

A variety of healthy foods are arranged on a light-colored marble surface. In the center is a large, dark, textured cast-iron skillet. Overlaid on the image is the text "2025 IMPACT REPORT" in a large, white, sans-serif font.

2025
**IMPACT
REPORT**

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Momentum is building. Across the country, awareness is growing about the difference between ultra-processed products that drive disease and real food that supports health. This shift is powerful – and it underscores why Dohmen Company Foundation exists: to accelerate a future where nutritious food is the norm, not the exception.

The past year was a pivotal one. The Foundation welcomed new partners, launched pilots with bold potential, and invested in strategies that are reshaping the way food and health intersect in our nation. At a time when ultra-processed foods continue to fuel chronic illness and strain our healthcare system, our work has never been more necessary.

Through our three strategic pillars, we are driving change: advancing research and public awareness that elevate the science behind Food Is Medicine and support lifestyle change, awarding grants that expand access to real food and nutrition education in schools and communities, and investing in mission-driven businesses scaling nutritious, healthy food solutions.

This year's report highlights these efforts, including new partnerships with Brighter Bites and Mealogic, alongside our continued collaboration with FoodCorps, the Food Is Medicine Coalition, Everytable, and ModifyHealth. Together, these organizations embody the innovation and commitment needed to accelerate lasting change.

As you read, I invite you to see how these collective efforts are making food a true force for health. Each step we take brings us closer to a future where life without diet-related disease is within reach for all.

Sincerely,

A handwritten signature in black ink that reads "Rachel Roller".

Rachel Roller
President & CEO
Dohmen Company Foundation

LEGACY OF INNOVATION

BUILDING ON 160+ YEARS TO ADVANCE LASTING HEALTH

Every great transformation begins with a decision to do things differently. For Dohmen Company, that decision came after more than 160 years of pioneering work in the healthcare industry. With deep roots in life sciences and pharmaceutical distribution, the company had long focused on improving access and efficiency. But the mission was never just about medicine: it was about health.

As rates of chronic illness climbed and preventable diseases overwhelmed the system, one truth became impossible to ignore: we cannot medicate our way out of a food problem.

Recognizing this, Dohmen made a bold and unprecedented move. In 2019, its shareholders donated the company to Dohmen Company Foundation. Proceeds from the sale of the company transformed a for-profit healthcare business into a purpose-driven organization for change. This generosity fuels Dohmen Company Foundation's work to prevent and reverse diet-related disease through research and public awareness, strategic giving, and impact investing.

While the structure changed, the spirit of innovation endured. Today, Dohmen Company Foundation builds on more than a century of leadership to advance a radically simple idea: food is medicine.

From our founding in 1858 to our transformation in 2019 and our work today, one thing has never changed: our belief that better health is possible when we address its root cause.

OUR CORE VALUES

Our values reflect who we are and how we work every day. They guide our decisions, shape our approach, and keep us focused on creating lasting solutions to prevent and reverse diet-related disease.

CARING: We act with empathy and respect for each other.

COMMITTED: We grow relationships with a long-term view.

COLLABORATIVE: We recognize that partnership is essential to securing our vision.

CONFLICT-FREE: We advance our vision independent of special interests.

COURAGEOUS: We are willing to risk failure over inaction.

VISION

Life without
diet-related
disease

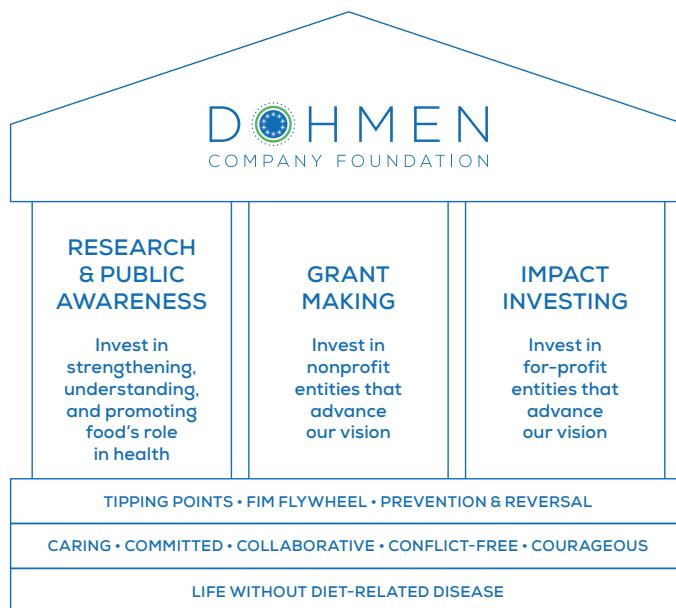
MISSION

Investing in companies
and communities capable
of preventing and
reversing
diet-related
disease

