



IMPACT REPORT

CHANGING THE HEART & HEALTH OF FIREFIGHTERS ONE MEAL AT A TIME

Nutrition. Education. Fitness.

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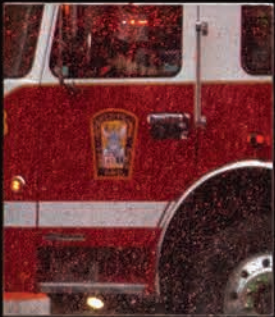
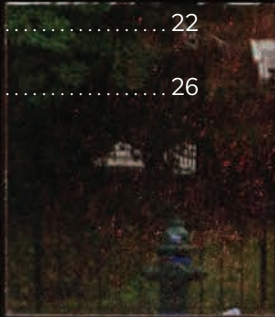
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LETTER FROM THE FOUNDER

The firehouse is one of the most unique places in the world. You would be hard pressed to find a more diverse work environment full of colleagues working closely together towards one common goal. In between calls to stop blazes and save lives, firehouses across the nation are full of people representing different races, genders, nationalities, religions, and political views, sitting down to share a meal.

It’s a rare occurrence in our society today—and it’s part of what makes the example of firefighters, EMTs, and paramedics so special. Despite the challenges of the toughest job in the nation, these men and women find the ability to put their differences aside and break bread with one another daily. They leave their families to protect their communities, and they never know if they will return home. But they find comfort in knowing that the colleagues at their side—whether Black, White, Republican, Democrat, Christian, or Muslim—are willing to risk their lives for one another. No firehouse is perfect, but the culture of brotherhood, sisterhood, and sacrifice is built with every meal.

Although food has always been a powerful unifier, it has also become one of the biggest hindrances to the health and wellness of firefighters across the country. Forced to cook fast and cheap meals during their shifts, our first responders are left vulnerable to health issues that threaten their lives in greater numbers than fire. I started Food on the Stove three years ago to change that narrative—so that meals in firehouses could nurture unity *and* enable physical wellbeing.

I asked myself, “Who helps the people who help everybody else?” I found it ironic that the one trait people said you needed to be a firefighter—heart—was the very thing that seemed to be failing so many of them when it mattered most. Many organizations existed to support firefighters in various ways, but I was unable to find one that effectively addressed the biggest threat: heart disease.

In the years since our launch, I’ve been amazed to see the wholehearted support of our community. Our programming has grown rapidly to meet the needs of thousands of firefighters with the support of large philanthropic partners, local entrepreneurs, neighbors, and even firefighters. We navigated a pandemic response, launched a food delivery service, and served thousands of nutritious meals. I’ve never been more optimistic about making our vision—ending heart disease in the fire service—a reality.

Food on the Stove is not just a nonprofit. It is what God has called me to do: to serve those who serve us. Our mission is to provide tools and resources to help firefighters live a healthier lifestyle. In the process, we hope to show the world what love looks like.

I hope you’ll take the time to explore how our work has evolved—and perhaps reconsider the role that firefighters, EMTs, and paramedics play in your own community. We have an opportunity to learn from their example, express gratitude for their sacrifice, and give back by ensuring that every firehouse kitchen has an abundance of good healthy food.

Jonathan Tate

Founder, Food on the Stove
D.C. Firefighter and EMT

IMPACT AT A GLANCE

Firefighters protect the community. We protect their health.
Food on the Stove provides firefighters with food, resources, and education to end the threat of health-related illnesses.

Founded and led by a member of the D.C. Fire and Emergency Medical Services Department, our team intimately understands the challenges firefighters face related to health and wellness. For more than two years, we have delivered food, hosted cooking demonstrations, and launched fitness programs for thousands of first responders in Washington, D.C., Maryland, and Virginia.



Timeline

**5,000
FIREFIGHTERS
REACHED**

**OVER 30,000
MEALS SERVED**

Heart disease is the #1 killer of firefighters. It doesn't have to be.
We're here to spark a health movement for firefighters across the nation.
And we're just getting started.



