



GOOD
MEASURE
MEALS

OPEN
HANDS

New Home. *Same Love.*

Our 2024 Impact



Welcome Home.

This year marked a transformative chapter for Open Hand, as we successfully relocated our campus to 1380 West Marietta Street NW—a milestone made possible through the extraordinary commitment of our donors, board members, staff, and volunteers.



Relocating a nonprofit of our size and scope, particularly one with a commercial kitchen that never stops serving our neighbors, was no small feat. Disassembling, transporting, and rebuilding a facility capable of producing more than 1.3 million medically tailored meals a year—without missing a single delivery—required careful coordination, a shared vision, and a lot of heart. And working together, we did it.



Now, in our new home, the impact is already clear. We are operating more efficiently thanks to expanded freezer space, new loading docks, and dedicated volunteer areas. Our teaching kitchen is alive with activity, welcoming students eager to learn how to prepare nutritious meals and understand the fundamentals of good nutrition. These improvements aren't just operational—they are deeply human, allowing us to better serve the people who depend on us every day.

Last year, we cooked and delivered 1,397,299 medically tailored meals. More than 5,000 volunteers served 26,000 hours, and 2,271 donors supported our mission: We cook. We deliver. We teach. We care.



In 2024, we also launched a bold new initiative: our workforce development program, WOODS (Where Opportunity Opens Doors to Success), named in honor of our beloved former Executive Director, Stephen Woods. This program aims to prepare aspiring chefs and culinary professionals who are experiencing underemployment and unemployment with hands-on training in food production, opening doors to stable, meaningful careers. We are excited to witness the lives this program will shape.



In Atlanta and throughout Georgia, no other organization is better prepared than Open Hand to answer the growing call for nutrition-based health solutions. As the national spotlight turns to the critical link between food and wellness, we are proud to be driving this transformative movement forward.



Open Hand stands on the threshold of its next era—stronger, more capable, and more committed than ever. With your steadfast support, we are laying the foundation for decades of continued impact in communities across Georgia.

Matthew Pieper,
Chief Executive Officer, Open Hand

Thomas Abrams,
Board President, Open Hand

Board of Directors

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Founder

Michael Edwards-Pruitt

**We cook. We deliver.
We teach. We care.**

”

“The meals that I receive on a weekly basis from Open Hand provide a primary source of nutrition for me. The meals are helpful to me especially because I am unable to prepare my own meals. The meals provided are of good quantity and quality. Thank you for providing this nutrition service for the community.”
- Open Hand Client





Food is Medicine:

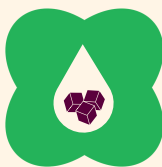
Delivering Positive Health Outcomes



67%
Improved
One Health
Outcome



86%
Maintained or
Improved
Blood
Pressure



80%
Maintained or
Improved
Blood Sugar
Levels



73%
Easier to Live
Independently



87%
Maintained or
Improved
Cholesterol



45%
Worried
Less About
Food



50%
Improved Two
or More Health
Outcomes



73%
Found it Easier
to Take
Medications

OPEN HAND CLIENT SATISFACTION SURVEY

Medically Tailored Meal Discharge Program

The MTM Discharge Program targeted socially vulnerable and potentially food insecure populations living with chronic conditions who were recently discharged from the hospital.

After 3 weeks of MTMs, participants reported...

89% Meals made the transition home from the hospital much or extremely easier

67% Avoided 30-day hospital readmission

Produce Prescription Program

Participants receive local produce boxes weekly and engage in hands-on cooking and evidence-based nutrition classes. Following graduation, participants reunite monthly to share successes and challenges.

After 3-6 months of program completion, participants reported...

- ✓ Decrease in ER visits and hospitalizations
- ✓ Sustained food security
- ✓ Sustained confidence with buying/cooking healthy food and helping others do the same

449,210 Georgians are eligible to receive medically tailored meals (MTMs)

If every eligible Georgian received at least 8 months of MTMs, in one year...

\$575 million Could be saved annually,
or \$1,279 per person

80,500 Hospitalizations could be
averted every year



Our Clients:

Receiving Love, Dignity, and Nutrition

72%

Clients Living at or below the FPL

51%

Clients above age 65*

91%

Nutrition Education clients

79%

Clients reporting food insecurity

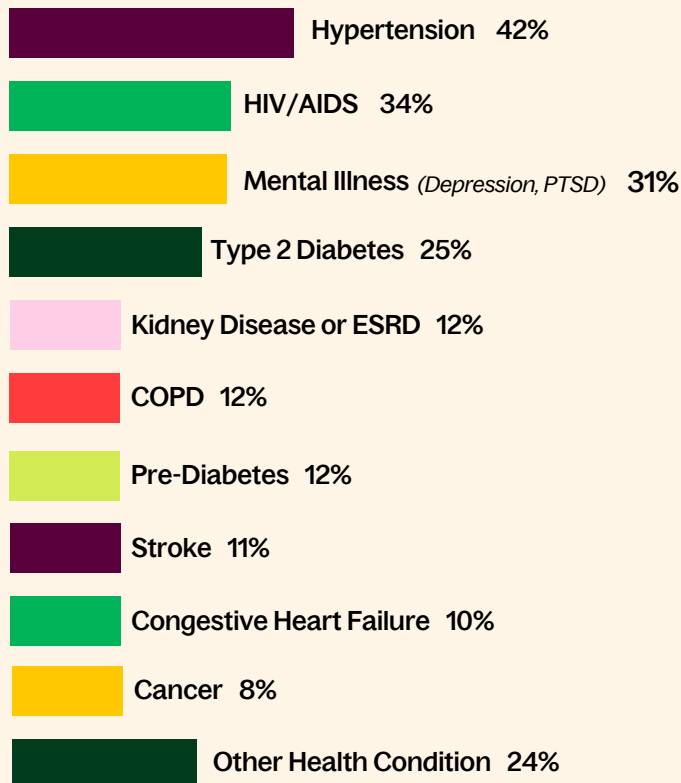
54%

Female clients***

88%

Minority clients**

89% of our clients have at least one chronic condition, including:



This overview takes into account those Open Hand clients who receive meal services and complete OH client surveys.

* Based on clients with known age
**Based on clients with known race/ethnicity.
***Based on clients with known gender
FPL = Federal Poverty Line

“You people have helped me and made my life I can live my own life in my own apartment thank you so much”
- Client

“The meal service has had an impact on my life in that I can spend more time on my physical healing.”
- Client

“Living with arthritis makes cooking a challenge, so having balanced, nutritious meals delivered is a huge benefit.”
- Client



Volunteerism:

Our volunteers are the heart of our mission.



5,369

OF UNIQUE
VOLUNTEERS



26,211

OF VOLUNTEER
HOURS LOGGED



268

CORPORATE /
FAITH-BASED
INSTITUTION
PARTNERS



154,752

MILES DRIVEN BY
VOLUNTEER
DELIVERY DRIVERS



12

PRESIDENTIAL
SERVICE AWARD
WINNERS



\$1.5 MILLION

saved yearly due to
volunteers

+1 year

amount of time most
volunteers have spent with
Open Hand

49%

portion of volunteers who
has at least 5 shifts with us
in 2024



Nutrition:

Serving, educating, coaching.

1,397,299 MEALS DELIVERED

96,900 meals supported through **Good Measure Meals**™

1,656 clients received **Group Nutrition Education**

826 **Group Nutrition Education** sessions held statewide

374 clients participated in **One-on-One Counseling**

225 clients participated in **Produce Prescription Program**

39 **Georgia Counties** received our nutrition programming



FILLING THE GAP

With support from Takeda, **we served 150 at-risk clients over 53,000 home-delivered meals** who were in need of our services but not qualified for our meals through other funding sources.



"I am thankful for this class. It gave me enlightenment regarding healthy cooking, eating, and understanding the relationship between food and the body. I highly recommend this class to others. Education is important! Also, the produce sent to me was so helpful! It provided additional food causing my budget to break even. I am grateful."

- Elevance Class Participant





Generosity:

We couldn't work without our donors.



2,158
DONORS



821
FIRST-TIME DONORS

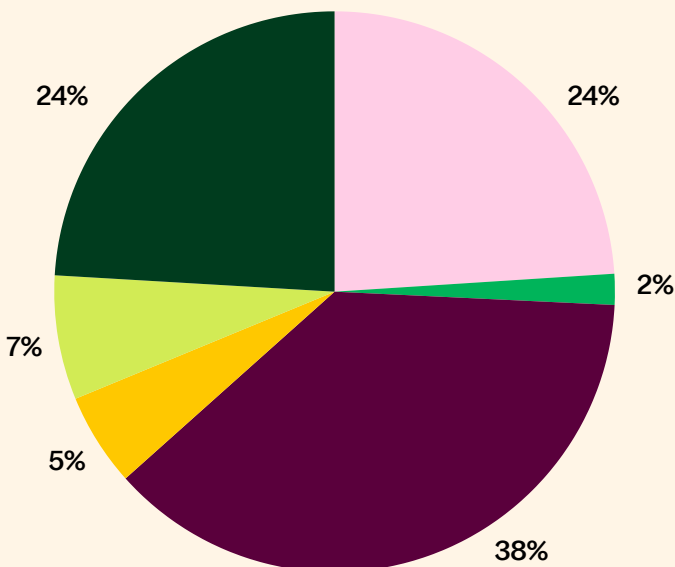


7,238
DONATIONS



2024 DONORS
SCAN FOR FULL LIST

- Special Events
- Community Events
- Corporate Gifts
- Faith Funds
- Foundations/Trusts
- Individual Donations



