DOHMEN
COMPANY FOUNDATION



2024 IMPACT REPORT



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DOHMEN
COMPANY FOUNDATION

I am pleased to present the Dohmen Company Foundation's 2024 Impact Report, highlighting the progress we've made in advancing our vision of life without diet-related disease. This report reflects not only the milestones we've achieved, but also the strategy guiding our ongoing efforts to create a healthier future.

Addressing the root causes of diet-related disease is imperative to transforming public health. To that end, over the past year, we have expanded our efforts, deepened our partnerships, and introduced innovative approaches to ensure equitable access to nutritious food for all. Our focus is driven by a singular purpose – creating lasting change in how food and health intersect.

Our strategy is built on three core pillars:

1. **Research & Public Awareness:** We are spearheading research and leading public awareness initiatives that elevate the role of nutritious food in preventing disease and improving health, sparking a national conversation to improve healthy eating habits and our nation's food supply.

2. **Grant Making:** We help fund organizations that prioritize the prevention and reversal of diet-related diseases through nutrition education, healthy meal programs, and food-based treatment solutions.

3. **Impact Investing:** Through our Dohmen Impact Investment Fund, we are investing in innovative companies that can help realize our vision, allowing us to obtain a social return on investment in addition to a financial return on investment. Financial gains realized through the Fund will fuel our ongoing efforts.

This report outlines key initiatives and partnerships, such as our support for FoodCorps, which provides food education and nourishing school-based meals to students across the country, the Food Is Medicine Coalition and Food For Health, which integrate food into healthcare, and our investments in Everytable and ModifyHealth, which make healthy meals and lifestyle change affordable, accessible, and sustainable, including in underserved communities.

As you read through this report, we invite you to see the progress we've made and the impact of our efforts and consider the role you can play in advancing a healthier food system. We are excited to share these achievements and remain resolute in advancing a healthier, more equitable future for all.

Sincerely,

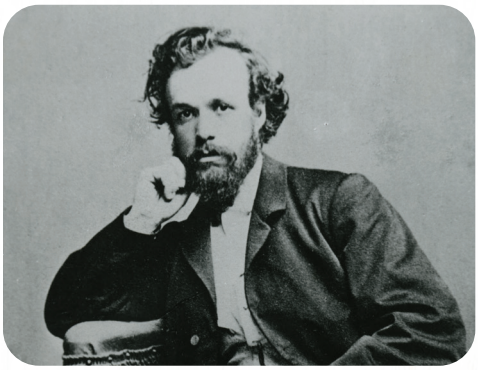


Rachel Roller
President & CEO
Dohmen Company Foundation

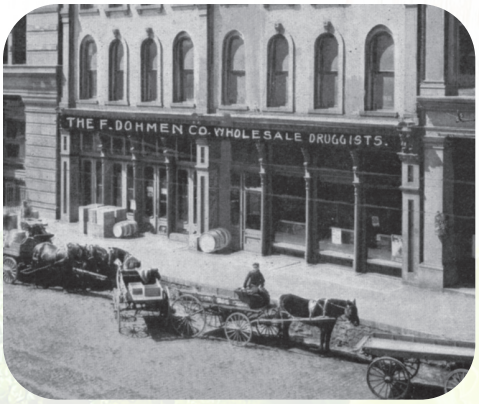
OUR LEGACY & VISION

THE FOUNDATION'S BOLD PATH TO IMPROVE HUMAN HEALTH

Since its founding in 1858, the Dohmen Company touched nearly every aspect of the healthcare supply system. Though our commitment to improving the health of our nation has guided the organization since its inception, how it improves health has changed dramatically.



Friedrich W. Dohmen, founder of Dohmen



VISION
Life without diet-related disease

Throughout the five generations of Dohmen leadership, the Company sought to stay ahead of the curve, innovating in anticipation of the changing needs of the healthcare market. We brought many efficient and innovative life science solutions to the healthcare industry throughout the company's lifetime. That experience, along with our recognition that, to fundamentally address the root cause of chronic illness, we must prevent diseases in the first place, led the Dohmen Company to make a commitment to advance our vision in a fundamentally different way.

We took two bold steps.

After nearly 160 years of life science innovation, the Dohmen Company exited the pharmaceutical industry and focused resources on transforming the flawed health paradigm.