REMEMBERING LIEUTENANT KEVIN MCRAE

*The heart behind our mission.
The fuel behind our growth.*

Learn more at box264.foodonthestove.org



A Silent Threat

Every May 6th, the entire company of Engine 6 and Truck 4 in Washington, D.C. visits the gravesite of Lieutenant Kevin McRae. They lay flowers and clean up the callbox that sent him to his final call back in 2015.

Lieutenant McRae was only 44 years old when he died, just moments after fighting an apartment fire at 1330 7th Street NW. A day earlier, he had taken his 18-year-old son, Da'Von, to get fitted for a tux for prom.

"He went in the wrong building, thinking that's where the fire was," Da'Von recalls. "He had to run up to the ninth floor of that building, run back down the steps, go in the correct building, run all the way up in the ninth floor of that building, help assist, put the fire out, give commands over the radio... When he came back outside, he just collapsed right in front of the building."

The official cause of Lieutenant McRae's death was a heart attack. Unfortunately, stories like his are more common than one would hope. Nationwide, the leading cause of death for firefighters isn't fire—it's heart disease.

Lieutenant Sipes, the health and safety co-chair of the D.C. Firefighters Association, has been actively involved in issues of wellness in the fire service for more than sixteen years. He acknowledges that fire departments have always struggled to prioritize health among their ranks. But when Lieutenant McRae

The leading cause of death for firefighters isn't fire—it's heart disease.

passed, the issue took on new urgency for many firefighters in the capital region.

"Kevin's death really hit the department to the core," he says. "I think there's a lot of soul-searching a lot of guys have done: 'Can I do something to prevent that?'"

The Wake-Up Call

Lieutenant McRae's death forever changed the lives of his family, rattled the department, and lit a fire inside firefighter Jonathan Tate. Son of a D.C. fire chief who also struggled with health issues, Tate decided it was time to rewrite the narrative.

"In nine years of retirement, my dad had three heart attacks and cancer. He never really got to enjoy his retirement after 32 years on the job," he says. "Between him, and Lieutenant McRae, it really drove me to try to make an impact in health and wellness in the fire service."



Da'Von McRae

In Fall 2018, Tate launched Food on the Stove to act on his calling. The name is a double entendre: food being left on the stove is the #1 reason for house fires. Tate aims to help firefighters pay attention to the food they have on the stove in the firehouse.

EMS Captain Melonie Barnes has spent more than a decade with Engine 15—and she’s married to a lieutenant. She notes that comfort food and quick meals are the norm for firehouse meals.

“Most fire departments are known for having great cooks,” she says. “We cook a lot of good food, a lot of soul food, a lot of hearty food to sustain the firefighters throughout the day. However, it’s not always a healthy choice.”

The general public often assumes that food is provided by the government. In reality, firefighters are in the only occupation that requires them to purchase and cook all three meals a day while on the clock. Firefighters buy their own groceries...even sauces and spices.

Captain Barnes notes that most firefighters make unhealthy decisions to keep costs down and save time. They never know



EMS Captain Melonie Barnes

exactly when they’ll have a chance to sit down and eat, and they shop on a budget since they’re cooking for a large group.

Jonathan began his campaign to change this pattern by focusing on costs. Under his leadership, Food on the Stove secured discounts for firefighters at local grocers like Yes! Organic Market, Harvey’s Butcher Shop and the District Fishwife.

Local Food for Local Heroes

As Food on the Stove’s mission gathered momentum, Tate rolled out the “Local Food for Local Heroes” initiative. Every month, from 2018 through 2019, he brought together a team to cook a meal at a firehouse.

