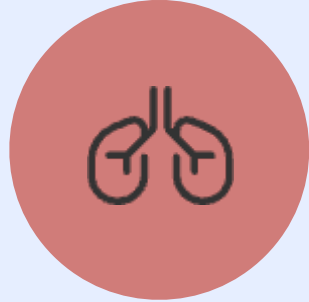


Who We Serve



Seniors

Providing nutritious meals to elderly individuals who may have limited mobility or financial resources



Sick & immunocompromised

Delivering specialized meals for those with dietary restrictions.



Families in need

Supporting low-income households with children by ensuring they have access to healthy, affordable meals



Foster children

Ensuring that foster children receive consistent, nutritious meals during a time of instability and transition

By serving these key groups nationwide, we are making a tangible difference in the lives of those who are most vulnerable and in need of support.



Community Demographics: Location

California Residents



Outside California



Community Demographics: Ethnicity

Black or African American

White

Hispanic or Latino

Two or More Races



getfreemeal

...

"I really would like to thank you for blessing my family with dinner tonight. It meant so much to us, especially me. This was my grandmother first time eating chipotle and she ate the entire meal. You don't understand that brought me so much joy. She doesn't really eat much and it's been a hassle getting her to eat lately and today I didn't have to pressure her lol. I really appreciate the meal from the bottom of my heart I do xoxo."



~Keyunna
09/26





Community Demographics: Income

Below \$25,000

\$25,000–\$50,000

Above \$50,000



Who We Feed



At Freemeals.org, we believe no one should sleep hungry.

***Dominic recently shared:
“I’m facing food insecurity due to transportation issues and couldn’t get to the food bank today. My EBT runs out by mid-month, leaving a gap in my food supply. Any support means a lot. Thank you.”***



Be Our Corporate Donor

Bronze Donor (\$5,000)	100	Families fed
Silver Donor (\$10,000)	200	Families fed
Gold Donor (\$20,000)	400	Families fed
Platinum Donor (\$50,000)	1,000	Families fed



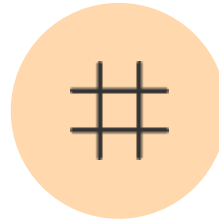


Benefits for Corporate Donors



Logo on FreeMeals.org site

Your organization's logo will be prominently displayed on the FreeMeals.org website, increasing visibility and brand recognition.



Social media shoutouts

Your company will receive dedicated social media posts and mentions, highlighting your support and commitment to the FreeMeals.org mission.



Newsletter and community spotlight

Your sponsorship will be featured in the FreeMeals.org newsletter and showcased at community events, further amplifying your impact.

By becoming a corporate sponsor your organization will be recognized and celebrated for its generous contribution to ensuring that no one sleeps hungry. This recognition will not only highlight your commitment to social responsibility but also inspire others to join the fight against hunger.



How to Get Involved



Donate at FreeMeals.org



Join Advisory Board

Attend monthly meetings to help us grow
so no one ever sleeps hungry



Join Volunteer Team

Help us in any of these areas; Feeding
Families, Social Media, Fundraising,
Technology & Events

Together, we can make a lasting difference in the lives of those facing hunger, one meal at a time.



WHO WE FEED

Let this image be a call to action, a reminder that we all have the power to make a difference in the lives of others. Together, let us continue to support and uplift our communities, one meal at a time.

“Helping others isn't a chore; it is one of the greatest gifts there is.”

~Liya Kebede

freemeals.org



SPONSOR TODAY

(We are 100% volunteer run)

- 1. Through corporate matching**
- 2. Through Thanksgiving and Holiday Feed of up to 100 families (you decide how much to donate at \$25 per person meal)**
- 3. Sponsor HealFest December 13, 2025 \$1001 or \$2500 for exposure to attendees and vendors.**

CONTACT: for more details please email
reena@freemeals.org



No one sleeps hungry tonight!

www.FreeMeals.org

FreeMeals

National, volunteer run, nonprofit
feeding families in need.

Reena Jadhav, Founder

Reena@freemeals.org

Meg Beri, Board Member