

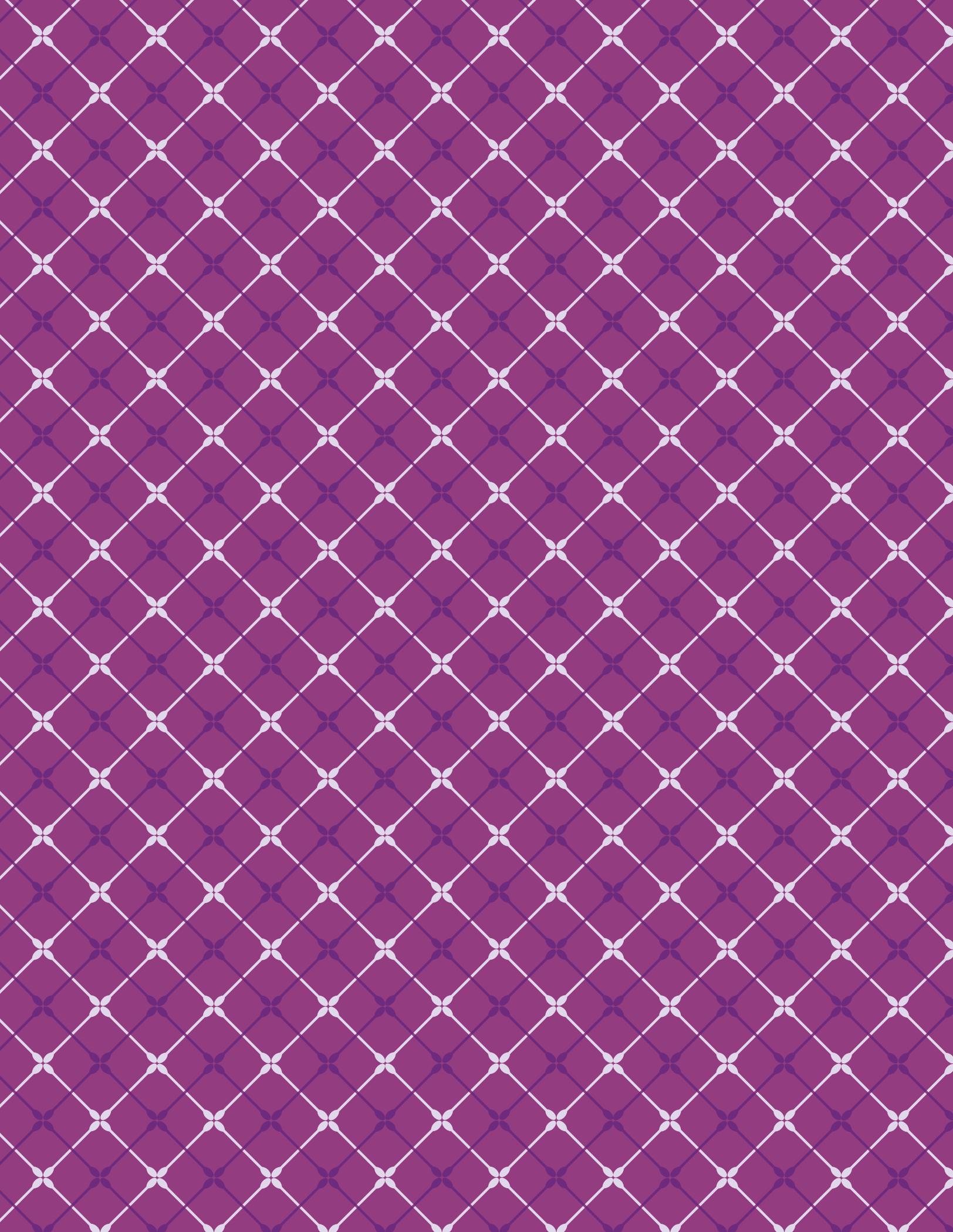


# Improving Access to Nutrition in the Communities We Serve

ANNUAL CORPORATE SOCIAL RESPONSIBILITY REPORT

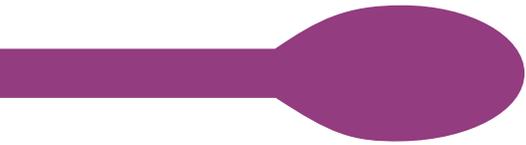


2025



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# Welcome



**Chris Choi**  
*Chief Executive Officer*  
Mom's Meals®

This past year has been challenging for the many Americans who faced, and continue to face, a variety of hardships including access to affordable, quality nutrition.