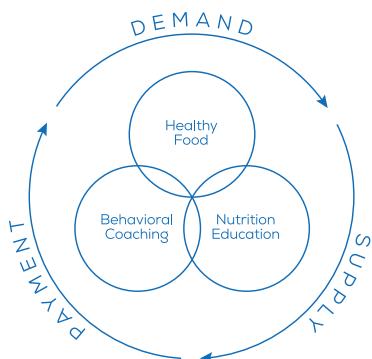
OUR STRATEGIC APPROACH

A FRAMEWORK TO END DIET-RELATED DISEASE

Dohmen Company Foundation advances its vision of life without diet-related disease through three powerful levers – **Research and Public Awareness**, **Grant Making**, and **Impact Investing**. Together, these pillars lay the groundwork to transform food from a risk factor into a source of health.



Ending diet-related disease requires more than incremental progress. It calls for systemic change. That's why **we focus on strategies that create tipping points** – bold actions designed to accelerate momentum and deliver lasting impact. To guide this work, we rely on the **Food Is Medicine Flywheel**, a framework that builds progress in three interconnected areas:



- **Demand:** Raising awareness of real food and its power to prevent, manage, and even reverse disease.
- **Supply:** Expanding access to healthy food, nutrition education, and behavioral coaching by scaling production and infrastructure.
- **Payment:** Securing financial sustainability through reimbursement processes, insurance coverage, and public funding.

By fueling this flywheel, we help shift cultural norms and industry practices, which in turn make our future vision possible. By embedding real food into daily life, we move closer to a future where healthy choices are the standard and life without diet-related disease is a reality.



THE PROBLEM

A NATION AT RISK

The food on our plates has quietly become one of the greatest threats to our health. Ultra-processed foods now dominate the American diet, displacing fresh, nourishing options with products high in sugar, refined starches, unhealthy fats, and artificial additives. What once was the exception has become the norm, the consequences of which are devastating.

Nearly half of U.S. adults live with some form of cardiovascular disease, two in three are overweight or obese, and childhood obesity continues to rise. The result is not only a growing health toll, but also an unsustainable financial burden, with diet-related diseases costing the nation more than \$1 trillion each year.

A FAILING FOOD SYSTEM

At the heart of this crisis is a food system that prioritizes convenience and profit over health. Families are surrounded by products designed to be cheap, addictive, and shelf-stable – leaving the nation overfed yet undernourished. Government is now openly warning about the dangers of ultra-processed foods, signaling that this is not just a consumer choice issue, but a systemic failure that demands urgent attention.

THE SHIFT UNDERWAY

While the problem is daunting, signs of change and hope are emerging:

- **Consumers are leading the way.** Three out of four Americans say they would rather “eat their way to better health” than rely on prescription drugs.¹
- **Policy is catching up.** State legislatures have introduced over 100 bills aimed at improving nutrition standards and strengthening the food supply.
- **Industry is being held accountable.** Investigations into harmful additives are gaining traction, and legal action has already pushed one major food manufacturer to remove toxic artificial dyes from its products.

WHY THIS MOMENT MATTERS

The United States is at a crossroads. For decades, we have invested in treating the consequences of diet-related disease while ignoring the cause. Now, with public demand rising, policymakers taking action, and industry facing new accountability, we have a rare opportunity to reshape the system that feeds us.

By confronting the food crisis at its root, we can reduce the burden of diet-related disease, lower healthcare costs, and create a future where healthy food is the standard, not the exception.



THE SOLUTION

TOWARD A HEALTHIER FOOD FUTURE

Across the country, awareness is growing about the powerful role food plays in our health. More and more, people are questioning what's in their food, choosing whole, nourishing options, and speaking out for change. These gains are encouraging – and they show that the transformation needed to achieve our vision is within reach.

We see a future where healthy food is the norm, not the exception – a future where:

AWARENESS

- People know what real food is.
- Ultra-processed foods are recognized as addictive and harmful.
- Every child learns to value and enjoy nutritious meals at school.

