Most are only aware of the suffering of others, but YOU have done something to relieve it.
Because of your compassion
Mama’s Kitchen delivers its first 2 meals to clients affected by HIV/AIDS and is serving 26 clients by end of 1990.

By the end of our first year:
- **30 volunteers**
- **21,486 meals**
- **3 delivery routes**

Mama’s Kitchen moves to St. Didacus Church

**1st Annual Mama’s Day Event**

Mama’s Kitchen enters its first year.

Mama’s Kitchen moves to St. Didacus Church

**1st Annual Tree of Life Event**

Mama’s Kitchen expands services to North County and El Cajon and moves to a larger location at 1875 Second Ave.

Mama’s receives funding from the City of San Diego for the first time.

**Weekend Grocery Bag Program Starts and Celebrity Closet raises $70,000.**

“Any ordinary favor we do for someone or any compassionate reaching out may seem to be going nowhere at first, but may be planting a seed...
1,000,000th meal served.  
550 active volunteers  
40 delivery routes  
384 clients  

Mama’s Kitchen starts providing meals 7 days a week as well as breakfast to its clients.

In her 10th year, Mama’s delivers nearly 425,000 meals, maximizing its use of 47,500 volunteer hours.

Executive Director for 8 years, Carolyn McFarlane retires.

Pilot Project to serve individuals with critical illnesses under the age of 60 (See letter from Executive Director and Board President on page 2).

First Annual Mama’s Pie in the Sky.

www.mamaskitchen.org launches.

Mama’s Kitchen receives bequest from the estate of Joan B. Kroc and also establishes endowment: Mama’s Promise Fund.

County Supervisor Ron Roberts pitches in as Mama’s serves its 3,000,000th meal.

Mama’s Pantry opens its doors.

In her 10th year, Mama’s delivers nearly 425,000 meals, maximizing its use of 47,500 volunteer hours.

www.mamaskitchen.org launches.

1999

2000

2001

2002

2003

2004

2005

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Mama’s Pantry opens its doors.
The year 2005 was one of exploration, introspection and affirmations. Of course, this occurred without us ever missing a step in our daily duties of preparing, packaging and delivering nutritious meals throughout San Diego County.

On February 23, 2006, the Board of Directors of Mama’s Kitchen voted in favor of expanding our mission to provide nutritional services to people under the age of 60 with other disabilities – an historic decision for our organization and one that was the culmination of a long and thoughtful process that began in 2005.

Wanting to make sure that we had the valuable input from every possible stakeholder, we conducted key interviews, focus groups, extensive research and surveys before implementing a six-month pilot project. In order to make a well-informed decision, the Board explored the following areas of concern:

- Identifying existing unmet food-service needs in San Diego County
- Quantifying Mama’s Kitchen’s capacity to serve more people
- Establishing appropriate eligibility criteria
- Assessing Mama’s Kitchen’s ability to raise the funds necessary for expansion
- Assessing the level of support of our stakeholders – including donors, volunteers, staff, and the LBGT community – for the idea of an expanded mission

As this new chapter in the history of Mama’s Kitchen is initiated, we renew and affirm our commitment to provide nutritious food to people affected by HIV/AIDS.

The 1,206 men, women and children served by Mama’s Kitchen’s in 2005 can attest to our continued dedication to responding to their needs. In addition to our ongoing hot-meal delivery program, the family grocery bag program, and our collaborations with other AIDS service organizations, Mama’s Pantry remained successful during its second year of service, averaging more than 250 client visits per month.

Also of note in 2005 was our first annual Mama’s Pie in the Sky fundraising event. This undertaking required the involvement of hundreds of people from sales teams, to drop-off site staffers, to the bakers of pies, to the folks who boxed and labeled and presorted, and so on. Close to 3,000 pies were sold – a testament to your work and dedication.