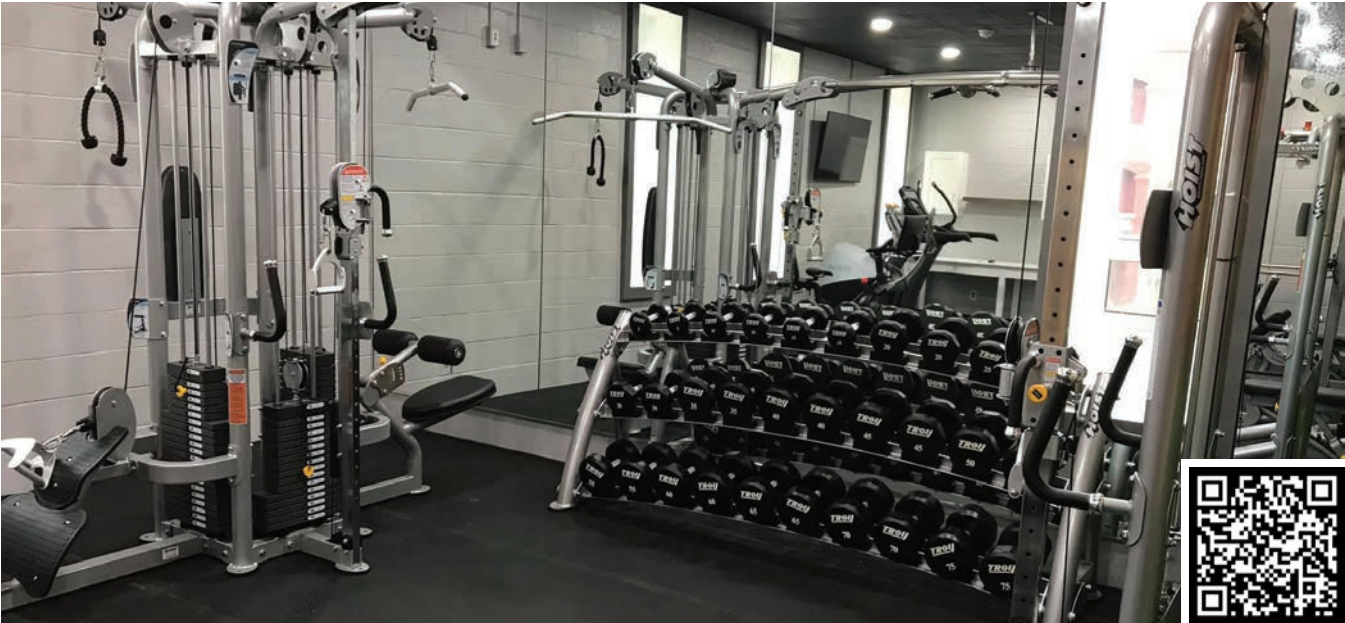
Chef Brazil Murphy worked his magic with healthy, local ingredients. Printouts at each seat around the table explained the recipes. While the firefighters ate, Holistic Health Practitioner, James Tate (Health Coach) explained a topic related to healthy eating habits—such as reading a food label.

Early on, Lieutenant Sipes saw that Food on the Stove’s work was having an impact on his colleagues.

“It’s making the rank and file guys talk about it,” he says. “Whether or not anybody is really comfortable, or they’re embarrassed... once that subject is broached at their firehouse, it’s an all-in thing.”

“You may often hear, eating healthy costs too much. You’re either going to pay for the food (now) or pay for the medication (later).”

– James Tate, Holistic Health Practitioner



See the gym being remodeled

A New Gym, A New Legacy

For years, Engine 6’s gym was already large by D.C. firehouse standards (many firehouses don’t have a gym space at all). But it still felt more like a storage unit for old exercise equipment than a motivating atmosphere for personal fitness.

In honor of Lieutenant Kevin McRae, and as a further investment in health and wellness, Food on the Stove decided to renovate the gym with new equipment, a mural, and exercise programs that focus on building heart strength.

On May 6th, 2019, Lieutenant McRae’s line of duty death day, they unveiled the new space as a special addition to his colleague’s annual remembrance. Now Lieutenant McRae’s story isn’t only a wake-up call—it’s an active opportunity for firefighters to take their health into their own hands.

Food on the Stove is eager for broader community participation in their mission to end health threats for firefighters.

