

## I. CHESTER COUNTY COMMUNITY FOUNDATION GRANT PROPOSAL SUMMARY SHEET

*One page only. This page will be shared electronically with Grant Panel Members & Fund Advisors.*

*Note: If Philanthropy Network's Common Grant Application is used, CCCF's Summary Sheet MUST accompany application.*

*To obtain an electronic version of this application, visit [www.chescocf.org](http://www.chescocf.org)*

**Date** 6/10/2026

### Contact Information

**Organization Name:** Metropolitan Area Neighborhood  
Nutrition Alliance (MANNA)

**Address:** 420 N 20<sup>th</sup> Street, Philadelphia, PA 19130

**Phone:** 215-496-2662

**Website:** mannapa.org

**Year Incorporated:** 1990

**FEIN:** 23-2586142

**Primary Contact E-mail:** hwalsh@mannapa.org

**ED/CEO Name:** Sue Daugherty

**ED/CEO E-mail:** sdaugherty@mannapa.org

**Board Chair Name:** Ted Dallas

**Board Chair Approval (check here):**

**Primary Contact Name:** Haley Walsh

### Organization Information:

#### Field/s of Interest:

Arts, Culture & Humanities

Environment/Animal Welfare

Education

Health

Human Services

Religion

#### **Mission:**

MANNA uses nutrition to improve health for people with serious illnesses who need nourishment to heal. By providing medically tailored meals and nutrition education, we empower people to improve their health and quality of life.

#### **Geographic Area Served** (If not all of Chester County, specify primary Chester County regions served):

MANNA serves critically ill clients and their families across Greater Philadelphia and Southern New Jersey: Philadelphia, Bucks, Montgomery, Chester, and Delaware counties in Pennsylvania, and Camden, Burlington, Gloucester, and Salem Counties in New Jersey.

#### **Describe Population Served & Annual Number of People Served:**

MANNA serves individuals throughout Greater Philadelphia who are experiencing acute nutritional risk due to serious illness. Many clients are unable to shop for or prepare food because they are undergoing chemotherapy, beginning dialysis, recovering from hospitalization, or managing another significant medical condition. The most common primary diagnoses among MANNA clients are diabetes (30%), cancer (16%), heart disease (16%), HIV/AIDS (8%), and renal disease (8%). Most clients live with multiple chronic conditions and complex medical needs.

MANNA's client population reflects the diversity of the region. Clients are 46% Black or African American, 26% White, 6% Hispanic or Latino/a, 1% Asian or Pacific Islander, 1% multiracial, and 1% Indigenous. Ages range from 1 to 101, with more than half of all clients age 60 or older. The population is 55% female, 44% male, and 1% transgender or non-binary.

In fiscal year 2025, MANNA provided more than 1.1 million home-delivered, medically tailored meals to 4,326 critically ill clients and 556 dependents in their care. Similar service levels are projected for fiscal

year 2026. In Chester County specifically, MANNA served 46 clients during fiscal year 2025, more than half of whom were age 60 or older.

<b>Annual Budget</b> \$ <u>10,313,069</u>	<u>49</u>	# of Full-Time Equivalent Paid Staff
<u>70</u> % of budget for program expenses	<u>17</u>	# of Board Volunteers
<u>3</u> % of budget for administrative expenses	<u>7,000</u>	# of Active Non-Board Volunteers
<u>27</u> % of budget for fundraising expenses	<u>57,718</u>	# of Volunteer Hours
<i>100 % total</i>		

**Top 3-5 funding sources:**

**Is this grant proposal for:** Capacity Building \_\_\_ or General Operating  ?

**If Capacity Building Proposal, the focus is:**

\_\_\_ Mission, Vision & Strategy \_\_\_ Governance & Leadership \_\_\_ Partnerships & Collaborations  
\_\_\_ Fundraising, Development & Marketing \_\_\_ Technology Other: \_\_\_\_\_

**Grant Amount Requested from the Community Foundation:** \$15,000

**Proposal Summary:**

MANNA requests general operating support to advance its mission of using nutrition to improve health for people with serious illnesses who need nourishment to heal. Through the provision of medically tailored meals, nutrition counseling, and nutrition education, MANNA helps individuals manage complex medical conditions, improve health outcomes, and maintain their independence and quality of life.