But we didn't stop there. We knew we needed a new model to optimize impact, one that values social return over shareholder return. In 2019, Dohmen Company shareholders donated the Company to the Dohmen Company Foundation (DCF). Proceeds from the sale of the company fuel the Foundation's investments in companies and communities capable of preventing and reversing diet-related disease.

The Dohmen Company's business legacy informs our pursuit of life without diet-related disease. We believe that the solution is simple – food. The very thing that's making us sick can be our prescription for health.

Today, Dohmen stands as a redefined leader, transforming health beyond healthcare toward a world free from diet-related disease.

OUR BOLD MOVE TO IMPROVE HEALTH

OUR CORE VALUES

Our core values are the compass that guides every decision we make and action we take. These values aren't just ideals we aspire to – they are the standards that guide our work, ensuring that our strategies consistently align with our mission to invest in organizations and communities capable of preventing and reversing diet-related disease.

CARING

We act with empathy and respect for each other.

COMMITTED

We grow relationships with a long-term view.

CREATIVE

We deliver innovative solutions that make the future better than the past.

CONFLICT-FREE

We advance our vision independent of special interests.

COURAGEOUS

We're willing to risk failure over inaction.

THE PROBLEM TO BE SOLVED

THE NATIONAL DIET-RELATED HEALTH CRISIS

The United States is facing a profound public health crisis – one that is both pervasive, yet preventable. Poor dietary habits have become the leading cause of death in the country, surpassing even smoking. This crisis is driven by an over-reliance on ultra-processed foods, which now make up nearly 60 percent of the American adult diet and nearly 70 percent of the American child diet. These foods – high in sugar, refined starch, unhealthy fats, and empty calories – are the root cause of several chronic diseases, including obesity, diabetes, and cardiovascular disease.

THE ALARMING STATISTICS

The effects of ultra-processed foods are alarming. Today, nearly half of all American adults suffer from some form of cardiovascular disease. Two out of three U.S. adults are overweight or obese, 60 percent of Americans have at least one diet-related disease, and 17 percent of children in the U.S. have obesity. The financial burden of these conditions is staggering, costing the U.S. $1.1 trillion each year in treatment and lost productivity. Yet, despite these alarming figures, the root cause – what people are eating – remains largely unaddressed.



2 in 3 U.S. adults are overweight or obese



60% of Americans have at least one diet-related disease



17% of U.S. children have obesity



The staggering annual financial burden of these conditions

THE BROKEN FOOD SYSTEM

At the heart of this crisis is a broken food system. The American diet has shifted dramatically over the past few decades – fresh, whole foods have been replaced by ultra-processed, "convenient," and often cheaper alternatives.



OUR ENVISIONED FUTURE

IMAGINE A FUTURE WHERE...

- Ultra-processed foods are recognized for what they are – addictive substances that harm our health.
- Our food system is transformed, driven by a decreased demand for harmful ultra-processed foods and a growing preference for healthy, whole foods.
- 60% of Americans with one or more diet-related disease are receiving tailored meals to manage and reverse their chronic condition.
- Patients can receive a prescription for healthy food through their medical provider, insurance, or employer.
- Convenient, healthy options are the go-to fast food choice.
- Fresh produce is accessible regardless of one's zip code.
- Every child in the nation has access to food education and nutritious school meals.

This envisioned future is within our reach.











OUR STRATEGIC APPROACH

DCF ADVANCES ITS VISION THROUGH THREE STRATEGIC PILLARS – **RESEARCH AND PUBLIC AWARENESS, GRANT MAKING, AND IMPACT INVESTING**. THEY ARE KEY LEVERS THAT FORM THE BASIS OF OUR STRATEGY.