“We’re showing you the problem in the fire service,” Tate says. “That’s where you can help. You can donate money, you can offer your prayers, encouragement to firefighters when you see one...all of that goes a long way.”

“This is going to be part of Kevin’s legacy. It’s going to be a great opportunity for the fire department.”

– Lieutenant Sipes, Health and Safety Co-Chair, DC Firefighters Association



FARM TO FIREHOUSE

Innovative meal delivery. Lasting lifestyle changes.

Farm to Firehouse is an innovative meal delivery service that brings healthy food to firefighters on the job. In partnership with local farms and grocers, Food on the Stove is able to source, package, and deliver kits for less than \$10 per meal. With the support of private donors and corporate sponsors, each *Farm to Firehouse* box is provided at no cost to the firefighters themselves.

Challenge

Firefighters are facing a health crisis. Due to the physical rigor of their job and the lack of adequate fitness training or nutrition, their life expectancy is 10-15 years less than every other employee in America. In 2018, 82 firefighters died in the line of duty—33 of whom died from heart attacks.

Firefighting is the only occupation that requires employees to cook all 3 meals while at work. Aiming to limit costs and save time, firefighters end up cooking quick meals made with highly processed ingredients, which create underlying conditions that can lead to hypertension, heart disease, or a heart attack.

Opportunity

Firefighters can't control sleep deprivation, hazardous environments, or the stress of their job; but they *can* control diet and exercise.

We believe that connecting our heroes to locally sourced food and educating them about nutrition will inspire cultural change in every firehouse. If we can make it *easy* and *inexpensive* to cook healthy meals, we can remove the structural barriers that lead firefighters into harmful lifestyle habits. Ultimately, we aim to lower the number of firefighters who die from health-related causes each year.

“It’s right there. You’ve got all three—meat, potatoes, and vegetables. It gets no simpler than that.”

– Delano Spencer, D.C. Firefighter

Solution

In homes across America, meal delivery services are increasing in popularity. Millions of families are preparing restaurant-quality meals in their own kitchens. At Food on the Stove, we saw an opportunity to apply this logistical innovation to the challenge faced in every firehouse across the nation.

Farm to Firehouse provides firefighters with quality ingredients and healthy recipes to build new habits while they are at work. Each box includes fresh produce, meats, and other items from local farms and food vendors, easily transformed into a delicious meal.

Local Food at a Low Cost

Food on the Stove works closely with local farms and vendors to source, package and distribute the highest quality proteins and produce in the Washington, D.C. area. We collaborate with restaurants, chef, and culinary schools like Cookology, to curate heart healthy recipes to go along with each box.

Thanks to our strategic partnerships, we're able to produce and deliver each meal for \$10. With the generous support of donors who cover those operational expenses, we are able to deliver *Farm to Firehouse* meals **at no cost to the firefighters themselves.**

This approach means we're addressing the two primary concerns of firefighters—saving time and money—in a way that builds up their health instead of threatening it.

The Power of Partnership

Food on the Stove initially planned to focus on nutritional programming throughout 2020. We worked with a team of nutritionist at Giant and chefs from Cookology to design a yearlong curriculum of cooking demos and in person classes.

When the COVID-19 pandemic hit, we recognized that in-person programming was no longer feasible, and shifted our time and resources to building the *Farm to Firehouse* service. Our partners at Giant were eager to make it happen. They provided a \$20,000 donation, enough to cover the costs for 2,000 meals, and produced educational videos to replace live classes.

Shortly after Giant’s donation, the team at UnitedHealthcare offered an additional \$7,000, covering 700 more meals for firefighters across the city.



What’s in a Farm to Firehouse box?

Each *Farm to Firehouse* meal includes fresh local ingredients that retain more nutrients, contain few pesticides, hormones, or antibiotics, and offer better taste.