ACCESS

- Real food is accessible to all – easy to find, easy to afford, and available to everyone.
- Healthcare is re-envisioned: real food is the foundation, and healthy food prescriptions are the norm.
- Tailored meals and nutrition plans help the 60% of Americans with diet-related disease manage – and even reverse – their condition.

DEMAND

- Demand shifts toward wholesome, minimally processed foods.
- Fast food means healthy, convenient options that fit real life.
- Real food fosters social connection, cultural meaning, and shared joy.

The path is clear. Change is possible. Working together, we can make this vision – our vision – a reality: **life without diet-related disease**.



RESEARCH AND PUBLIC AWARENESS PILLAR

HIGHLIGHTING THE LINK BETWEEN DIET AND HEALTH

Knowledge is power, and changing what people know about food is the first step toward improving health outcomes. Through research and bold public awareness efforts, Dohmen Company Foundation is shining a light on the connection between diet and disease, and the consequences of ignoring it.

Awareness is not just about facts and figures. It's about shifting cultural norms, sparking national conversations, and challenging the belief that ultra-processed food is an acceptable standard. Our goal: to normalize food as health and inspire sustainable change.



DEEPENING UNDERSTANDING OF ULTRA-PROCESSED FOODS



WHAT THE PUBLIC THINKS

Dohmen Company Foundation, in collaboration with Cornell University, recently commissioned a nationally representative public poll to better understand awareness, beliefs, and attitudes toward ultra-processed foods. The results are clear: people see the harms and want change.

- **The harms are recognized.** Seven in ten Americans agree that ultra-processed foods are addictive and a major cause of obesity.
- **Industry tactics are understood.** A strong majority of people (60%) believe ultra-processed food companies target children with marketing and deliberately manipulate ingredients to make their products more addictive.
- **People want change in their own lives.** 60% of Americans say they plan to cut back on the amount of ultra-processed foods they eat.

These findings highlight a growing cultural shift: Americans understand the risks of ultra-processed foods, see through industry tactics, and are looking for solutions that support healthier lives.

RESEARCHING FOOD ADDICTION

Today's food supply is dominated by ultra-processed products – engineered for taste and profit rather than health. A growing body of research shows that some of these foods trigger addictive-like responses, including cravings, loss of control, and even withdrawal symptoms, much like alcohol or cigarettes.

Dohmen Company Foundation is financially supporting a groundbreaking machine learning research project led by Dr. Ashley Gearhardt, a professor at the University of Michigan, to help identify which foods carry the highest addictive risk. Using data from over 1,000 people, early results show that ultra-processed foods combining fast-digesting carbohydrates with added fats – like pizza, donuts, and fries – are the most problematic.² Simply adding fiber or protein (a common “health-washing” tactic) doesn’t make these foods less addictive. By contrast, minimally processed foods such as fruits, vegetables, beans, seafood, and dairy rarely trigger these patterns.

This work is the first step in building a tool that could one day empower consumers to make healthier food choices, guide school nutrition policy, and inform future regulation. Ultimately, the goal is to shift the food environment toward real, nourishing options.



2. Source: Gearhardt, A. N., Huetlin, Z., Nartey, E., Ahrens, M. L., Baugh, M. E., Fazzino, T. L., LaFata, E. M., Sonnevile, K. R., and DiFeliceantonio, A. G. (under review). Nutritional characteristics of foods with addictive potential: A machine learning approach.

GRANT MAKING PILLAR

SUPPORTING NONPROFIT PARTNERS TRANSFORMING HEALTH

Dohmen Company Foundation invests in nonprofit partners that share our vision of life without diet-related disease. Our grants support proven programs that improve access to nutritious food, integrate food into healthcare, and deliver measurable results in communities across the country.

Since 2019, we've committed tens of millions of dollars to organizations advancing solutions that can scale and drive lasting change – scaling medically tailored meals, expanding nutrition education, and increasing access to healthy food.



EXPANDING ACCESS TO NUTRITION-BASED CARE



FOOD IS MEDICINE COALITION: CREATING THE BLUEPRINT FOR LASTING CHANGE

With support from Dohmen Company Foundation, the Food Is Medicine Coalition (FIMC) is developing the **Medically Tailored Meal (MTM) Sustainability Blueprint**, the first roadmap of its kind to guide how medically tailored meals can become a lasting part of healthcare.

This Blueprint is being designed to provide practical guidance on program design, delivery, and scale. It will address the key questions that health systems and payers face, as well as establish standards to ensure quality, consistency, and sustainability across states.