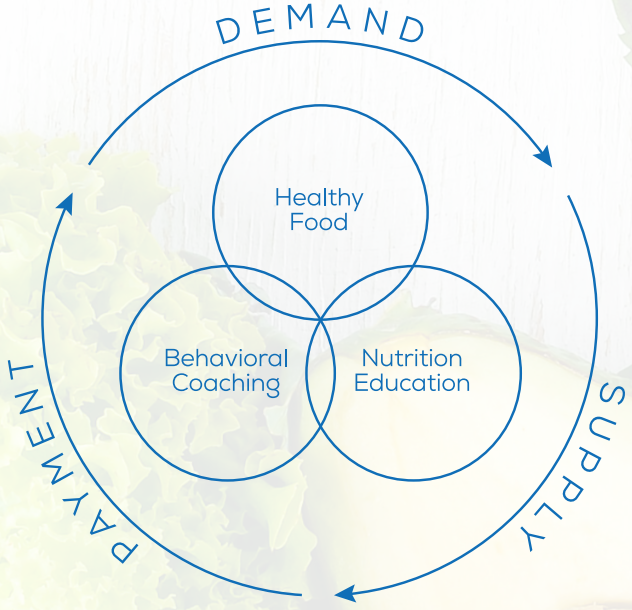
Our work is guided by a genuine desire to fundamentally address this pervasive epidemic within our lifetime. That commitment requires the prioritization of Tipping Point Strategies, which target critical opportunities for maximum impact. We believe that demand for and access to healthy food are linchpins to attaining our vision. Our Food Is Medicine (FIM) Flywheel strategic framework, which builds momentum across demand, supply, and payment.

THE FOOD-IS-MEDICINE (FIM) FLYWHEEL: CREATING LASTING MOMENTUM

The FIM Flywheel is a dynamic framework that propels progress in three key areas:

- **Demand:** Raising awareness and demonstrating the value of nutritious food to individuals, healthcare providers, and payers.
- **Supply:** Expanding access to healthy food, nutrition education, and behavioral coaching by scaling production and building infrastructure.
- **Payment:** Securing financial sustainability through reimbursement processes, gaining insurance coverage, and obtaining public funding.

By addressing these interconnected areas, the Flywheel drives systemic change and ensures Food Is Medicine becomes a standard of care.