A typical meal might include:

- + Peruvian chicken
- + Sweet potatoes
- + Vegetables
- (640 calories)

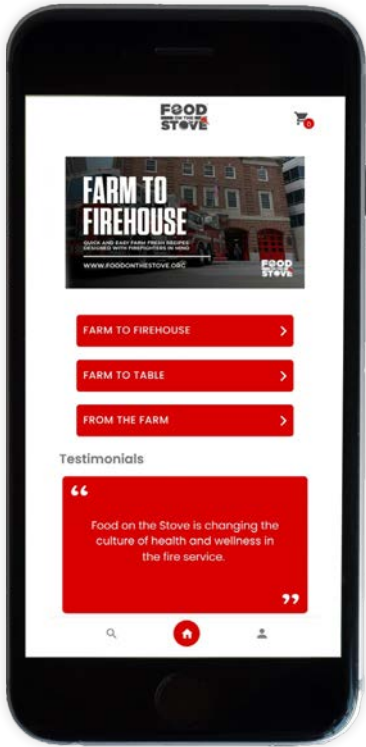


“Giant is committed to the communities that it serves, and firefighters are part of our community. It felt like a natural synergy between the work that we’re doing as a nutrition team at Giant, and the work that Food on the Stove is doing as it relates to health and wellness for fire-fighters. We’re really happy to support this mission.”

– Jillian Griffith, Nutritionist, Giant Food

“During these unprecedented times, it is more important than ever to help our first responders by providing them with healthy meals to promote a healthier lifestyle. United is proud to partner with Food on the Stove, to help members of DC Fire & EMS make portion size and healthy food an easy choice. We look forward to our continued partnership with them to help our first responders live healthier lives.”

– Roslyn Hopkins-Fernandes, Director of Account Management, Major Accounts & Public Sector Markets, UnitedHealthcare



App Development

To expand our reach into other jurisdictions and make our meal delivery scalable, Food on the Stove created an app that now allows firefighters to order our meal kits, prepared meals, and groceries to their firehouse while they are at work.

Read more about it on our website



Make Farm to Firehouse possible

We’ve already delivered 150 meal kits, and we’re not stopping anytime soon. We invite you to join our mission. Every donation, large or small, goes straight to purchasing, packaging, and delivering delicious meals.

Contact us at info@foodonthestove.org or visit foodonthestove.org to become a partner today.





OUR PARTNERS ARE THE SECRET SAUCE

We're grateful for your belief in our mission.



Cookology



eat brgz



Food on the Stove started as a dream.

YOUR SUPPORT MAKES IT A REALITY.



COVID-19 RESPONSE

Acting quickly to support our first responders.

When the COVID-19 pandemic hit, firefighters led the public response—but disruptions to grocery supply chains left them without consistent access to food. Working with local partners, we designed a food distribution plan that kept our heroes healthy and fed while investing in local restaurants and vendors.

At the Front Lines

The spread of COVID-19 in early March and April changed daily activities for every American. It also significantly altered the work of D.C. Fire and EMS. It heightened standards for personal protective equipment (PPE), introduced new decontamination procedures, and transformed medical call responses. D.C. firehouses also became hubs for the community health response, hosting free public testing throughout the pandemic.

At the same time, firefighters faced the same responsibilities they always do—to shop for and prepare three meals a day at work. Government stay-at-home orders led many citizens to hoard supplies and food, leaving shelves bare, and causing grocery stores to enact purchase limits.

That left firefighters unable to purchase the food they needed to fuel their essential role on the frontlines of the coronavirus response.

“You couldn’t find chicken, you couldn’t find steak, pork products—you couldn’t find anything,” recalls D.C. firefighter Delano Spencer. “It was hard to put meals together.”

The Power of 10

Our team recognized that a rapid food delivery program was essential to meet the needs of firefighters across the city. Approximately 500 employees report to work with D.C. Fire and EMS each day, all of whom required nutritious meals to keep them going. We also knew that local restaurants were struggling to make ends meet and desperately needed new sources of revenue.



We found the ideal answer to both challenges with The Power of 10 Initiative. Founded by local chef and restaurateur Erik Bruner-Yang, The Power of 10 is a deceptively simple system to keep restaurants afloat, create job opportunities, and provide free meals to those who need them. They raise \$10,000 a week for one

From the beginning of the pandemic through the end of 2020, we delivered a total of 15,000 meals to first responders across the city.

