



**Strokes Happen
Every 40 Seconds.**

**Help Project Angel Food
Care for Survivors Devastated by
These Catastrophic Health Crises.**



Project Angel Food
922 Vine Street
Los Angeles, CA 90038

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Los Angeles County's rates of death and disability due to stroke are higher than the national average.

**This Stroke Awareness Month
please give so Project Angel Food
can deliver meals to stroke survivors
with dignity and compassion.**



“After my stroke, I couldn’t drive, couldn’t leave my house, and could barely move. My life was shattered, I didn’t even know how I was going to eat. I called Project Angel Food and they started bringing food right to my house. I don’t have to worry anymore.”

Madeline C. — Project Angel Food Client



For **LIFE**. For **LOVE**. For as long as it takes...

Dear Brent,

Strokes happen in an instant and the impact can be devastating. We see that all the time at Project Angel Food as we carry out our mission to deliver meals to L.A.’s most seriously ill residents. And since May is National Stroke Awareness Month, we wanted to shine a light on this issue and let you know when you support Project Angel Food, you are supporting hundreds of stroke survivors in our community whose lives we help make whole through our Medically Tailored Meals.

Madeline C. is 82 years old. She’s a vibrant woman who taught yoga, focused on the community, giving back, and traveled the world with her daughter and granddaughter before a double heart attack stopped the flow of blood to her brain, leading to a stroke and robbing her of her mobility.

According to the Center of Disease Control, every 40 seconds someone in the U.S. has a stroke and every 3.5 minutes a person dies. And rates in Los Angeles of premature death and disability due to stroke exceed national averages.

The risk of stroke is high for people, like Madeline, after experiencing heart attacks. Madeline recalls that in 2017 that back-to-back heart attacks caused her stroke in a catastrophic health event. She says, “I had two heart attacks — boom, boom — in the same moment. They said...

Continued on the back...



Risk of having strokes is nearly twice as high for Blacks as for Whites. Tony R. became a Project Angel Food client after five strokes confined him to a wheelchair. He says, “It’s not just the body that needs nourishment, it’s the heart. Project Angel Food makes me feel cared for like I’m a friend.”

Your gift can provide stroke survivors with delicious, heart-healthy meals that improve their health and reduce risk of recurring stroke.

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- \$500 - provides 50 meals
- \$250 - provides 25 meals
- \$100 - provides 10 meals
- \$50 - provides 5 meals
- \$20 - provides 2 meals
- Other \$ _____



Our Medically Tailored Meals for stroke survivors like Madeline are filled with clean protein, fiber-filled vegetables, and healthy carbs, are low-fat and have no added preservatives.

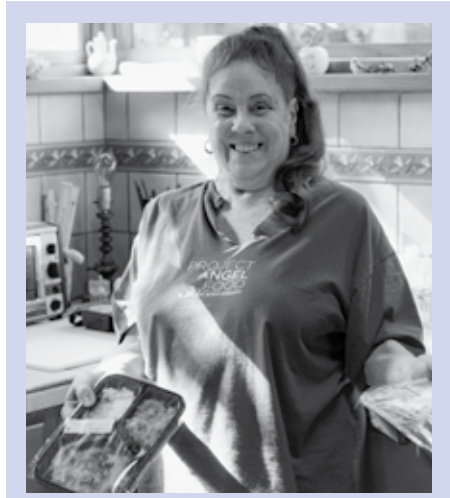
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Ms. Alice T. Tanaka
16818 S. Raymond Pl.,
Gardena, CA 90247-5534



View donation information on the reverse side or donate online at www.angelfood.org/give

They said, 'You're not supposed to be alive.' I said, 'Well, I'm here.'"

And with your help, Project Angel Food is here for Madeline, and the 2,500 other seriously ill men, women, and children we serve in Los Angeles County with nutritionally balanced meals delivered, free of charge, directly to their door. We can't do it alone, especially in the wake of rising food and fuel costs.



Madeline says, "It's so wonderful to have a decent, good meals. I can't stand long enough to cook, and Project Angel food's quality is a constant — always good, simple, clean food that I love."

I'll just say it. Your donations — whether \$10 or \$100 allow us to keep delivering Medically Tailored Meals, health and hope to Madeline and the thousands of seriously ill people we serve.

For 87% of the people we serve, Project Angel Food is their primary source of food. Madeline says, "These meals have saved my life. I think about all the people who make this possible and I want them to know how grateful I am. Gratitude, gratitude, gratitude, gratitude, gratitude."

And we are grateful for you during this National Stroke Awareness Month and always for finding the compassion in your hearts to think of others and contribute whatever you can to give the gift of dignity and health to others.

Sincerely,

Richard Ayoub
Chief Executive Officer
Project Angel Food

P.S. Please consider becoming a member of our Kitchen Cabinet by making your gift a recurring pledge.

Payment Information

Give online at angelfood.org/stroke or...

- My check payable to Project Angel Food is enclosed.
- Please charge my one-time gift of \$ _____ to my:
 - Visa
 - MasterCard
 - Amex

CARD NUMBER

EXP. DATE

EMAIL ADDRESS (not required)



- YES. I want to join Project Angel Food's Kitchen Cabinet with a monthly recurring gift. Please sign me up for a monthly gift of \$ _____.





PLEASE
PLACE
STAMP
HERE

Richard Ayoub
Executive Director
Project Angel Food
922 Vine Street
Los Angeles, CA 90038-2702

XXXXXXX



- Project Angel Food delivers over 1.5 million meals each year.
- Project Angel Food feeds 2,500 critically ill men, women & children each day.
- One in five ill people we serve has heart disease and is a risk or has had a stroke.



For LIFE. For LOVE. For as long as it takes...