



FOR IMMEDIATE RELEASE

**Mama's Kitchen Thanks Community, Volunteers and Sponsors
for Helping Deliver 375,000 Meals in 2009**

*Non-profit generated \$750,000 in volunteer hours and
raised \$135,000 through recent fundraisers*

SAN DIEGO (January 21, 2010) – Thanks to 650+ volunteers, a dedicated staff and generous sponsors and donors, Mama's Kitchen was able to deliver more than 375,000 meals to San Diegans affected by AIDS or cancer last year. In addition, the local non-profit allowed members of the community to log nearly 30,000 volunteer hours, equivalent to approximately \$750,000 in contributions according to the *Independent Sector's* 2009 values of volunteer hours.

Most recently, the San Diego community supported three major fundraising events and helped raise more than \$135,000 for the local non-profit, including Tantrums and Tiaras: Battle of the Bar Queens; Mama's Kitchen's Annual Pie in the Sky Thanksgiving Bake Sale; and the Annual Tree of Life Ceremony on World AIDS Day. These three fundraisers took place during the fourth quarter of 2009 and will help provide almost 50,000 meals for men, women and children throughout San Diego County.

“Mama's Kitchen is a mission-driven organization that measures its success on the number of people we serve and efforts put forth by the hundreds of faithful volunteers,” said Alberto Cortés, Executive Director of Mama's Kitchen. “We pride ourselves on helping San Diegans battling critical illnesses, while making a positive economic impact on the local community. Thank you to the volunteers and donors for allowing Mama's Kitchen to function and grow.”

Like the people that Mama's Kitchen serves, its staff and growing team of volunteers includes a diverse mix of people that reflects the inclusive culture of the organization. Its free three-meals-a-day for seven-days a week meal deliveries reach all corners of San Diego County. In 2010, the non-profit celebrates its 20th Anniversary and will continue to serve as one of the region's most effective organizations. It also remains the only organization of its kind in San Diego.

About Mama's Kitchen

Mama's Kitchen was founded in 1990 when volunteers from the AIDS Assistance Fund, a food bank for people with AIDS, discovered that many of their clients were becoming too ill to take care of themselves. They realized that a reliable home meal delivery service was needed to ensure that these individuals would continue to receive nutritious food. In 2006, the organization expanded its service to San Diegans affected by either AIDS or cancer. Today, Mama's Kitchen provides three meals a day each day of the year to more than 370 men, women, and children in San Diego County. For more information, visit www.mamaskitchen.org.

Media Contact: Michael Guzzo, BERKMAN, 619/231-9977, michael@berkmanpr.com

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