On top of all this, we celebrated our 15th year of service to the San Diego community in September 2005. Fifteen years translates to some 3.5 million meals and thousands of lives made better because Mama’s was there to provide nutrition and hope.

Thus, as we move toward an expanded mission and the unforeseen challenges and opportunities that come with this added commitment, we pause with a statement of gratitude to those who have stayed the journey. To the most dedicated of volunteers, the most generous of contributors, the most loyal of employees and the most committed of boards: we thank you on behalf of the HIV/AIDS-affected men, women and children cared for by Mama’s Kitchen. And we extend an invitation to you to continue on this shared journey of love and compassion.
our minds to  

A N E W C H A P T E R.

2 0 0 5 S T A T I S T I C S O F S E R V I C E S P E R F O R M E D

**Clients**
Total Clients: 1,026*

**Volunteers**
Volunteer Hours: 36,249
See our full volunteer listing on page 12.

**Meals**
Total Number of Meals: 320,598
Includes meal equivalents for grocery bags and pantry programs.
Total Number of Hot Meals: 260,598
See breakdown by region throughout San Diego County.
Total Number of Hot Meal Clients: 519

**Mama’s Pantry**
Pantry Visits: 3,034
Pantry Clients: 511

**Grocery Bag Program**
Bags Delivered by Mama’s Kitchen: 849
Bags Distributed by Collaborating Agencies: 1,806
Total Grocery Bag Clients: 261

*Overall unduplicated clients served in 2005. This number is not the sum of the program clients because some clients may have transitioned between programs during the course of the year.

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“*If you want others to be happy, practice compassion. If you want to be happy, practice compassion.*”

_The Dalai Lama (1935 - )_
Mama’s Pie in the Sky was patterned after a fundraising event developed by Community Servings in Boston and adopted by many of our other sister programs around the country. The premise was simple — ask local organizations to donate pies and then sell them for $20 apiece. But it took a tremendous amount of organization (including more than 200 volunteers at 45 pick-up locations and Pie Central) to make it happen.

And happen it did! From October 19 - November 16, we pre-sold more than 2,900 pies, which were picked up by purchasers on the day before Thanksgiving, just in time for holiday feasts. We’d hoped to raise at least $50,000, and we did even better than that — net proceeds were over $60,000, “sweet” funds that will be used to support our home-delivered meals, Family Grocery Bag Program, and Children’s Nutritional Health Project.

There are so many people to thank for the success of Mama’s Pie in the Sky, which will be an annual event. Restaurants and bakeries from around the county donated apple, pecan and pumpkin pies (including diabetic apple pies), and our wonderful volunteers served as sales teams, helped label each pie with its donor’s name, and staffed the pick-up locations.

We’d be remiss if we didn’t mention the pie-buying public, which responded with great enthusiasm to this fundraising effort. As word-of-mouth grows each year, we expect the demand for pies to rise accordingly…along with our proceeds. Boston’s Pie in the Sky nets well over $300,000 annually for Community Servings… and how sweet it would be for us to reach that level!
“Mama’s Gone Wild!” was the theme for the Kitchen’s signature fundraising event, Mama’s Day, held once again at the Hyatt Regency La Jolla at Aventine — our generous hosts and good friends. More than 900 of Mama’s supporters enjoyed the lavish culinary specialties prepared generously by 69 of San Diego’s finest chefs.

For the fifth year in a row, the dynamic duo of co-chairs Elisabeth Bergan and Don Caulfield provided the leadership, hard work and inspiration that ensured the success of this annual event. A special thank you to our business and corporate supporters, led by Presenting Sponsor Sycuan Resort and Casino and Lead Corporate Sponsor SAIC, whose underwriting contributions earned record-breaking income for Mama’s Day.
**STATEMENT OF FINANCIAL POSITION**