This work represents a critical turning point: moving medically tailored meals from promising pilots to proven care. The Blueprint lays the groundwork for treating food like medicine – essential, effective, and capable of changing lives.

FOODCORPS: PIONEERING PROGRAMS TO TRANSFORM SCHOOL FOOD

Dohmen Company Foundation is proud to support FoodCorps in advancing innovative approaches to school meals and nutrition education. Together, we are helping to launch two first-of-their-kind programs that will inspire and equip educators and food service professionals to make nourishing food a central part of every child's school day.

- The **Kindred Fellowship** will provide intensive training and mentorship to rising school district food professionals, equipping them to lead innovation in healthy, scratch-made, and locally sourced school meals.
- At the same time, the **Food-E Certificate Program**, which will be developed in collaboration with a leading academic institution and launched as a first-in-the-field certificate program, will equip educators and advocates with research-based strategies and hands-on techniques to teach high-quality food and nutrition education in classrooms.

Together, these programs are building a powerful national pipeline of leaders who will transform the future of school food, ensuring that every child has the opportunity to learn, grow, and thrive through nourishing meals.







brighterbites[®]

SCALING IMPACT THROUGH INNOVATION

PARTNERING WITH BRIGHTER BITES TO EXPAND HEALTHY HABITS

OUR PARTNERSHIP WITH BRIGHTER BITES

Brighter Bites joined Dohmen Company Foundation's network of partners in 2025, marking the start of a collaboration to expand a proven model that improves the health of children and families in under-resourced communities. Each week, the national nonprofit provides approximately 17,500 families with fresh produce and simple recipes, and more than 23,000 students with hands-on lessons that make healthy eating both accessible and achievable.

A PROVEN MODEL WITH POWERFUL RESULTS

Since 2012, Brighter Bites has worked across eight states and the District of Columbia to integrate fresh fruits and vegetables directly into schools and homes. Families receive produce boxes alongside culturally relevant recipes and nutrition education designed for real life. Brighter Bites' robust evaluation confirms the impact: when families gain access to produce paired with practical knowledge, they eat more fruits and vegetables and carry those habits forward. Research shows that an average Brighter Bites' family consumes 19 additional servings of fresh fruits and vegetables over one week, two years after participating in the Brighter Bites program. By investing in this model, Dohmen Company Foundation is helping to expand what works – pairing access with education to drive meaningful, lasting behavior change.

EXPANDING THROUGH A 2.0 PILOT

Now, with the support of Dohmen Company Foundation, Brighter Bites is piloting a 2.0 model in several schools across the Washington, D.C. metro area. Over the course of the school year, hundreds of students and families are taking part in a program designed to test new approaches for long-term sustainability. The lessons learned will not only strengthen the program locally but also help Brighter Bites expand its national impact even further.

IMPACT INVESTING PILLAR

INVESTING TO DRIVE HEALTH IMPACT

At Dohmen Company Foundation, we see food as a force for health – and we believe mission-driven businesses are essential to advancing that vision. Through the Dohmen Impact Investment Fund, we invest in for-profit organizations that are proving how nutritious food can prevent and reverse disease at scale.

Our portfolio partners – Everytable, ModifyHealth, and our newest investment, Mealogic – reflect this commitment. Each is pioneering innovative ways to make healthy eating more accessible, affordable, and sustainable, from customizable meal platforms to community-based retail models.

By fueling these companies with growth capital, we help accelerate solutions that deliver measurable health impact while also generating returns to reinvest in our mission. Impact investing not only strengthens today's Food Is Medicine ecosystem, it ensures that real food solutions have the scale and staying power to transform health for generations to come.



INVESTING IN INNOVATIVE FOOD-AS-MEDICINE SOLUTIONS



Photo: Everytable

EVERYTABLE: PARTNERING WITH COMPTON SCHOOLS

Dohmen Company Foundation is proud of its inaugural investment in Everytable, a mission-driven food company making fresh, nutritious meals accessible and affordable through retail stores, subscriptions, delivery services, and B2B food programs. Everytable recently expanded its reach and impact by launching a new line of healthy school meals and becoming the official meal provider for 31 schools in the Compton Unified School District. These scratch-cooked,

National School Lunch Program-compliant meals ensure that students receive the nutrition they need to thrive.