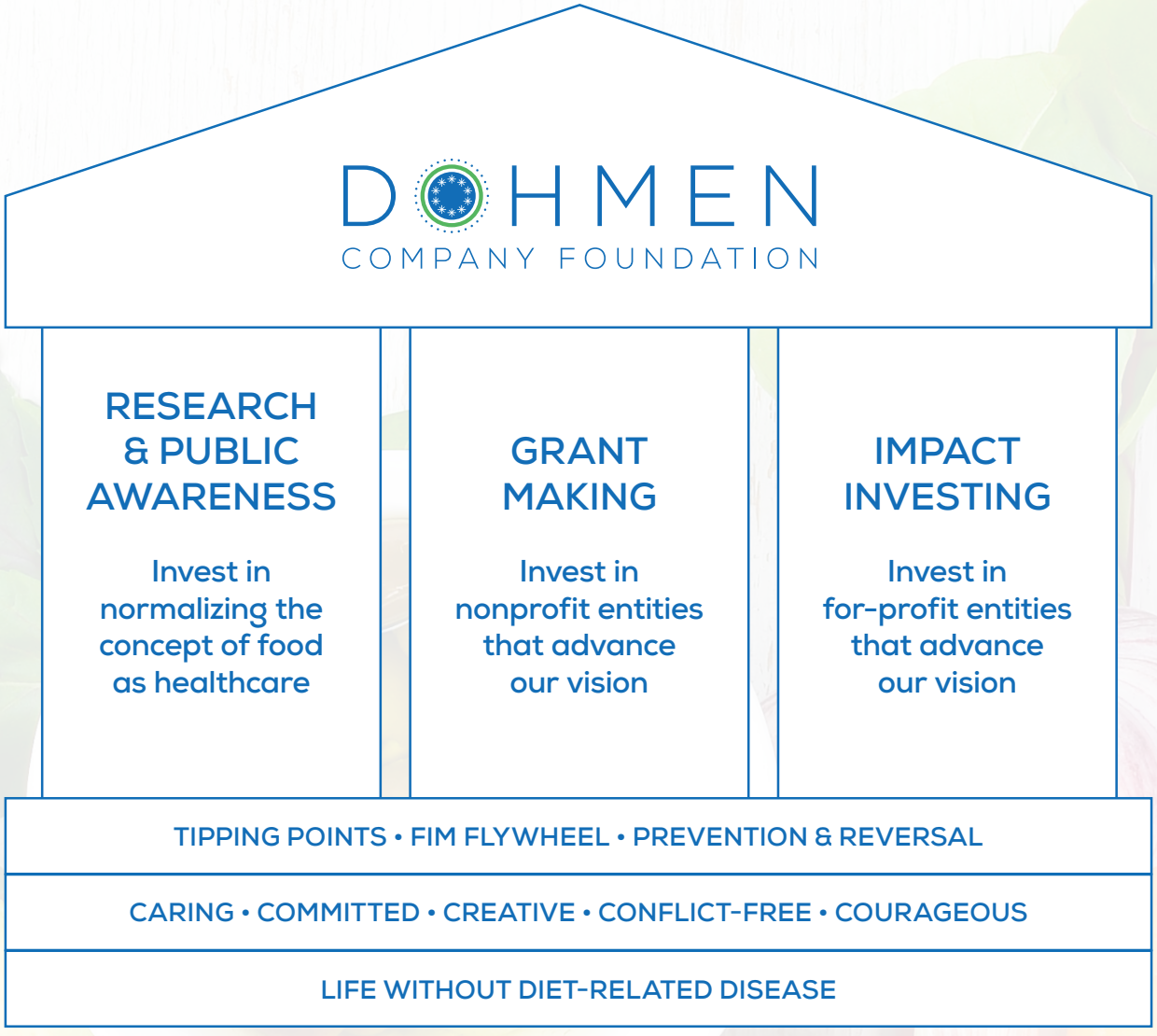


PREVENTION & REVERSAL: PIONEERING A HEALTH REVOLUTION

Preventing and reversing diet-related diseases is central to DCF's mission. We focus on stopping diet-related diseases before they start and reversing their impact on those already affected. By equipping individuals and communities with access to nutritious food, education, and tools for sustained health, we empower them to achieve long-term wellness. We work to embed these principles into everyday life, ensuring long-term health becomes the standard, not the exception.

A COMPREHENSIVE APPROACH TO IMPACT

By aligning our three core pillars – Research and Public Awareness, Grant Making, and Impact Investing – with the Tipping Point Strategies, FIM Flywheel, and Prevention & Reversal, DCF is driving transformative change. Together, these efforts address immediate challenges, build momentum for lasting impact, and move us closer to a future free from diet-related diseases.



RESEARCH & PUBLIC AWARENESS

ULTRA-PROCESSED FOODS MAKE UP 60% OF THE AMERICAN ADULT DIET AND AN ALARMING 70% OF THE AMERICAN YOUTH DIET.
This over-reliance on ultra-processed products is driving serious health concerns:

- **Heart disease and type 2 diabetes:** Increased consumption of ultra-processed foods significantly raises the risk of death from these conditions.
- **Mental health disorders:** A diet heavy in ultra-processed foods is linked to a 48% higher risk of anxiety and a 53% higher risk of common mental health issues, including depression.
- **Obesity:** Frequent consumption of these foods increases the risk of obesity by 55%.

Globally, many countries are taking action to mitigate the harm caused by ultra-processed foods through measures such as:

- Front-of-pack warning labels,
- Taxes on unhealthy foods,
- Advertising restrictions, particularly those targeting children, and
- Dietary guidelines and policy interventions.

RESEARCH AND BUILDING PUBLIC AWARENESS THROUGH PARTNERSHIP

To address this growing crisis, DCF is working with leading researchers to deepen our understanding of the negative health impacts of these products and promote a national conversation on how best to address ultra-processed foods – the root cause of the diet-related disease epidemic.

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Our nation is sick. The standard American diet and its underlying dependency on processed food is largely to blame.

The DCF Impact Investment Fund seeks to advance a healthier food system through strategic investments in solutions that align with our mission to reverse and prevent diet-related disease.

– RACHEL ROLLER, DOHMEN COMPANY FOUNDATION PRESIDENT AND CEO

OUR COMMITMENT TO THE WHITE HOUSE CHALLENGE



Dohmen's commitment to driving systemic change reached a national stage through two key White House initiatives. At the White House Conference on Hunger, Nutrition, and Health in September 2022, we pledged $75 million over seven years to promote and provide healthy food solutions.

Then in March 2023, during a live-streamed event at the White House, we launched the Dohmen Impact Investment Fund, a $60 million initiative – which has since grown – dedicated to investing in social enterprises that align with our vision to reverse diet-related diseases. With these bold moves, we're leading the charge to shift the healthcare paradigm, placing nutritious food at the heart of lasting health solutions.

