



nourish up™
Lifting our community
through food.

Summer 2026

The last perfect ingredient

A milestone made possible by our community.

Some ingredients are measured in cups and teaspoons.
Others are measured in generosity, partnership, and hope.

In June, alongside our friends at the Charlotte Hornets, Nourish Up proudly celebrated the grand opening of the **Home Court Kitchen**, our new 10,000-square-foot commercial kitchen built to prepare nutritious meals for our Meals on Wheels program.

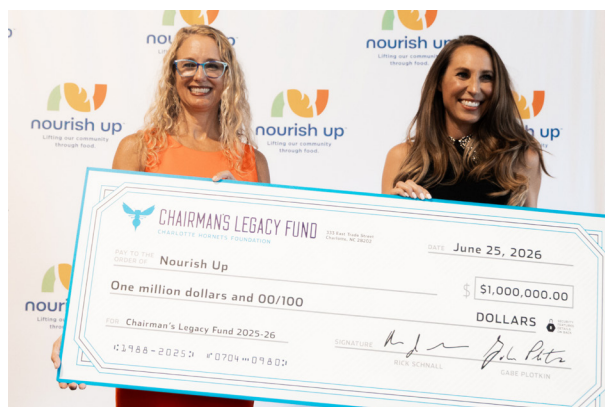
Made possible through a slam dunk \$1 million investment from the Charlotte Hornets Foundation through the Chairman's Legacy Fund, the Home Court Kitchen represents the final ingredient in the Hunger Hub, our \$22.8 million capital campaign to transform the way we fight food insecurity across Mecklenburg County.

Today, that last ingredient is already hard at work.

Each morning, our culinary team and kitchen volunteers begin preparing fresh, medically-tailored meals that travel across our community to older adults on fixed incomes and neighbors who cannot make or obtain a meal. Neighbors who rely on Meals on Wheels not only for nutrition, but also for connection and care. Every meal delivered represents more than food—it reminds someone that they matter. That someone cares.

The Home Court Kitchen is much more than stainless steel appliances and state-of-the-art equipment. It gives Nourish Up the ability to prepare more meals with greater efficiency, expand our capacity as community needs continue to grow, and ensure every meal is made with the highest standards

continued inside...





More Than Lunch

Every Tuesday around lunchtime, Frank listens for a familiar sound. It's not the arrival of a meal that catches his attention first. It's the sound of volunteer Cindy Carpenter's sporty convertible pulling into the driveway.

For several years, Frank has received Meals on Wheels through Nourish Up. As health challenges have made it difficult for him to safely prepare meals on his own, the daily delivery has become an important part of his routine.

"The meals provide nutrition, of course," says Frank's wife, Whitney. "But just as important is breaking up the long hours of isolation while I am at work. That quick wellness check and friendly smile help Frank maintain a positive outlook."

Over time, Cindy and Frank have developed a friendship. They chat about his flowers, his yard, and how he's doing.

A few weeks ago, however, Cindy immediately noticed something wasn't right. Frank appeared dizzy and unsteady. Concerned, Cindy helped him safely to a chair, brought him water, made sure his phone was nearby, and stayed until she knew he was feeling better.

What could have become a serious situation was avoided because someone took the time to notice. Someone cared enough to stay.

"It means everything to know someone is looking out for him," Whitney says.

Today, Nourish Up volunteers deliver to the doorsteps of 500 neighbors each weekday. Each meal costs approximately \$8 to prepare and deliver, yet clients contribute just \$1.50 to \$5.50 based on their ability to pay. **Donors bridge that gap.**

Your support also made possible Nourish Up's new 10,000-square-foot Meals on Wheels kitchen, where our culinary team prepares healthy, nutritious meals for older adults across Mecklenburg County.

For Frank, that means another day of independence. For Cindy, it means continuing to serve a neighbor she now considers a friend.

For hundreds of older adults across our community, it means knowing someone will be there tomorrow.

Read Frank and Cindy's full story here:





The last perfect ingredient, cont'd

of quality and safety. It also creates room for innovation as we continue developing nutritious menus designed to meet the unique health needs of our clients.

This kitchen ensures that no one has to sit on the sidelines when it comes to accessing healthy food.

Our ribbon-cutting celebration brought together donors, volunteers, elected officials, community partners, and supporters whose generosity transformed a vision into reality. Together, we celebrated not simply the opening of a kitchen, but the beginning of countless meals, meaningful visits, and brighter days for neighbors across Mecklenburg County.

The Home Court Kitchen stands as a lasting reminder of what happens when a community comes together with a shared purpose. Because of you, thousands of meals will be prepared here each week. Thousands of doors will be knocked on. Thousands of neighbors will experience the simple but powerful combination of healthy food and radical compassion.

To everyone who invested, volunteered, advocated, and believed in this vision from the very beginning—thank you. You helped complete the final ingredient of the Hunger Hub, and because of you, **hope is on the menu every single day.**



Register today for Tour de Turns 2026

Join us for the **15th Annual Tour de Turns**
Saturday, August 22, 2026

NEW LOCATION: Carmel Middle School
Scan the QR code to register today!

Make the Most of Your Donor-Advised Fund

Donor-Advised Funds (DAFs) have become one of the easiest and most tax-efficient ways to support organizations like Nourish Up. If you make grants through a DAF, there's one small step that can make a big difference for us: **please include your name and contact information when recommending your gift.**

Many DAF providers default to sending grants anonymously unless the donor chooses to share their information. While we are deeply grateful for every gift, anonymous donations mean we can't properly thank you, recognize your generosity, or let you know the impact your support is making.

If you have a Donor-Advised Fund, it's also a good time to review your account and ensure you've named a successor, who can continue recommending grants after your lifetime. You may also leave instructions for how your charitable funds should be distributed. If no successor or charitable instructions are provided, the sponsoring organization will ultimately determine how remaining funds are granted in accordance with its policies.

A few minutes spent reviewing your DAF today can ensure your generosity continues to nourish our community for years to come—and allows us to thank you for making it possible.

**Questions
about supporting
Nourish Up
through your Donor-
Advised Fund?**

Contact Lucy Mitchell:
lmitchell@nourishup.org
or **704-594-5832**.
Thank you!

**SAVE
THE
DATE**

Tour de Turns

Saturday, August 22, 2026 | 9 a.m.
New start location: Carmel Middle School

Young Professionals Hunger Hub After Hours Mission Tour

Wednesday, September 23, 2026 | 6 p.m.

Thanksgiving Food Drive

November 11-25, 2026

Street Turkeys

Tuesday, November 24, 2026

Scouting for Food

February 6, 2027

Start planning your **Fall Food Drive** today!

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