Everytable's impact continues to grow with the addition of one new store, bringing the total to 39, including 12 owned and operated by graduates of its Social Equity Franchise Program. This initiative equips entrepreneurs from historically underrepresented communities with the training, support, and financing to own and operate their own stores, fostering economic empowerment and wealth-building in areas that have too often been excluded from such opportunities. To further remove barriers, Everytable's innovative pricing model adjusts meal costs based on neighborhood income levels, ensuring nutritious food is affordable and accessible for all.

MODIFYHEALTH: BRINGING FOOD AS MEDICINE INTO INSURANCE PLANS

ModifyHealth, Dohmen Investment Fund's second investment, is a transformative food-as-medicine platform that combines medically tailored meals (MTM) with personalized dietitian counseling. The company recently expanded its in-network partnerships and now provides virtual dietitian support through nearly every major health insurance payer. Today, ModifyHealth is one of the largest providers of insurance-covered nutrition care in the nation, offering a comprehensive and scalable platform that has helped hundreds of thousands of patients improve outcomes through clinically designed, home-delivered meals and ongoing support.

Recognized as the #1 Best Meal Delivery Kit in Newsweek's Readers' Choice Awards, ModifyHealth delivers best-in-class support for sustainable lifestyle and behavior change, helping those with diet-related diseases reclaim their health.



Photo: ModifyHealth





FUELING A FUTURE OF FOOD-BASED CARE

INVESTING IN MEALOGIC TO STRENGTHEN HEALTHY FOOD-BASED SOLUTIONS

OUR PARTNERSHIP WITH MEALOGIC

In 2025, Dohmen Company Foundation proudly welcomed Mealogic as its newest impact investment partner in the fight against diet-related disease. With its powerful B2B2C platform and bold vision to scale Food Is Medicine solutions nationwide, Mealogic is a natural fit for the Foundation's mission. The company's innovative, white-label model enables healthcare providers, wellness brands, and clinical programs to deliver nutritious, chef-crafted meals that meet specific dietary protocols supporting prevention, treatment, and overall health.

Through this investment – alongside a group of mission-aligned partners – Dohmen Company Foundation is helping Mealogic expand its infrastructure and reach, empowering more organizations to offer effective, food-based care.