You have heard the terms food insecurity and nutrition insecurity more lately. They represent the same overarching situation of fighting hunger. However, they address different issues.

Food insecurity represents the lack of access to enough food needed for a healthy life. Nutrition insecurity reflects the lack of consistent access to nutritious foods that support well-being, as well as prevent and manage disease. The Centers for Disease Control and Prevention notes poor nutrition as one of the main risk factors of chronic diseases and is the **leading driver** of the nations' health care costs.

## Collaboration is key to addressing nutrition insecurity

We are encouraged and humbled by the efforts we have seen from countless individuals, communities and organizations who are working to expand access to good nutrition. Working closely with health plans, health care providers, state and local governments and community-based organizations, we are grateful to be connected with people in both public and private sectors and across for-profit and non-profit organizations who are just as passionate about delivering food as medicine and making nutritious food more accessible.

This partnership also includes our employees who generously volunteer and donate resources where they live, work and play. They are constantly showcasing our Mom's Meals core values.



**Expanding access  
to good nutrition is  
greater than ever.**



## Our mission is to improve life through better nutrition at home.

Mom's Meals is dedicated to making quality nutrition more accessible and helping people improve their overall health and better manage their chronic conditions.

We're working to reduce nutrition insecurity wherever we can because it's a fundamental part of why we exist as an organization. We are proud of the work we have done, but we recognize there is much work still ahead and the need for expanding access to good nutrition is greater than ever.

In this report, I'm proud to share our steadfast support to reducing nutrition insecurity in the communities we serve as part of our corporate social responsibility efforts.

A handwritten signature in black ink, appearing to read 'Chris Choi'.

Chris Choi,  
*Chief Executive Officer*  
Mom's Meals



# About Us



## Mom's Meals: Small-town roots reaching nationwide



The Anderson family  
left to right: Mike, Barb  
and Rick

**Like most great ideas, it all started around the family table.**

Mom's Meals was started by the Anderson family in a small rural Iowa town in 1999. Barb Anderson, the mom of Mom's Meals, and her husband Rick needed to ensure their moms were getting meals on a regular basis. They were both widowed, living alone and needed nutritious food to better manage chronic health conditions. The business idea grew from there.

Our first contract was providing meals to older adults living in rural and remote areas, far from existing meal routes or senior centers offering congregate meals.

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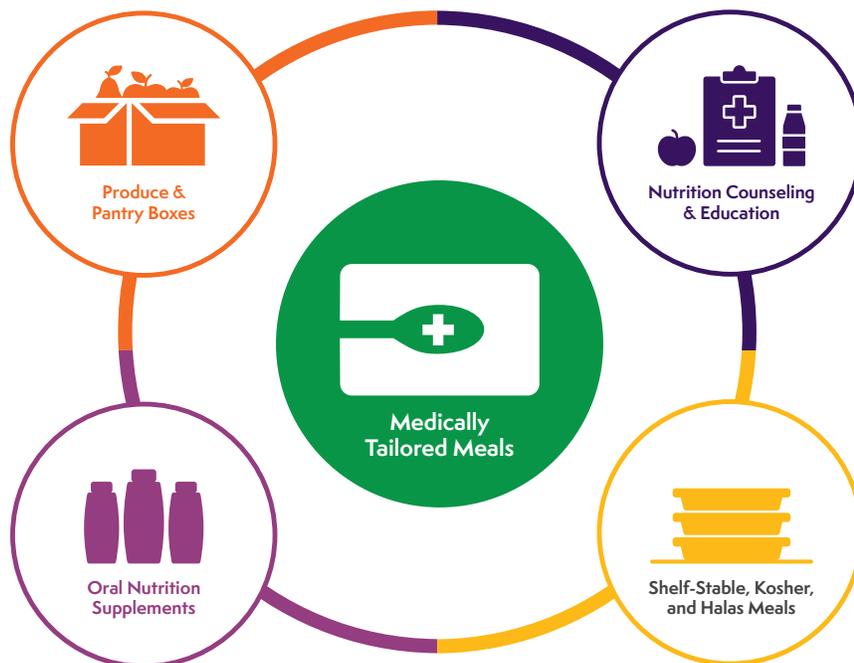
# OUR MISSION:

## Improving life through better nutrition at home

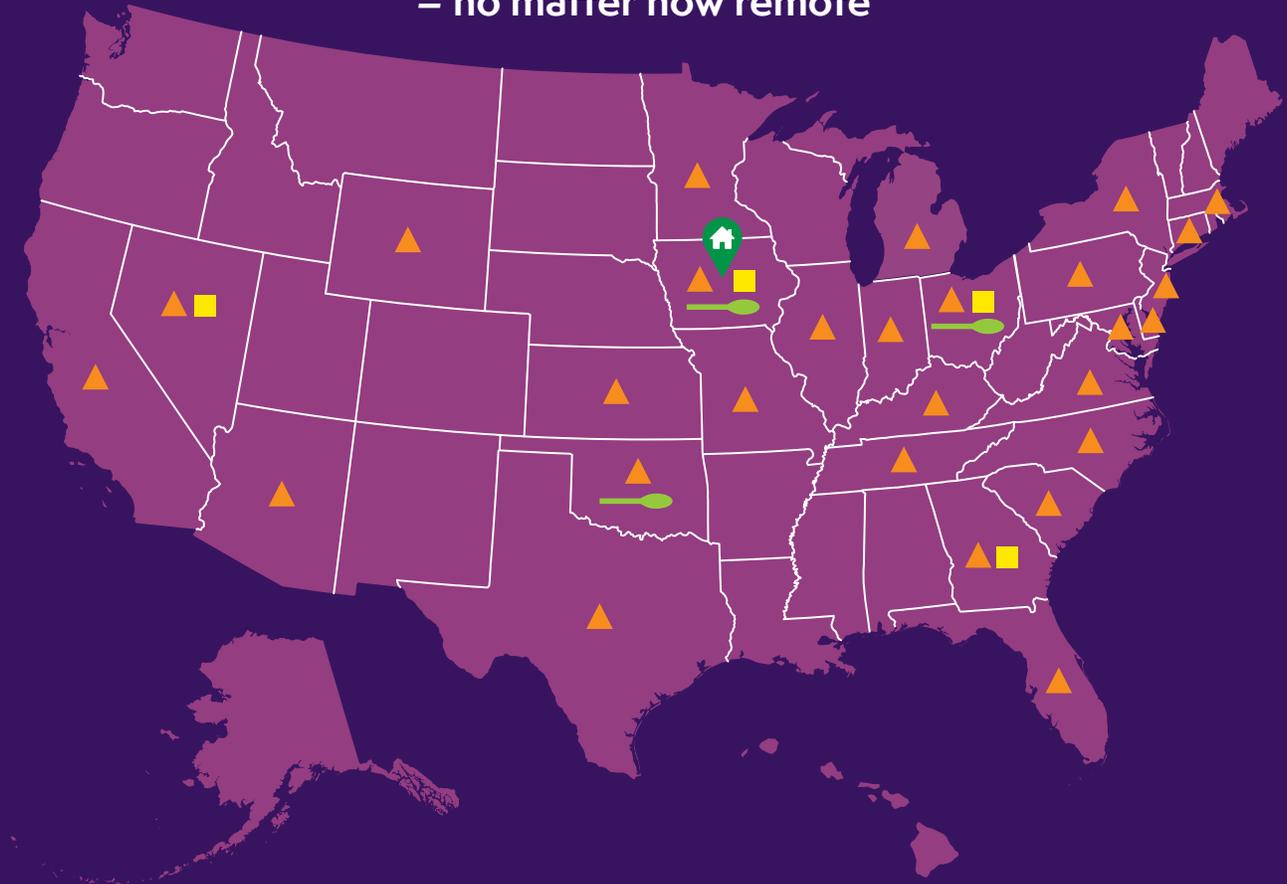
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Mom's Meals delivers the nation's most comprehensive food as medicine solutions, including medically tailored meals, nutrition counseling and education, and other nutrition services – helping people live healthier lives at home. Our evidence-based solutions meet specific dietary needs, taste great, and reliably reach homes others cannot. We improve health outcomes, lower costs, and bring comfort and dignity to those who need it most.