FOOD IS MEDICINE™ COALITION

REVOLUTIONIZING HEALTHCARE

OUR PARTNERSHIP WITH THE FOOD IS MEDICINE COALITION

Integrating healthy food solutions into healthcare is a key objective of DCF. We are fortunate to have a phenomenal partner in the Food Is Medicine Coalition (FIMC), a national coalition of nonprofit organizations that provide medically tailored meals (MTM), medically tailored groceries (MTG), and medical nutrition therapy and nutrition education, interventions that are reshaping healthcare by harnessing the power of nutrition.

FIMC members are on the front lines of a movement to ensure that every person with severe, complex, and chronic illnesses has access to life-saving nutrition interventions. With a pivotal $1 million grant from DCF, FIMC advanced efficacious MTM standards, scaled the solution among its members, and improved the health of 58,500+ participants across the nation. Today, the work of FIMC serves as a guidebook for organizations across the country to use while delivering the MTM interventions in their community.

Ensuring equitable access to nutritious food is central to our mission. By fully integrating quality food-based therapies into healthcare, patients with a diet-related disease will have greater access to these lifesaving solutions. Together, we're making sure that everyone, regardless of background or circumstance, has the opportunity to thrive.

Innovation is at the heart of FIMC's work. Through DCF's grant support, FIMC has launched a first-of-its-kind Medically Tailored Meal Intervention Accreditation Criteria and Requirements standard to ensure that every meal provided is a step toward better health. This landmark standard aims to ensure consistency and quality in the delivery of MTM services across the United States. By establishing these standards, FIMC aims to enhance the credibility and reliability of MTM interventions, which have been shown to improve health outcomes and reduce healthcare costs.

FIMC's foundational work will help integrate these highly efficacious nutrition solutions into healthcare and ensure quality health outcomes for patients. Healthy food is the best medicine.


Ceres Community Project


Open Arms of Minnesota


Food & Friends in Washington, D.C., the first agency to earn the prestigious MTM accreditation.


Open Arms of Minnesota



FOOD FOR HEALTH™

TRANSFORMING HEALTH WITH FOOD

OUR PARTNERSHIP WITH FOOD FOR HEALTH (FFH)

We are driving a revolution against diet-related diseases through our support for Food For Health, an independent non-profit 501(c)(3) social enterprise headquartered in Milwaukee, Wisconsin. Incepted by DCF through a multi-million-dollar seed investment and the gift of a state-of-the-art commercial kitchen, demonstration kitchen, and headquarters office, FFH is dedicated to creating equitable access to healthy and happy lives through the power of food. FFH, a FIMC member, focuses on more than just providing meals – it's about health equity. FFH addresses the root causes of diet-related diseases and ensures all individuals – especially vulnerable populations – have access to nutritionally tailored food, lifestyle education, and behavioral support that can transform their lives.

HEALTHY FOOD AS A PRESCRIPTION

At the core of FFH's mission is the belief that access to healthy food is essential for managing health. Working closely with healthcare payers, providers, employers and partners, FFH delivers meals tailored to meet the dietary needs of individuals with chronic diet-related conditions. These meals are more than just nourishment – they improve health outcomes, reduce the need for intensive medical interventions, enhance the quality of life for those served and reduce healthcare spend. Our financial support has been crucial in making this high level of care possible. Since 2022, FFH has provided over 15,000 meals and positively impacted over 1,500 lives!

COLLABORATION AND COMMUNITY IMPACT

FFH's foundation is built on collaboration. By partnering with healthcare providers, community organizations, donors, and a dedicated network of volunteers, the organization ensures that those in need receive vital support. Our funding has played a key role in expanding these partnerships, allowing Food For Health to reach more people and deepen its impact.











NOURISHING FUTURES

OUR PARTNERSHIP WITH FOODCORPS

Empowering all children to make nourishing food choices is a core DCF strategy. We are fortunate to collaborate with FoodCorps in pursuit of enriching our children with the sustenance they need to live their fullest lives.

FoodCorps, part of the AmeriCorps Program, partners with schools and communities to nourish kids' health, education, and sense of belonging. AmeriCorps members serve alongside educators and school nutrition leaders to provide kids with nourishing meals, food education, and culturally affirming experiences with food that celebrate and nurture the whole child.

