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OUR WEBSITE



February 2026

MORE THAN A MEAL

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Care that reaches the door.



A Note from the CEO



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This month, we remember and celebrate a teammate who showed up every day with passion and purpose for serving others—Nathan (“Nate”) Otolowski.

Nate embodied the heart of our mission: leading with compassion, enthusiasm, and an unwavering belief in people. His spirit lives on in our **No Limits to Recovery** program, which exists because we believe hope and healing should never be limited by circumstance.

Right now, we have a critical need: meals for those in the program.

It seems simple, but it’s a critical lifeline that helps participants stay on track, maintain their health, and keep moving forward in recovery.

we are continuously inspired by teammates like Nate and by everyone who contributes to this mission. Join us in the fight against substance use disorder—help us show that recovery can have **no limits**.

Ready to make an impact? Just scroll back to the top and tap the donate button to help us continue this work.



NO Limits Funding



We are deeply grateful to the [Fairbanks Foundation](#) for believing in our vision and supporting the development of the NO Limits to Recovery pilot program. Their commitment to innovative approaches and creative solutions made it possible to design a program that addresses real community needs, establish baseline data, and capture the first measurable outcomes that are guiding future growth and impact.

We also want to thank the [Department of Mental Health and Addiction](#) for their dedication to supporting daily operations, building program capacity, and strengthening the vital components that allow participants to access the resources, guidance, and care they need to stay on the path to lasting recovery.

MOWCI also thanks Stifel for hosting call-for-donation efforts in support of the NO Limits to Recovery program during MOWCI's annual Bingo Bash in both 2024 and 2025.

Continuation of the program depends on the kindness of donations from funders, grantors, corporations, and individuals like YOU!

NO Limits Program Update

Since launching in July 2024, the **NO Limits to Recovery** program has served more than **150 individuals** in early recovery from substance use disorder (SUD). Approximately **70% of participants complete the program**, sustaining recovery for 90 days—a milestone strongly associated with improved long-term outcomes. After 90 days, clients report improved nutritional health and food security, along with reductions in anxiety and depression. Participants frequently share that reliable access to healthy food reduces financial strain and allows them to focus on recovery, transportation, and employment.

To reach individuals in early recovery, MOWCI partners with recovery residences and treatment centers including Dove Recovery House, Oxford House, Progress House,

Pathways, and Prana House. Across Marion County, approximately **50 recovery residences** provide an estimated **425–450 beds**. At any given time, NO Limits to Recovery serves **30 participants**, reaching roughly **7–10%** of those living in recovery housing countywide.

Participants receive the following supports during the 90-day program period:

- Weekly delivery of **10 nutritious meals** from Herculean Meal Prep
- Monthly delivery of **medically tailored pantry boxes**
- Peer coaching from MOWCI's Certified Peer Recovery Coach (CPRC)
- A Welcome Kit with harm-reduction supplies and recovery resources
- Nutrition education through partnerships such as Cooking Matters with Indy Hunger Network

From July 2024 to December 2025, participants received:

- **14,780** prepared meals
- **327** medically tailored pantry boxes
- **8,175 pounds** of food

In June 2025, **10 participants** attended a *Cooking Matters* class hosted by the Indy Hunger Network, where they learned to prepare healthy, affordable meals. Each participant received a bag of ingredients to support continued cooking at home.

All participants meet with the Peer Coach within their first 30 days. Since launch, the program has provided **160+ hours** of peer coaching and distributed **86 Welcome Kits**, including:

- 86 NARCAN kits and 86 Deterra Drug Deactivation kits (from Overdose Lifeline and Cahoots, Inc.)
- 550+ harm-reduction and recovery resource flyers
- 86 “988” crisis cards
- 430+ educational materials from the American Foundation for Suicide Prevention (AFSP)

[Learn More About NO Limits](#)

How to Support MOWCI

Right now, participants in the **NO Limits to Recovery** program face critical challenges on their journey to recovery. **100% of your donation provides medically tailored meals delivered directly to their recovery residences.**

Participants have so much to say about their experiences with the NO Limits to Recovery program. When asked to share his story, Matt said:

“When I was in recovery before, this program didn’t exist. I was on a restricted income then, too, and I struggled to buy food. Eventually, I gave up and went back to what I knew—using. This time, when I came back, they put me on your program. Every week, I look forward to receiving your delivery. And I know I’m not just going to get to eat—I’m going to get to eat well. Thanks to you all, I feel better, I have more energy, and I’m able to do the things I need to do.”

Another participant shared because they no longer have to worry about affording food, they were able to save enough money to purchase a vehicle—something which allows them to get to work and reestablish themselves in the community.

These amazing outcomes are made possible by generous donations from people like you! Join us today in making recovery possible for those who need it most.

[Donate to NO Limits](#)



Our Successful Rebrand

“Partnerships built with purpose and care can create amazing things.”

This month, we’re inspired by the spirit and dedication of our communication consultants who helped bring our website and social media relaunch to life:

[Green Loop Marketing](#)
[The Hayes Group](#)

Their creativity and thoughtful approach helped us elevate our brand and connect more meaningfully with our community. This Valentine’s, we celebrate the care and passion they poured into every detail—it truly shows the heart behind the work.

[See Our New Website](#)

A Hearty Partner: Herculean

Shortly after launching the NO Limits to Recovery program, staff from Meals on Wheels of Central Indiana (MOWCI)—avid fans of [Herculean Prepared Meals](#)—approached Ben Canary, co-owner of Herculean Meal Prep, with a bold idea: *What if individuals enrolled in NO Limits could receive Herculean’s incredible, nutritious frozen meals as part of their recovery journey?*

For Ben, who identifies as a person in recovery, the answer was an easy yes.

If you live in the Indianapolis area, you’re likely familiar with Herculean Meal Prep—especially if you’ve visited The Garage at Bottleworks. Founded by brothers Ben and Nathan Canary, Herculean was built on a mission both simple and powerful: provide people with delicious, high-quality meals to help them become the best version of themselves.



Their mission aligns seamlessly with NO Limits to Recovery. Through the consistent delivery of nutritious meals, individuals in early recovery are not only fed—they are nourished, supported, and given one less thing to worry about as they focus on what matters most: healing and rebuilding their lives.

We powered up our walk-in freezer, received our first Herculean delivery, and the rest is history. NO Limits would not be what it is today without Ben and the entire team at Herculean Prepared Meals. Their partnership is more than food—it’s a tangible expression of hope, dignity, and belief in recovery.

Herculean Prepared Meals are amazing, delicious, and incredibly nutritious—but don’t just take our word for it. Try them for yourself! When you support Herculean, you’re also

take our word for it. Try them for yourself! When you support Herculean, you're also supporting recovery in our community.

Order online at herculeanmealprep.com, or visit one of their many in-person locations: off US-31 South, at The Garage Food Hall, in Castleton/Keystone, in Carmel/Westfield, and in Fort Wayne.

Support Meals on Wheels with Your Wheels!



Hoosiers can now help deliver meals to neighbors in need simply by renewing or purchasing a specialty license plate. Proceeds from the [Meals on Wheels specialty license plate](#) will directly support local Meals on Wheels programs across Indiana! Beyond funding, the plate will also raise awareness of the vital services and programs we provide.

We are on a mission to reach 500 plates this year to keep our state-approved license plate active. This is our final year to qualify, or we lose this funding and awareness tool for good. Would you be willing to share this with your community?

Our Contact Information

Meals on Wheels of Central
Indiana
708 E. Michigan St.
Indianapolis, IN 46202
3172525558
<https://mealsonwheelsindy.org/>



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