We believe food is more than nourishment, which is why Mom's Meals is dedicated to creating food as medicine solutions that go beyond the plate. Rooted in a family's mission to care for loved ones, we've spent decades building a nationwide operation that reliably reaches homes others can't – no matter how rural or underserved.



## Delivery to EVERY address nationwide – no matter how remote



● Delivery to EVERY address nationwide

▲ 62 distribution centers in 28 states

■ Fulfillment Centers

🥄 USDA-Inspected Kitchens

🏠 Headquarters: Ankeny, Iowa



# 535

**MILLION**

MEALS DELIVERED  
in the past 11 years



# 1.4M

MEALS SOLD  
EACH WEEK

in 2025 on average



# 2k

Team  
Members



# 39

States where  
employees live,  
work and play



# Programs In Action



## CORPORATE SOCIAL RESPONSIBILITY (CSR) STRATEGY:

# Reducing nutrition insecurity in the communities we serve

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Mom's Meals is passionate about improving access to quality nutrition and reducing nutrition insecurity where we live and work across the country. Some of the ways we are combating these issues is through our CSR efforts and programs.

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# Ensure Equitable Food Access

We collaborate with public, private and government sectors to be part of the nutrition insecurity solution. Working together, we have been able to address gaps in the supply of nutritious food.

## Mom's Meals Hunger Challenge

Helping combat nutrition insecurity is an issue that directly aligns with our mission of improving life through better nutrition at home. It's why Mom's Meals developed the Hunger Challenge initiative.

Each year, we turn to our partners on the front lines such as case managers, food banks or other community-based organizations (CBOs) to identify someone who is nutrition insecure and is not eligible for any type of home-delivered meal funding or programs.

Through our annual Hunger Challenge, we donate home-delivered medically tailored meals to provide short-term support to that person until other long-term community resources can be identified.



The Hunger Challenge has been an **AMAZING** resource and a huge blessing for both my ESRD and CKD patients.