*As of December 31 2005 2004*

<table>
<thead>
<tr>
<th>Assets</th>
<th>2005</th>
<th>2004</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and cash equivalents</td>
<td>364,392</td>
<td>417,218</td>
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<tr>
<td>Investments</td>
<td>2,102,751</td>
<td>1,988,619</td>
</tr>
<tr>
<td>Prepaid expenses and deposits</td>
<td>24,458</td>
<td>24,808</td>
</tr>
<tr>
<td>Grant Contracts receivable</td>
<td>42,480</td>
<td>66,891</td>
</tr>
<tr>
<td>Inventory</td>
<td>20,029</td>
<td>13,371</td>
</tr>
<tr>
<td>Office &amp; computer equipment</td>
<td>142,791</td>
<td>139,467</td>
</tr>
<tr>
<td>Kitchen equipment</td>
<td>111,258</td>
<td>103,013</td>
</tr>
<tr>
<td>Vehicles</td>
<td>23,858</td>
<td>24,808</td>
</tr>
<tr>
<td>Leasehold improvements</td>
<td>49,775</td>
<td>37,275</td>
</tr>
<tr>
<td>Less: accumulated depreciation</td>
<td>-207,781</td>
<td>-232,482</td>
</tr>
<tr>
<td>Total assets</td>
<td>2,674,011</td>
<td>2,582,988</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Liabilities and Net Assets</th>
<th>2005</th>
<th>2004</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liabilities</td>
<td>45,097</td>
<td>47,309</td>
</tr>
<tr>
<td>Accounts payable</td>
<td>2,206</td>
<td>3,551</td>
</tr>
<tr>
<td>Accrued payroll liabilities</td>
<td>19,741</td>
<td>22,795</td>
</tr>
<tr>
<td>Accrued vacation payable</td>
<td>23,150</td>
<td>20,963</td>
</tr>
<tr>
<td>Total Liabilities</td>
<td>2,579,730</td>
<td>2,449,579</td>
</tr>
<tr>
<td>Temporarily Restricted</td>
<td>25,184</td>
<td>62,100</td>
</tr>
<tr>
<td>Permanently Restricted</td>
<td>24,000</td>
<td>24,000</td>
</tr>
<tr>
<td>Total Net Assets</td>
<td>2,628,914</td>
<td>2,535,679</td>
</tr>
</tbody>
</table>

**Total Liabilities & Net Assets**

$2,674,011 $2,582,988

Integrity is not something that you should have to think about... nor consider doing... but something in the heart that is already done.

- Doug Firebaugh

Mama’s Pantry has become one of the vital services we provide our clients, and of course its shelves always need to be stocked. So, if you are interested in hosting a food drive at a school or business please call (619) 233-6262.
STATEMENT OF ACTIVITIES

As of December 31 2005

REVENUE, GAINS AND SUPPORT

GRANTS
▲ CARE Act - Home delivered meals 386,740
▲ County of San Diego 25,000
▲ Other Grants 36,151
Total Grants 447,891

OTHER
▲ Contributions 895,216
▲ Donations in-kind 496,193
▲ Fundraising, net of direct expenses 283,249
▲ Investment income 61,104
▲ Miscellaneous 18,706
▲ Net realized and unrealized gain on investments 13,326
Total Other 1,767,794

TOTAL REVENUE, GAINS AND SUPPORT 2,215,685

EXPENSES
Program Services 1,757,924
Supporting Services:
- Management and General 110,489
- Fundraising 254,037
TOTAL EXPENSES 2,122,450