“The Power of 10 Initiative is not only an asset to the restaurant community but the community as a whole. Erik’s vision has not only been instrumental in keeping numerous restaurants open and hundreds of people working, but he has also given hope and encouragement to frontline workers and the general public through the thousands of meals that have been donated.”

– Jonathan Tate, Founder, Food on the Stove

restaurant at a time, allowing that restaurant to keep 10 employees on the payroll and cook 1,000 meals for community members.

Power of 10 launched less than two weeks after the stay-at-home order in D.C., which made them the perfect partner for our rapid response plan. Working with Erik and his team, Food on the Stove placed daily orders for first responders, which were fulfilled by the local restaurants participating in The Power of 10 Initiative. Throughout the pandemic, every order for firefighters was successfully delivered—a total of 5,000 meals.

Including their work with Food on the Stove, Power of 10 successfully funded more than 250,000 meals and supported 40 restaurants across 8 cities nationwide.

www.powerof10initiative.com

“If it wasn’t for Jonathan, we wouldn’t be where we are today. It’s a testament to who he is and the type of organization he built, and we’re excited to continue to do more things with them.”

– Erik Bruner-Yang, Founder, The Power of 10 Initiative

“It’s definitely an area that we were missing. We didn’t have a handle on it. Food on the Stove jumped in and was ready to respond.”

– Keith Nickens, Captain, D.C. Fire and EMS

Strength in Numbers

In addition to Power of 10, our response to the pandemic was powered by the generosity of local businesses and restaurants. These partnerships generated another 8,000 meals for firefighters citywide, and enabled Food on the Stove to meet their needs in real time. Eat Brgz was the first restaurant to donate by giving 400 grass-fed hamburgers.

“There were times when we didn’t know how we were going to eat for the day,” firefighter Delano Spencer says. “And all of a sudden we get a phone call saying, ‘Hey, Food on the Stove is bringing lunch.’”

A Grassroots Approach

Our COVID-19 response is a testament to the power of grassroots initiatives. Before Food on the Stove stepped in to support local firefighters, there was no distribution plan in place at the local or regional level. Our agility and responsiveness enabled us to meet the needs of a vulnerable and important population in ways that the government couldn’t.

As we look to the future, we see an opportunity to expand our emergency response capabilities for the next crisis on the horizon. Our ongoing development of food delivery infrastructure and potential investment in an unused firehouse will enable us to respond with even greater speed to the needs of our community, including firefighters and vulnerable citizens.



HEART TO HEART

A D.C. family thanks local firefighters by raising \$10,000 in their honor

Acting Fast

Michael Fontaine was jogging through Logan Circle on a quiet August afternoon when he collapsed from sudden cardiac arrest. Until that moment, he was 25 and perfectly healthy—a former baseball player who frequently ran around the neighborhood—and an unlikely candidate for a heart emergency.

Miraculously, an unidentified bystander noticed Michael on the ground, administered CPR, and called 911. Ambulance 16 got there first, followed by EMS 6, Engine 16, and Medic 2. Together, the first responders continued CPR and used a defibrillator to bring Michael’s pulse back before transferring him to the hospital.

“Michael was literally lifeless on the sidewalk and the firefighters brought him back,” says David Fontaine, Michael’s father. “He had no pulse, no heartbeat, was not breathing—and they brought him back to life.

Michael stayed at the hospital for nearly a month. He was put on an artificial heart and ventilator before waking up and making a full recovery. The whole time, a firefighter—one of the same individuals who saved Michael’s life—had been checking in on his progress. When Michael woke up, the firefighter even called to ask if he could visit him in the hospital. The family was blown away by his above-and-beyond commitment to Michael’s recovery.



Gratitude and Generosity

Over time, the Fontaine family learned just how lucky Michael had been. Very few cases of sudden cardiac arrest are survived in general, and D.C. has seen an uptick in cases alongside a decrease in citizen CPR during the COVID-19 pandemic.