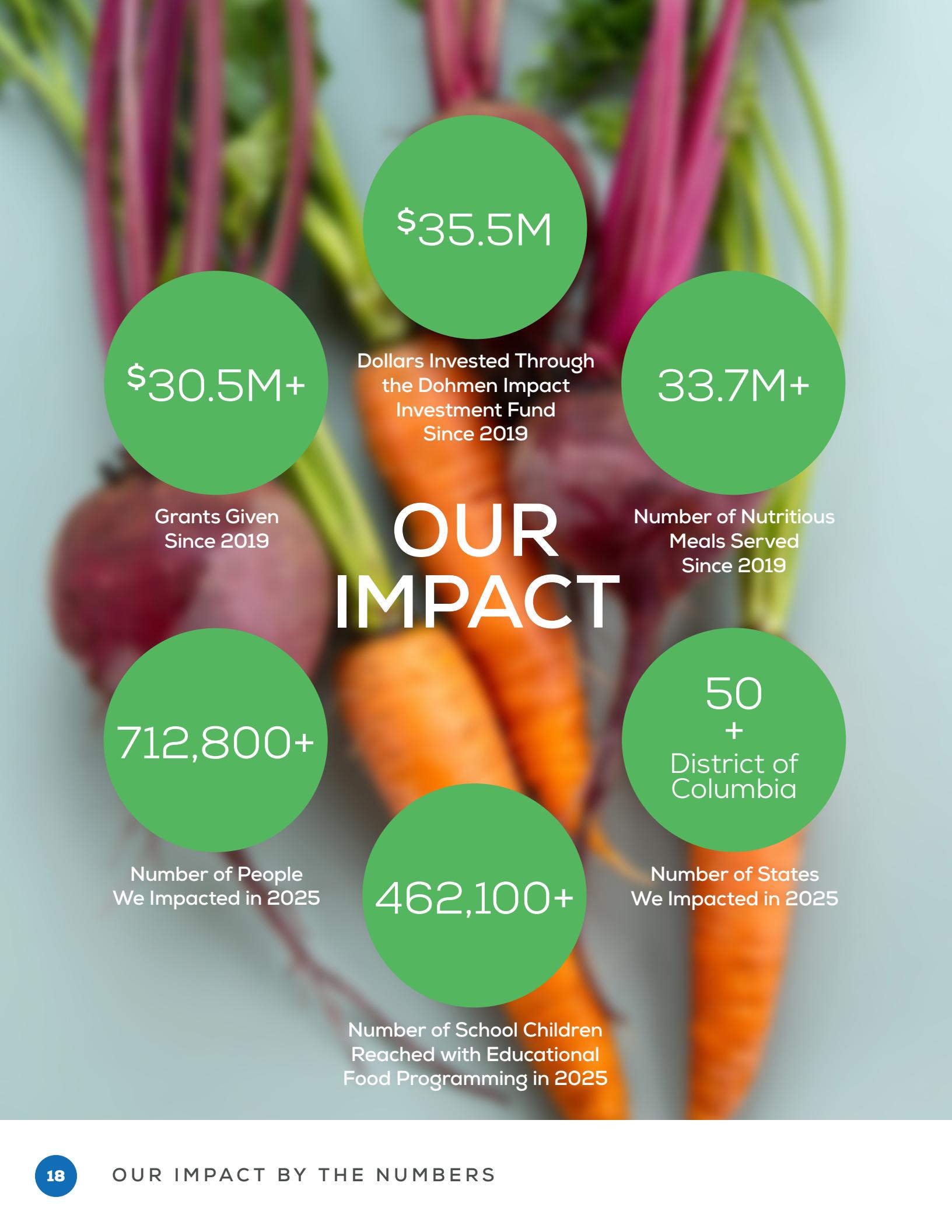
SCALING PERSONALIZED NUTRITION

Mealogic's turnkey model removes the barriers that often prevent organizations from launching meal programs by managing every aspect of the process – from menu development and e-commerce to food production, delivery, and customer service. With more than 25 condition-specific protocols and 200 unique, science-backed meals available each week, Mealogic simplifies the launch and scaling of personalized nutrition programs across a wide variety of audiences and settings.

Mealogic is designed to serve as the engine behind today's Food Is Medicine movement, making it easier for healthcare systems, startups, and community-based initiatives to offer consistent, high-quality nutrition under their own brands. Its approach provides the flexibility and resources needed to integrate food-based care into existing health efforts, whether that means improving metabolic health, complementing GLP-1 protocols, or enhancing chronic care management.

STRENGTHENING THE HEALTHY FOOD MOVEMENT

Mealogic's scalable, nutrition-forward model supports Dohmen Company Foundation's vision of a future free from diet-related disease. By making high-quality nutrition more accessible and seamless to deliver, Mealogic is helping to strengthen the healthy food ecosystem and ensure more people have the opportunity to live healthier lives.



OUR IMPACT

712,800+

Number of People
We Impacted in 2025

462,100+

Number of School Children
Reached with Educational
Food Programming in 2025

\$30.5M+

Grants Given
Since 2019

\$35.5M

Dollars Invested Through
the Dohmen Impact
Investment Fund
Since 2019

33.7M+

Number of Nutritious
Meals Served
Since 2019

50
+
District of
Columbia

Number of States
We Impacted in 2025



JOIN US IN CREATING A HEALTHIER FUTURE

You have the power to transform our nation's food system. By choosing healthier foods and supporting nutrition-focused initiatives, you can help create lasting change for yourself, your community, and the nation. Here are ways to take action:

CHOOSE FEWER ULTRA-PROCESSED FOODS

- Read ingredient labels. If you see ingredients you don't recognize or can't pronounce, choose a healthier alternative.
- Use digital apps that help you find nutritious products based on your health needs and preferences.

EAT MORE FRUITS AND VEGETABLES

- Buy local produce from farmers markets or grocery stores that partner with local farms for peak freshness and nutrition.

RECLAIM YOUR HEALTH

- If you have – or are at risk for – diet-related disease, talk to your healthcare provider about food-based interventions, such as medically tailored meals and produce prescriptions, and nutritional counseling.
- Ask your provider or health plan if you're eligible for these solutions in your area.

SUPPORT FOOD AND NUTRITION EDUCATION

- Encourage your local school district to bring food education into the classroom.
- Explore free lesson plans and activities at <https://foodcorps.org/lesson-plans/> and <https://www.brighter bites.org/teacher-tools/produce-activities/>.

ADVOCATE FOR BETTER SCHOOL MEALS

- If your local school district's meals rely heavily on ultra-processed items, start a conversation with school leadership about healthier options.

A future without diet-related disease is possible, but it requires action. Your choices today help shape a healthier tomorrow.



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