Change in Net Assets 93,235
Net Assets at Beginning of Year 2,535,679
NET ASSETS AT END OF YEAR 2,628,914
Richard F. E. Blanc
Jerri Sue Livingston
Judith A. Litofsky & Roy L. Carlson
Julie L. Linder
Vincent Lombardo
Patrick Lymen
Deborah Martin
Keith Marmalo & Susie Armstrong
Ralph & Roswitha McCarty
Gerald A. McDaniel
Richard J. Mendez
Stephen Merrick
Ronald Meyersburg & Stephen Merrick
Gerald A. McDaniel
Ralph & Roswitha McCarty
Keith Marzullo & Deborah Martin
Vincetta Lombardo
Julie Lien
Richard De Lancey
Jeffrey E. White
Ralph A. Way
Colleen Warren
W.M. & Anne L. Wadlington
Vulcan Steam & Sauna, Inc.
Dale & Bonnie Vinzant
Peter & Akiko Vajda
The Vinstrada Group
Steven Swilley-Francoeur
Barbara Stark
Martin A. Shapiro
Julan C. Scott
David Schutz
Robert & Charla Bird
Robert & Pamela Harper
Michael & Donna Feith
John Etchechury
Abby & Kathy Esty
Robin Enns
James A. Ellzy, II, M.D.
Katherine M. Edwards
Julie Dunne
Deborah Duerksen
Carol A. Dosek
Adele J. Dillon
James & Jennifer DeSpenza
Thomas & Laura DeMerritt
Michael & Debby DeMarco
Thomas & Laurence Megyesi
Karen M. McGilvray
Mary & Stuart Lipton
William L. Lipton
Leeland & Helen Lovaas
Timothy & Susan Lerner
Christine Leueker
David J. Gallo
Loren G. Freestone
Lynda Fox
Virginia Forrest
Sheriff's Office
Bill De Pace
Attorney at Law

Mama's Kitchen 2005 Annual Report

9
to our volunteers
for your wealth of
caring

We are truly blessed with community support. Mama’s Kitchen is staffed by only nine full- and two part-time paid employees, but with 850 active volunteers to supplement our talent pool, we’re able to produce the results of an organization with 27 full-time employees. This is one major reason why Mama’s Kitchen is such an exceptionally efficient provider of unmet community services.

In 2005, our 850 volunteers worked more than 36,000 hours to help make our mission a success by supplying critical services that would have cost $653,000 if paid for at the rate suggested by the nonprofit research organization, Independent Sector. These savings were used instead to provide an additional 292,000 meals for men, women and children whose lives have been deeply affected by severe poverty and AIDS.

We recruited 351 new people in 2005 to replace the natural attrition of volunteers experienced by every organization and, on any given day, 66 volunteers gave of their time and talents to prepare, package and deliver food to clients in need. This magnificent daily infusion of commitment and love is what makes Mama’s Kitchen so special...and so worthy of our renewed support.