Support from this grant will help sustain MANNA’s comprehensive medical nutrition intervention for vulnerable residents throughout Greater Philadelphia, including Chester County. During the grant period, MANNA expects to serve approximately 50 Chester County residents living with serious illnesses such as diabetes, cancer, heart disease, HIV/AIDS, and renal disease. Many of these individuals face significant barriers to accessing and preparing nutritious food due to their health conditions.

General operating support will provide MANNA with the flexibility to respond to growing community needs, maintain high-quality services, and ensure that critically ill individuals receive the nutrition they need to support treatment, recovery, and long-term health.

## II. CHESTER COUNTY COMMUNITY FOUNDATION GRANT PROPOSAL NARRATIVE

*Provide clear, concise information. 3 pages maximum.*

### **1. Nonprofit's history, goals, key achievements & distinctiveness**

MANNA has been a pillar in the Greater Philadelphia community for more than 36 years, improving the health and quality of life of our medically vulnerable neighbors through home-delivered, medically tailored meals paired with professional nutrition counseling as an integral part of medical treatment. MANNA was founded in 1990 by seven individuals who witnessed their neighbors in extreme crisis as the HIV/AIDS epidemic swept the country and drastically impacted the Philadelphia region. In response, MANNA staff and volunteers provide nourishment and hope at a dark time for vulnerable neighbors. As the medical community increasingly recognized the link between nutrition and HIV/AIDS treatment, MANNA evolved from providing comfort food to delivering medically tailored meals and added registered dietitians to provide nutrition counseling.

In 2006, we expanded our scope to serve individuals with a wide range of serious illnesses and acute nutritional needs, becoming the preeminent provider of medically tailored meals in the Greater Philadelphia community. In 2017, we moved to our current state-of-the-art facility, significantly increasing our capacity. Since our founding, MANNA has provided nearly 25 million meals to more than 54,000 critically ill clients across Greater Philadelphia and beyond. Today, MANNA is capable of preparing and delivering more than 1 million nutritious meals annually. Our team includes registered dietitians, chefs, kitchen staff, and delivery drivers, supported by more than 7,000 volunteers each year who assist with meal preparation, packing, and delivery.

A significant recent achievement was MANNA's accreditation by the Food is Medicine Coalition (FIMC), making it one of a select group of organizations nationwide to earn this distinction. FIMC accreditation recognizes excellence in the provision of medically tailored meals and nutrition services and requires organizations to demonstrate adherence to rigorous standards related to nutrition care, food safety, program operations, quality improvement, and client outcomes.

In addition, we achieved several significant milestones this past year that strengthen our capacity to serve clients with greater choice, reach, and efficiency. In June 2025, MANNA launched a new client choice model that empowers clients to select their preferred meals from a weekly menu, while still receiving the medically tailored nutrition their treatment plans require.

### **2. Funding request**

#### **Key Initiatives**

MANNA's comprehensive medical nutrition program is designed to help individuals with serious illnesses receive the nourishment they need to heal. Licensed dietitians develop customized meal plans based on each client's diagnosis, comorbidities, dietary needs, and personal preferences. Through MANNA's client choice program, clients can select meals that align with our cultural preferences and tastes while remaining within their prescribed diets, increasing satisfaction and reducing food waste.

Using high-quality ingredients, MANNA's professional chefs prepare nutritious, appealing meals in a state-of-the-art kitchen with the support of more than 7,000 annual volunteers. Clients receive weekly home deliveries of either 14 or 21 medically tailored meals, along with fresh fruit, nutritious snacks, and healthy desserts to meet their nutritional needs. Recognizing that serious illness affects entire families,

MANNA also provides meals at no cost to children and dependent adults in a client's household, helping ensure all family members have access to nutritious food while reducing household food insecurity and financial stress.