In 2024, DCF made a transformative $1 million donation to support FoodCorps' "Nourishing Futures" initiative, which aims to ensure that by 2030, every student in the U.S. receives food education and nourishing meals at school.

EXPANDING REACH AND IMPACT

Our donation has significantly enhanced FoodCorps' ability to expand its reach. In the first six months of the grant, we've helped FoodCorps expand its geography in four states and reach an additional 9,193 students with hands-on food education and 55,977 students with nourishing school meals.

The DCF grant also funded new educational innovations, including a lesson on sugar consumption. This lesson will reach nearly 40,000 third-grade grade students in the 2024-25 school year alone and is designed to help students understand the impact of sugar on their health, help them read and understand nutritional labels, and equip them to make nourishing food choices. FoodCorps is laying the groundwork for healthier eating habits that will last a lifetime.

CREATING LASTING CHANGE

Through our partnership, we're driving immediate and long-term change in communities across the country. By supporting FoodCorps' mission, we're helping to create a future in which all children can thrive with access to nutritious food and the education needed to empower informed food choices.

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Because of DCF’s support, FoodCorps will reach more students with food education and nourishing school meals, mobilize parents and caregivers through movement-building efforts, and provide them with the knowledge resources they need to advocate for positive changes in their respective communities that can address systemic barriers to children’s health and wellbeing. We are honored and thankful that DCF shares our vision and believes in our mission.

– CURT ELLIS, CO-FOUNDER AND CEO









EVERYTABLE

INVESTING IN A HEALTHIER FUTURE

OUR PARTNERSHIP WITH EVERYTABLE

FUELING FOOD JUSTICE WITH IMPACT INVESTMENTS

The best way to prevent diet-related disease is to make fresh, healthy and nutritious meals affordable and conveniently available to all. Since 2023, Dohmen Company Foundation has proudly supported Everytable, a mission-driven food company headquartered in Los Angeles, through a $21 million investment to deliver on this bold goal. Everytable embodies the type of social enterprise we're passionate about – those creating tipping point solutions that improve human health.

Founded on the belief that nutritious food is a human right, Everytable makes fresh, scratch-cooked meals accessible and affordable through a multi-channel model, including retail stores, subscriptions, delivery services, B2B food services, and SmartFridges/vending. Their innovative pricing strategy adjusts meal prices based on the income levels of the communities served, ensuring that nutritious meals are affordable for everyone, especially in low-income neighborhoods.

EXPANDING ACCESS THROUGH STRATEGIC GROWTH

With our support and that of other impact investors, Everytable is providing approximately 5 million healthy meals annually including in food deserts – areas where access to affordable, nutritious food is limited. We're excited to see Everytable franchising its model to reach even more communities. Through its Social Equity Franchise program, Everytable is helping to equip entrepreneurs from historically underrepresented communities with the training, support, and financing they need to own and operate their own stores, fostering economic empowerment and building wealth in areas that have historically been excluded from such opportunities.

SUSTAINING THE MISSION THROUGH PARTNERSHIPS

Together with Everytable, we're addressing one of the most pressing public health challenges: diet-related disease. Our partnership is not only expanding access to healthy food, but also paving the way for a more equitable and sustainable food system.







MEET SUSANA

Everytable Franchise Owner
Prior Job: Hot dog street vendor
Tenure with Everytable: 6 years
10-Year Goal: Own 5 Everytable stores

"Ownership to me means my ability to grow the business…and be a pillar in my community by providing opportunities as they were provided to me."





modifyhealth™

INTRODUCING OUR NEWEST IMPACT INVESTMENT

DOHMEN COMPANY FOUNDATION WELCOMES MODIFYHEALTH

DCF is excited to announce ModifyHealth as our newest impact investment in the fight against diet-related disease. ModifyHealth's national reach and dedication to making Food as Medicine simple, sustainable, and accessible make them a perfect fit for our mission. Through a $10 million investment, DCF is partnering with ModifyHealth to empower its program participants to achieve better health through practical and impactful nutrition solutions.

ModifyHealth believes in the transformative power of food to improve health outcomes. Specializing in fresh, chef-prepared meals tailored to specific dietary needs, they make it easier for individuals to manage their health. Their customizable meal plans, which include Low-FODMAP, Mediterranean, and gluten-free options, are carefully crafted to support the management of conditions such as diabetes, heart disease, and gastrointestinal issues like IBS.