The firefighters and EMTs who respond to emergencies like Michael’s very rarely get to see the results of their work. But everything fell into place that day, and the Fontaine family wanted to find a way to express their gratitude.

Michael’s younger brother Luca, a seventh grader at Holy Trinity School in Georgetown, was required to complete a service project as part of his curriculum. He decided to use the opportunity to give back to the firefighters who saved his brother’s life.

The family asked around to find relevant charities Luca could partner with, ultimately selecting Food on the Stove for its focus on heart health in the fire service.

Before connecting with Food on the Stove, they had no idea that heart health was a prevalent issue in the fire service, assuming that fire itself was the primary threat. Once they saw the connection between the #1 killer of firefighters and Michael’s own experience, they realized Food on the Stove was the best possible avenue to say thank you.

The Fontaines’ decision was simple: what better way to thank firefighters for saving their son from cardiac arrest than by helping save firefighters from heart disease?



Luca’s project was approved by the school and he immediately got to work. He researched the prevalence of heart disease among firefighters, put together a presentation for his class, and spread the word among family and friends. His initial goal was to raise \$5,000—by December, Luca’s campaign had already raised nearly \$10,000.

Celebrating the Unsung Heroes

Before Michael’s emergency, the role of firefighters in the Fontaines’ community was—as it is for many people—an abstract idea. Today, members of the Fontaine family all talk about firefighters with deep respect.

When Michael used to run by his local firehouse, he barely noticed its presence. Now when he passes it, he thinks, “These guys saved my life.”

Now the Fontaine family has turned their gratitude into awareness, and their awareness into a long-term commitment.

“We don’t typically see the incredible things that these firefighters and first responders are doing every day,” David says. “And they sort of operate under the radar, and people take them for granted.”

On November 25th, Michael visited and thanked the team who saved his life at a ceremony at their firehouse. At the same event, Luca announced the funds that he raised for Food on the Stove in their honor. The next day, at 5 am on Thanksgiving morning, the whole family joined Food on the Stove to deliver turkeys to every firehouse in D.C.

Jonathan Tate, Food on the Stove’s Founder, is encouraged by the Fontaine family’s enthusiasm and hopes others will be inspired to join them.

“It is my belief that it is going to take a community effort in saving the life of firefighters,” Jonathan says, “just as they collectively work together to help save the lives of many daily.”

Luca’s service project officially wraps up at the end of the school year, but David says this experience has forever changed their family’s relationship with the men and women of the fire service.

“For us, it’s going to be a lifelong commitment,” he says. “We’re always going to feel a connection to Food on the Stove.”

WHAT'S NEXT

A historical firehouse reused for the future of community health.

The firehouse at 1338 Park Road is central to our founder's family history. It's also part of our plan to transform the lives of more firefighters than ever. We're raising funds and gathering support to purchase and convert the firehouse into a food resource center.

A Family Legacy

James Tate Sr. first joined the D.C. Fire Department in 1956. He worked at multiple firehouses, but spent most of his career with Truck Company 6 at 1338 Park Road NW, where he served as both a firefighter and Lieutenant.

During that era, James' firehouse was the busiest in the city. In 1968, they were responsible for fighting fires during the riots following Martin Luther King's assassination, when much of 14th Street and the surrounding areas burned to the ground.

Pat Walsh, who retired as a battalion chief in 1994 after 26 years in the fire service, joined Truck Company 6 in 1973, when the neighborhood was still recovering from the riots. He was eager to gain experience at the legendary firehouse, and had the opportunity to serve as a tillerman—the person who drives the back end of a ladder truck. He says that James immediately showed him the ropes.

"He was a pretty easy going guy," Pat remembers. "He would help anybody. I learned a lot of things from him, about little tricks of the trade and firefighting."



James Tate Sr.