- CASE MANAGER

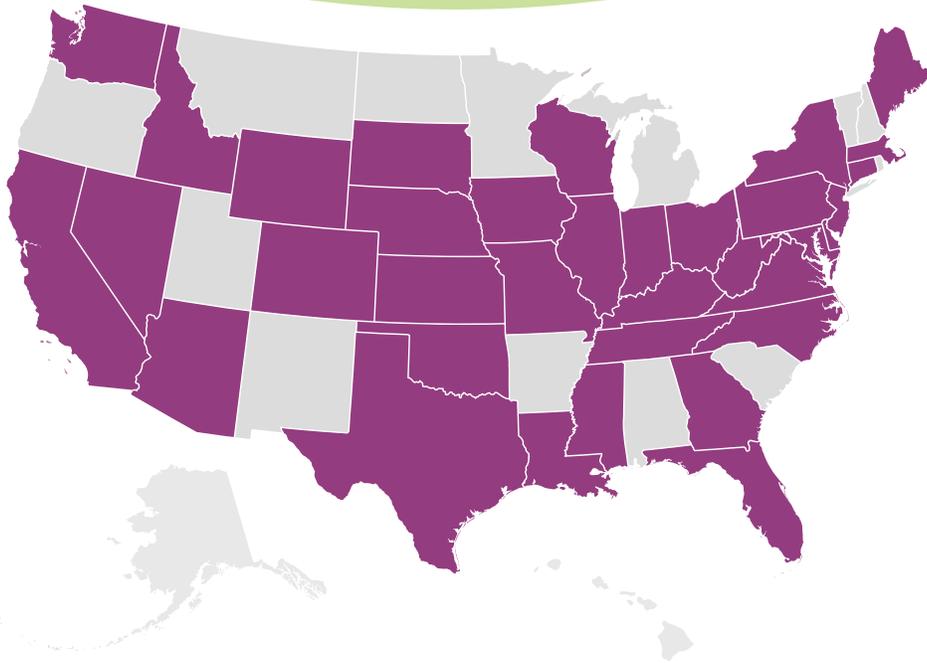




Collaborated with CBOs to donate

**59,863** Meals

nationwide through our annual **HUNGER CHALLENGE** program<sup>1</sup>



My colleagues and I want to say that this program has been absolutely wonderful. As a social worker, I see so many gaps in the system and there are very few services that bridge that gap. A cooler of meals from the Hunger Challenge is one of those bridges.

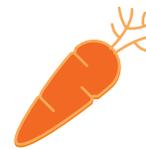
- CASE MANAGER





# Support Our Communities

Combating and bringing awareness to nutrition insecurity closely aligns with the Mom's Meals mission. We have donated our ingredients and sides to local food banks and other CBOs.



Local food banks have received nearly

**\$323,000**

worth of **INGREDIENTS**  
and **SIDES<sup>2</sup>**

# The Just One Project

## 500 food kits

Tackling the root causes of nutrition insecurity requires collaboration. With the donation of 500 food kits, Mom's Meals and United Way of Southern Nevada are strengthening The Just One Project's mission to build a more food-secure future by supporting Southern Nevada families in need.

The food kits were assembled during the Association of Health Insurance Plans' annual convention June 16-17 in Las Vegas, giving attendees a hands-on opportunity to support families facing food and nutrition insecurity. Throughout the event, participants engaged in conversations about the importance of food as medicine and the impact medically tailored meals can have on improving health outcomes, managing chronic conditions, and reducing health care costs. This experience connected industry leaders to the realities of food and nutrition insecurity and reinforced the critical role nutrition plays in community health.



At The Just One Project, we know that food is more than nourishment, it's a foundation for stability, health, and dignity.

This partnership with Mom's Meals and United Way of Southern Nevada strengthens our ability to meet families where they are and provide access to nutritious food with compassion and purpose.

Together, we're closing the gap between hunger and health for our most vulnerable neighbors.

- BROOKE NEUBAUER, CEO  
The Just One Project



# Food Bank of Alaska

 1,339 shelf-stable meals

In October, two major storm systems hit Alaska's west coast, bringing high winds, heavy surf, and widespread coastal flooding. This made getting nutrition to affected and vulnerable Alaskans even more challenging.



Hunger is a reality for

**1 in 7**

Alaskans including children and seniors<sup>3</sup>

## Second Harvest Food Bank of the Mahoning Valley

 681 shelf-stable meals



This generous donation will have a big impact on our hungry friends and neighbors. We thank Mom's Meals for their support and everything they do to make sure everyone has something to eat.

- KIM BROCK, Director of Operations,  
Second Harvest, Food Bank of the Mahoning Valley



# Bridgeport Police Department

## 1,092 meals

Fire went through the Bridgeport Suites Apartment complex on an early Saturday morning in February, with approximately 100 residents evacuated and six people injured. About 80 displaced individuals were placed in hotels as temporary housing.

The Bridgeport community worked hard to fill gaps in immediate needs including access to food. Mom's Meals provided help and support, delivering three meals per-person, per-day for one week to their hotel rooms to help them get the nourishment they need at such a difficult time.



Photo submitted by Mike Hays to the Main Line Times & Suburban



When all is said and done, said, it won't be how the fire started that folks will remember. What residents will remember, is that Bridgeport stood strong for each other.

- BRIDGEPORT POLICE CHIEF TODD BEREDA  
According to the [Main Line Times & Suburban](#)



# California Wildfires Relief

Historic wildfires left behind devastating impacts across southern California. In response, Mom's Meals stepped in to provide essential nutritional support to those in need.