\$128,072
RAISED BY CORE MONTHLY DONORS



+43,000
MEALS SUPPORTED

Our New Home:

Moving into 1380 West Marietta Street

2024 was another milestone year at Open Hand. After nearly two decades in our home at the Armour Loop in Midtown, we moved to our new 43,000 square foot headquarters in Grove Park.

More than a few incredible things had to fall into place for this to happen, and we're deeply grateful to every brilliant staff member, dedicated supporter, and community advocate who helped us along the way. Together, we:



- ✓ Ensured there was no service interruption for our clients during the move. This was due to the meals we were able to stockpile with our supporters' help, and the careful planning of our Operations team.
- ✓ Reached our monumental \$19.5 million fundraising goal! Of course, we can't thank the community enough for coming together to make this happen. Because of you, we have a headquarters that is equipped to grow with us!
- ✓ Launched our Workforce Development Program, a key component of our capital campaign. We're proud to provide this pathway toward employment and financial security, a key social determinant of health.

75% increase in cold storage, including a freezer that can store up to 100,000 meals!

1 → 8 loading docks, providing space to load delivery vehicles and unload ingredients

100% increase in warehouse space, giving Operations more room to store, box, and package!

New delivery vehicles to gradually increase capacity from 25,000 to 40,000 meals delivered weekly



Partnership:

*We're made stronger
through your collaboration.*



We believe food is medicine. To ensure we continue providing for those in need, we engage in innovation with healthcare partners who focus on the same populations that we serve.



Our corporate and foundation partners ensure we can help our clients live independently and with dignity in their own homes, armed with the tools to better manage their health.



Our community partners are key to ensuring we can reach as many at-risk Georgians as we do, providing them access to nutrition they need to better manage their health and thrive.

"(Our) clients are very grateful for the meals. Deliveries enhance their quality of life by helping them to remain independent and age in place."

LASTING IMPACT

65%

Have been with Open Hand for 3 years or more, proving the longevity of the relationships we forge in the community

HIGH QUALITY

75%

Rated Open Hand as having much better food and nutrition services than other agencies

RESULTS FROM THE 2024 PARTNER SURVEY



Real Impact:

***We cook. We deliver. We teach.
We care.***

“These meals have kept me alive.”
– Amery V., Open Hand client since 2021

After facing multiple health challenges - including a bone marrow transplant following a diagnosis of multiple myeloma and a 28-day coma from COVID-19 - Amery knows what it means to fight for her life. And through it all, Open Hand has been by her side, delivering more than just meals.

“These meals have truly kept me alive,” she says. “When you’re tired after treatment or just don’t feel well, it’s a relief to know there’s something nourishing, beautiful, and ready for you.” Amery first learned about Open Hand after her bone marrow transplant, and the meals quickly became a lifeline - especially as she manages strict dietary needs. “I can’t eat greasy or salty food, and Open Hand gets that. The meals are well prepared, nutritious, and full of love.”

Her favorite? The provincial chicken with risotto. “It’s light, refreshing, and it feels like something you’d get at a restaurant. You can tell it’s made with care.”

Once an event producer who worked around the world - from the World’s Fair in Seville to the 1996 Olympics in Atlanta - Amery now channels her love for travel into her work as a travel advisor. “Food is part of culture,” she says. “And Open Hand really understands that. The menus are brave. They introduce clients to new flavors, new cuisines—Asian, Korean, Mediterranean—and they do it beautifully. This food is something you can sit down and really enjoy.”

Clients like Amery come to Open Hand through a variety of means. Here’s an example of a typical client journey:



One of our community partners refers a client to us. Our partner will have pre-vetted them and the client will meet certain diagnosis and income requirements. Our team reaches out to set them up with our services.



During intake, our team will determine the type of meal plan most appropriate for the client’s medical needs. Then, our kitchen team gets to work cooking and packing our delicious medically tailored meals!



Meals are loaded into a volunteer or staff vehicle and delivered directly to our clients door, all free of charge. This helps our clients overcome any accessibility, financial, or other challenges they may have and focus on their nutrition.



With the help of our nourishing meals and accompanying nutrition education, our clients start seeing their health outcomes improve!




Open
Hand

 **Open Hand**

We Cook. We Deliver. We Teach. We *Care*.

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