At a time when the fire department was still largely segregated, James worked as one of the few Black men in his firehouse. Despite what Pat describes as an often hostile environment divided along racial lines, James built a culture of unity on Park Road. He cultivated a reputation as a respected leader—quick to offer help and train newcomers, and eager to break bread over the dinner table.

Over time, James ascended to the rank of Deputy Fire Chief before retiring in 1989. But only nine years after retiring, he died after a battle with lymphoma and multiple heart attacks—brought on by the stresses of a tough career with little investment in health and wellbeing.

120 Years on Park Road

Architect Leon Dessez designed the Renaissance-style firehouse—originally known as Truck Company F—in 1900. It was renamed to Truck Company 6 in 1906, and later merged with Engine Company 11 in 1940.

In 1984, Engine 11 and Truck Company 6 relocated to 3420 14th Street, where they still serve the Columbia Heights neighborhood.



The building at Park Road has remained vacant since then—for over 35 years. Government buildings in D.C. are typically leveraged to developers rather than sold, but the firehouse has a few structural flaws that prevent the city Department of General Services from handing it over.

A Vision for Reuse

Today, Jonathan Tate, Food on the Stove’s founder, is assigned to the same company as his father. When he reflects on his father’s experience, he sees a man who invested in unity despite the odds. Someone who brought together his fellow firefighters in an era of division and violence. But even James Tate, despite his strength, wasn’t able to defeat the health challenges that ultimately took his life.

Jonathan joined DC Fire & EMS Department in 2012, and quickly noticed the unhealthy meals being prepared in

firehouses. After the early death of his father and his colleague, Lieutenant Kevin McRae, Jonathan founded Food on the Stove to help change eating practices in the fire service.

Now Jonathan sees an opportunity to expand Food on the Stove’s impact in the same building where his father built his legacy. From 1338 Park Road NW, where James Tate and his colleagues once protected a burning neighborhood, Jonathan Tate wants to save a whole generation of firefighters.

The Path Forward

The best way to combat heart disease and other ailments in the fire service is by helping firefighters understand what they can control: diet and exercise. By educating our local heroes about nutrition and exposing them to healthier alternatives, we will be able to lower the number of firefighters who die from heart disease and positively impact the health of their families.

When firefighters die from fire-related causes, the department immediately invests in training to prevent future harm. But even though over 40% of deaths in the fire service are the result of heart attacks, little is done to prevent it from getting worse.

Food on the Stove seeks to acquire underutilized or vacant firehouses in the jurisdictions where we serve and convert them into food resources centers for firefighters, emergency medical services personnel, and the community at large. The space will operate as a community market, open to the public, to help us supplement the cost of meals and programming for firefighters – including our Farm to Firehouse initiative. Finally, we plan to use these locations as a pantry, where firehouse will be given a monthly stipend to purchase local ingredients to prepare healthy meals.

We see the utilization of the firehouse as a creative way to generate both awareness and revenue at the same time, turning an underutilized historic space into a catalyst for change.

Saving a Firehouse to Save Lives

Making our vision a reality requires funding and public support. We believe that underutilized and vacant firehouses should be used to benefit firefighters and the community at large. Countless men and women from firehouses across the country, have sacrificed their lives and health to save others – this is an opportunity to use these same firehouses to save others like them.



At Food on the Stove, we see an opportunity to extinguish heart disease in the fire service.





GET INVOLVED

There are never too many cooks in the kitchen.

Food on the Stove has grown in just a few years to serve thousands of firefighters in D.C., Maryland, and Virginia. Our work is driven by a belief that **healthier firefighters mean healthier communities.**

Will you join us in our mission to end health-related threats to the men and women of the fire service?

Donate

Every dollar expands our ability to deliver meals, run fitness programs, and offer nutritional training to firefighters. Give to our general fund or provide support to a specific program that you're passionate about. We welcome personal donations and corporate partners.

- + General support
- + *Farm to Firehouse* meal delivery

To donate, visit foodonthestove.org
or email info@foodonthestove.org



Donate today

Firefighters serve
the community.

**It's time for the
community
to serve them.**