## Blue Shield of California Promise Health Plan

### 960 shelf-stable meals

Working with Blue Shield of California Promise Health Plan, Mom's Meals donated shelf-stable meals to support Los Angeles families affected by the wildfires. The meals were distributed through the 13 Community Resource Centers jointly operated by L.A. Care Health Plan and Blue Shield Promise. Additionally, the meals were available for distribution by local field medicine teams who provide care to unhoused populations. The meals provided through this initiative were available to all Los Angeles residents impacted by the wildfires, reinforcing the shared commitment to supporting the broader community in times of crisis.



## American Red Cross

 **\$10,000 donation**

Mom's Meals teamed up with our partner, Cressey & Company — via its Cressey Cares Foundation — to donate to the American Red Cross for relief efforts in California. Cressey Cares Foundation donated \$5,000 and Mom's Meals, with help from employees, matched that donation for a total of \$10,000 donation to help the people and communities that need it most.

## Health Net

 **1,000 shelf-stable meals** |  **180+ Mom's Meals**

Health Net knows that truly improving outcomes for Californians at highest risk means removing barriers to the care they need. To help remove the barrier of access to food during this time of need, Mom's Meals made a donation of our refrigerated meals and shelf-stable meals..



# Meals from the Heartland

## Leadership packing event

Always focused on finding ways to make a difference in the lives of others, Mom's Meals leaders took time out during a leadership meeting and volunteered to package meals for Meals from the Heartland's Annual Hunger Fight.

Meals from the Heartland packages meals for delivery to malnourished people in Iowa, across the United States and around the world. The question of how to end world hunger can seem daunting, but through donors, volunteers and partners, every dollar donated, every volunteer hour given and every packaged meal, is helping to break the chain of hunger and save lives.



**In our current economic climate where access to nutritious food is both challenging and expensive, it's heartwarming to see our community come together to package hundreds of thousands of life saving meals for our local and global neighbors in need.**

- DEBORAH HUDSON  
Relationship and Team Building  
Meals from the Heartland



# Serenely Guided Foundation

## \$500 donation

A rare disease diagnosis can be an overwhelming journey, filled with uncertainty, medical appointments and financial strain. For many families, the added challenge of accessing proper nutrition is an even more overwhelming barrier that can affect health outcomes. That's why organizations like Serenely Guided Foundation, founded by Sarah Woods after her own three-year battle to find a diagnosis, are using quality nutrition to make a difference.

Despite its name, the likelihood of knowing someone with a rare disease is quite high. According to the National Institutes of Health, 1 in 10 Americans have a rare disease.<sup>4</sup> Sarah's experience navigating a rare disease opened her eyes to the unseen struggles many families face.

Serenely Guided Foundation is working on an initiative to provide meal gift cards to families in need in need and this donation was able to help. "It's all about convenience and nutrition," Woods emphasized. "Many families experiencing food and nutrition insecurity don't talk about it, but I know what it's like to wonder how you'll put a healthy meal on the table." The Mom's Meals donation helps address nutrition insecurity, and aid in recovery with high-quality nutrition that's delivered direct to homes and ready to heat and eat in minutes.



Watch [the video](#).



# Engage Employees

Another piece of our corporate social responsibility strategy empowers employees to showcase Mom's Meals' core values in the communities where they live, work and play. Mom's Meals employees are passionate about our mission of improving life through better nutrition at home. They are constantly volunteering or donating resources to help those in need.



Over **\$3,000**  
**DONATED**  
to American Red Cross  
disaster relief efforts



**\$1,000** SPONSORSHIP  
for the Meals from  
the Heartland Annual  
Hunger Fight

# Iowa National Guard

## 200 donated items for care packages

Right after Memorial Day, approximately 2,000 Iowan National Guard Soldiers were deployed to various regions in the Middle East in support of Operation Inherent Resolve. Mariah Heide, Mom's Meals product optimization analyst, army veteran, and military spouse, also volunteers as the Soldier and Family Readiness Group (SFRG) Leader for one of the several deployed units – C Troop 1-113 Cavalry.