In addition to medically tailored meals, MANNA provides ongoing nutrition counseling and education to help clients manage their health beyond their time in the program. Clients have access to one-on-one counseling with licensed dietitians, who provide guidance on disease management, meal planning, and healthy eating strategies. MANNA dietitians also conduct group nutrition education sessions at community sites and lead the Get Fresh cooking series, offered in both virtual and in-person formats. These classes combine nutrition education with hands-on cooking instruction, helping clients build the knowledge and confidence needed to maintain healthy eating habits and improve long-term health outcomes.

### **Specific Needs & Issues to Be Addressed**

Diet-related diseases such as cancer, heart disease, and diabetes are among the leading causes of death in the United States. Across the Greater Philadelphia region, approximately three million people live with at least one chronic disease. While these conditions can often be managed through appropriate medical care and nutrition, many individuals lack access to the healthy foods and support necessary to achieve better health outcomes.

Social determinants of health, including food access, economic stability, and neighborhood conditions, play a significant role in determining the prevalence and severity of chronic disease. Structural inequities and systemic racism have contributed to disproportionate rates of food insecurity and diet-related illness among communities of color. Black individuals are more than twice as likely as their White counterparts to experience food insecurity, while Hispanic individuals are nearly three times as likely. Black individuals also experience substantially higher rates of diabetes and premature cardiovascular death. Seniors and low-income individuals face similarly elevated risks of chronic disease and poorer health outcomes.

MANNA's clients are among the region's most medically vulnerable residents. Over half are low-income adults over age 50 who are managing serious illness while also struggling to access the nutrition they need to heal. Although eligibility for MANNA's services is based solely on medical need, 93% of clients report household incomes below 200% of the Federal Poverty Level, and approximately two-thirds experience food insecurity. Many are undergoing chemotherapy, beginning dialysis, recovering from hospitalization, or coping with multiple chronic conditions that leave them physically unable to shop for groceries or prepare meals. Faced with high medical expenses, limited incomes, and declining health, many clients must choose between paying for necessities and purchasing nutritious food. Without adequate nutrition, health conditions can worsen, increasing the risk of complications, hospitalization, and reduced quality of life.

The need for medically supportive nutrition is especially urgent as healthcare costs continue to rise and public safety-net programs face increasing pressure. Diet-related diseases are among the primary drivers of the nation's nearly \$5 trillion in annual healthcare spending, yet many patients continue to lack access to nutrition interventions that could improve health outcomes and reduce healthcare utilization. Recent reductions to SNAP, Medicaid, and other essential health and nutrition programs threaten to deepen food insecurity and health disparities among vulnerable populations. As a result, evidence-based interventions such as MANNA's medically tailored meal and nutrition services are more important than

ever, providing critically ill individuals with the nourishment, education, and support they need to manage their conditions, recover from treatment, and live healthier lives.

### **Why it is Important to Fund This Now**

The need for medically supportive nutrition continues to grow as the rate of diet-related illnesses remains high and healthcare costs continue to rise. At the same time, reductions to SNAP, Medicaid, and other nutrition and healthcare programs threaten to leave vulnerable individuals with fewer resources to meet their basic needs. Demand for MANNA's services remains strong, while rising food, labor, and transportation costs place increasing pressure on nonprofit providers. Investing in MANNA now helps ensure that critically ill individuals continue to receive the nutrition they need to support treatment, recovery, and long-term health while helping to reduce strain on the healthcare system.

### **How Impact & Results Will be Demonstrated**

MANNA measures impact through a robust evaluation framework managed by the MANNA Institute, the organization's research and evaluation arm. Service outcomes are tracked through a HIPAA-compliant database that captures meal deliveries, nutrition counseling sessions, client demographics, and health-related data. In fiscal year 2026, MANNA expects to provide approximately 1 million medically tailored meals to more than 4,300 clients and deliver approximately 1,000 nutrition counseling sessions.

Client surveys administered at program completion measure improvements in diet quality, health, and disease management. Recent results found that 91% of clients reported eating healthier foods because of MANNA, 76% reported improved health, and 83% reported improved management of their health condition. Research conducted by the MANNA Institute has also demonstrated improvements in blood pressure, diabetes management, and malnutrition risk among program participants. These outcomes provide strong evidence that medically tailored nutrition improves health, supports recovery, and enhances quality of life for individuals living with serious illnesses.