

10 YEARS | 10 STORIES

The Power of Partnership: When Companies Help Fuel Healing *A Conversation with Ron Perine*



"With Healing Meals, nourishment goes far beyond food, it's about being filled with love, pride, gratitude, and connection." – Ron Perine

A SERENDIPITOUS BEGINNING

Ron Perine's connection to Healing Meals began with a chance encounter, one of those seemingly small moments that quietly set something bigger in motion.

That initial conversation led to an introduction to Founder & CEO Sarah Leathers, and from there, what followed felt almost inevitable. What began as curiosity quickly grew into a meaningful and lasting connection, rooted in shared values and a deep alignment of purpose.

As Ron reflects, "everything seemed to fall naturally into place." For Ron and the team at Mintz + Hoke, that alignment wasn't just immediate, it was enduring.

THE MEANING OF NOURISHMENT

At first glance, nourishment might seem like a simple idea: food that satisfies hunger. But through his involvement with Healing Meals, Ron came to understand it in a profoundly different way. "It goes far beyond that," he shared. "It's about being filled with love, pride, gratitude, and connection." That understanding came to life through experiences like the Cookathon and the Made With Love Benefit, moments when nourishment is not only prepared but felt. "These moments were incredibly moving and deeply nourishing in every sense of the word."



A PERSONAL PERSPECTIVE

For Ron, this connection became deeply personal. Before becoming involved with Healing Meals, he had faced health challenges of his own. Through this experience, he began to see food not simply as sustenance, but as an essential part of healing. "Gaining a deeper understanding of how thoughtfully prepared food can support recovery was truly life-changing."



UNDERSTANDING THE IMPACT

Learning how many individuals and families rely on Healing Meals was both humbling and inspiring. Seeing the organization's reach, delivering thousands of meals across Connecticut communities, underscored the depth of its impact. Equally powerful was their impact on youth volunteers, fostering confidence, purpose, and meaningful connections to young people as their service hours grew.

WHEN EVERYTHING MATTERS

Every ingredient. Every step. Every delivery. Every handwritten note. "It's the care in the in-between that truly sets Healing Meals apart," Ron shared. That care nourishes not only those receiving meals, but everyone who takes part in the process.



LOOKING AHEAD

As Healing Meals approaches its 250,000th meal, Ron sees this moment as both a celebration and a beginning. "My hope is that Healing Meals continues to grow and expand its reach across Connecticut."

A PARTNERSHIP THAT ENDURES

From rolling up their sleeves year after year for the Cookathon, Ron and the Mintz + Hoke team have remained deeply connected to the Healing Meals mission. Their support extends beyond the kitchen to the annual Made With Love Benefit, helping ensure this work continues to grow and reach more neighbors in need.

A NOTE FROM OUR FOUNDER

Ron's story reflects what happens when connection deepens into commitment, and commitment into lasting impact. As we celebrate our 10th Anniversary, we are reminded that, at its heart, this work has always been about people...This is what a decade of nourishment looks like. Ron, thank you for being such an important part of this community of care.

With heartfelt gratitude,
Sarah & the Healing Meals Team