Beyond meal delivery, ModifyHealth offers live nutrition coaching and digitally enabled education, providing patients with the knowledge and support necessary to make lasting behavioral changes. This is further enhanced by remote patient monitoring, ensuring that individuals receive comprehensive care throughout their health journey.

Our partnership with ModifyHealth is rooted in a shared goal – to make healthy eating simple, accessible, and sustainable. By working with healthcare providers, payors, and employers, ModifyHealth is demonstrating the power of nutrition in preventing and managing disease, reducing healthcare costs, and improving overall wellbeing.

As we continue our efforts to end diet-related diseases, partnering with innovative organizations like ModifyHealth is crucial. Helping people seamlessly incorporate Food as Medicine into their daily lives bridges the gap between awareness and action. Together, we aim to make healthy eating not just a possibility, but a reality for everyone across the nation.


low fodmap
better health.
modifyhealth.
Savory Shrimp & Rice
1-2
3-5




change. inside.
modifyhealth.





OUR IMPACT

$27M+

Grants Given
Since 2019

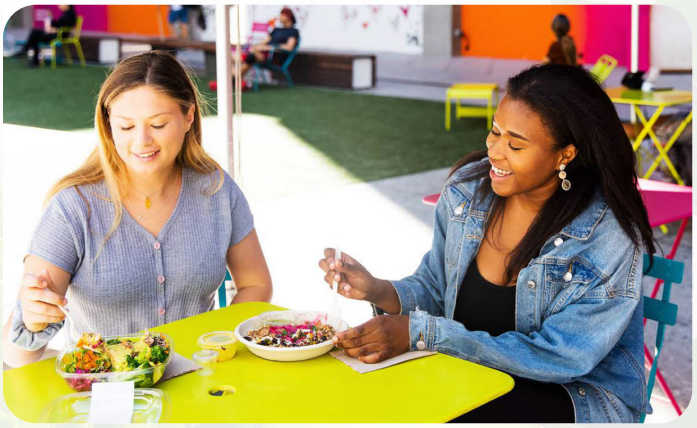
$31M

Dollars Invested Through
The Dohmen Impact
Investment Fund

50

Number of States
We Have Impacted









572,600+

Number of People We Have Impacted

114,400+

Number of School Children Reached with Educational Food Programming

25.6M+

Number of Nutritious Meals Served









JOIN THE HEALTHY EATING MOVEMENT

You can make a positive difference in advancing a healthier food system through your purchasing power. An increase in demand for produce and other healthy food options will transform our nation's food supply for the better. Here are some simple ways that you can help advance a healthier you and nation:

REDUCE YOUR ULTRA-PROCESSED FOOD CONSUMPTION.

- Read nutrition labels. If there are ingredients that you don't recognize or can't pronounce, put the product down. Find a healthier alternative. There are several digital apps that can help you find the right food products based on your unique health status and dietary preference.

INCREASE YOUR PRODUCE INTAKE.

- Fruits and vegetables are the best medicine. Buying local, such as at farmer's markets or grocery stores that partner with local farmers, will help ensure that the produce is at peak nutritional value.

RECLAIM YOUR HEALTH.

- If you have one or more diet-related disease, seek out a high-quality, Food-Is-Medicine solution, such as medically tailored meals, medically tailored groceries, and produce prescriptions.
- Ask your provider or health plan if you are eligible to enroll in a solution near you.

ENGAGE YOUR LOCAL SCHOOL DISTRICT IN ADVANCING A FOOD EDUCATION PROGRAM.

- FoodCorps provides all its lesson plans to the general public: https://foodcorps.org/program-guide/

ASSESS THE NUTRITIONAL PROFILE OF YOUR LOCAL SCHOOL DISTRICT'S MEALS.

- If the standards include refined starches, excessive added sugar, preservatives, and other ultra-processed ingredients, start a conversation on what it might take to reduce reliance on ultra-processed food in your local schools.

A future of life without diet-related disease is within our reach. Your participation in this movement is essential to advance the system change necessary to attain that vision. Join us for the benefit of your health, the health of the nation, and for future generations.








RED
CAPSICUMS
$8.99
KILO


FOODCORPS



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