The SFRG is a non-profit, command-sponsored organization of soldiers, family members (immediate and extended), volunteers belonging to a unit, and civilian employees. The group is important in preparing and equipping the Total Military Family with the knowledge and tools to successfully meet the challenges of the military lifestyle. The purpose is to establish a network of support, disseminate information, connect individuals with eligible resources, reduce stress and provide a direct line of communication between command, our soldiers, and their families.



Currently, necessities (aside from daily meals) cannot be purchased on base and must be sent via mail such as care packages. The SFRG care package event helps ensure soldiers feel supported, receive reminders and comforts of home while in a foreign place away from loved ones, and boost morale. In support of soldiers in our communities, Mom's Meals employees donated approximately 200 items to help fill 100 care packages to members of C Troop, including birthday boxes to recognize soldiers on their special day.



When you're surrounded by desert and stress, opening a box with what we consider to be luxuries here, necessities, reminders of home, or even just a letter, bring you back to the normalcies of life.

It doesn't matter what's inside because it shows someone cared enough to help put together a box and send it your way. It helps you push through the challenges of deployment and brighten your day.

– STAFF SERGEANT JEFFREY HEIDE  
Iowa National Guard



# Susan G. Komen® MORE THAN PINK Walk®

 \$1,097 raised

The MORE THAN PINK Walk is Komen’s signature fundraising event. It’s described as a day where we can all put aside everything else in our lives and share our space, our stories, our laughter, and our tears to raise money that saves lives.

Team members from our Oklahoma City, Okla. kitchen facility teamed up again and showed their support for those battling breast cancer by taking part in a 5k in October to raise funds.



susan g. komen  
MORE THAN  
PINK WALK® 

**MORE THAN PINK WALK**  
October 18, 2025

Party  
Pics®

# Girls on the Run Sneaker Soiree

## \$1,000 event sponsorship

Mom's Meals sponsored the Girls on the Run Sneaker Soiree.

The Sneaker Soiree is the signature fundraising event of Girls on the Run of Central Iowa and raises funds to support the financial assistance fund which over 38% of participants utilize throughout the year. Financial assistance is a priority for Girls on the Run as it increases access to programs across central Iowa making it possible for any child to join in their programs.



# Annual school supply drive

## Over 130 student bags

Each year Mom's Meals holds a school supply drive at our Ankeny, Des Moines and Grinnell locations. This year was another huge success filling bags with much needed school supplies for over 130 children to help them start off the new school year right.



# Orchard Place Moonlight Classic

## \$1,000 event sponsorship

Mom's Meals is proud to again sponsor the annual Orchard Place Moonlight Classic that benefits 6,000 children annually through their mission of providing a safe environment for children and their families to heal, find hope, be empowered, and building resilience to overcome mental health adversity.

This nighttime ride welcomed cyclists of all skill levels to ride through the streets of downtown Des Moines in support of vital youth mental health programs.





Mom's Meals delivers the most comprehensive evidence-based food as medicine solutions nationwide, together with health care and community partners. Our solutions combine medically tailored meals, nutrition counseling and education, and other nutrition services to improve health outcomes and lower total costs. We make it easy for individuals of all ages to access nutrition support that is enjoyable, nutritionally balanced, accessible, and affordable.

Whether helping someone better manage a chronic condition, recover from illness, continue to live independently, or just live healthier, our solutions arrive reliably to even the more rural or underserved homes.

For more information, visit [momsmeals.com](https://momsmeals.com).

To learn about the latest CSR efforts at Mom's Meals visit:  
[momsmeals.com/about/csr](https://momsmeals.com/about/csr).



## Sources

<sup>1</sup> 2020-2025 YTD

<sup>2</sup> 2019-2025 YTD

<sup>3</sup> <https://foodbankofalaska.org/>

<sup>4</sup> <https://www.nih.gov/about-nih/nih-turning-discovery-into-health/promise-precision-medicine/rare-diseases>