Kelly Abbott
Jack Abrams
Meboys Abrams
Stephen Abrams
John Acosta
Holly Adams
Patrick Adams
Sarah Adams
Terry Adams
Grant Aldeff
Angelica Aguilar
Amaria Aguirre
Teresic Acieleh
Matthew Alcala
Rebecca Alcorn
Jeff Alexander
Keith Alexander
Tori Allahand
Kenneth Allen
Linda Allen
Ted Allen
Elizabeth Alvarez
Hector Alvarez
Jose Anaya
Stephanie Andal
Blake Anderson
Charlotte Anderson
Desiree Anderson
Stephanie Anderson
Cecily Andrews
Dave Andrews
Steve Andrews
Don Andreolewicz
Shirley Andreolewicz
Rhonda Andres
John Angeliano
Suzi Arason
Cristina Artigas
Kirsten Ashby
Abdul Awad
Sarah Ayala
Jessica Backen
Sue Bailey
Randy Balete
John Ballnik
Don Ballou
Mariee Bankert
Ashley Banks
Nisha Banks
Joseph Baran
Paul Barnard
Thomas Barrett
Randall Barry
Brenda Bardling
Anne Basham
Todd Bassnight
Chantal Basdnoun
Francisco Bauista
Joy Baynes
Karen Beatty
Jeff Beck
Richard Becker
Janet Behm
Cynthia Bell
Megan Belt
Fran Benedict
Francois Bereaud
Elisabeth Bergan
Susie Berger
Amanda Berry
Paul Bersamirah
Andrew Bersoff
Chris Bertorrelli
Elizabeth Biala
Brian Black
Morton Blakestone
Violeta Blas
Annie Blessing
Lenny Boddy
Bomie Bolden
Dakota Bolton
Lynne Bolton
Ria Boner
Joe Bonilla
Jane Bonn
Kathy Burden
Thomas Borgerding
Aaron Borvoy
Bo Bortner
Robert Bosch
Heather Bowden
Stephen Boyd-Morakes
Megan Bradley
Ryan Bradley
Tim Bragg
Karensky Branch
Joanie Brandt
Nicki Brandt
Michael Braunsen
Jennifer Bream
Roland Brewer
Rob Bridges
Eric Briones
Roy Briscoe
Mike Brosch
Kimberlee Brookes
Janet Bruner
Lonnie Brunini
Jennifer Bulenick
Andrea Buchtel
Karina Buettgenbach
John Bunrasi
Ed Burditt
Susan Burgess
Clare Burns
Deirdre Burns
Tahailia Burt
Ted Buska
Keith Butler
Tamara Butler
Amy Butterfield
Edward Buxbaum
Tessa Cady
Siobhan Caesar
Colleen Caine
Danilo Cajgas
Leonon Calinisan
Cynthia Cam
Angelica Camargo
Luke Camarillo
David Camber
Sbrena Candraza
Carol Carlson
Michelle Caro
Alex Carolino
Cheryl Carolino
Jerry Carota
Tim Carpenter
Eric Carr
Yadim Carranza
Dale Carrasco
Clartza Carrillo
Patricio Carrillo
Nelson Carrion
Kaitlyn Carrozzi
Rhelle Carvalij
Aimee Carver
John Peter Casahar
Isabel Castaneda
Julia Custler
Monica Castro
Sandra Caulder-Both
Donald Cahfield
Steve Cekinovich
Hilary Chambers
Mary Champion
Po Chan
Julie Chang
Alicia Chapman
Sarah Charron
Taylor Chatter
Jacqueline Chavira
Robert Cheng
Deborah Chaio
Jean Chico
Rohin Chikhi
Lara Childers
Joshua Chilton
Anthony Choi
Eunyoung Chong
Ashlee Choolijion
Ell Choo Chang
Linda Christie
Nancy Christie
Christopher Cilley
Sarah Clancy
Jennifer Clark
Kris Clark
Steven Clark
Buth Clark-Guthrie
Samuel Clayton
Bret Cleveland
Barbara Clime
James Clynev
Nan Collin
Leslie Cohen
Will Cokeley
Peter Colacino
Karl Coleman
Terry Conley
Lauren Conrad
Kacey Connroy
Michael Conte
Carlos Conteras
Daniel Copeland
Kris Cowley
Chris Coyne
Adam Craft
Mike Crawford
John Crepeau
Lance Criley
Daryl Cross
Tim Cross
Polly Croteau
Gillian Crowley
Sandy Crouser
Ronso Cruz
Mariano Cuervo
Rachel Cummings
Kathryn Curtis
Jaime Dadej
Charlotte Dale-Dela Cruz
Larry Dake
David Damaso
Rachel Damun
Corine Daniel
Shawanda Daniels
Dennis Darnall
Clara Dasciano
Todd Davidson
Erein Davies
Jade Davis
Sarah Davis
Danielle Davis-Tucker
Ayana Day
Kevin Day
Denise De Caprio
Donna De Leon
Jaron DeWay
Josephine Del Homme
Kevin Delaney
Christopher Delgado
Maria Delgado
Rose Delgado
Naomi Denenberg
Corina Designa
Cheryl Derlin
Timothy Devlin
Karen Dey
Heather Diamond
Michelle Diede
Cameron Dietiker
Adile Dillion
Oanh Dihn
Andrea D’Inzuno
Cheryl Dodd
Sheldon Dolinka
Lawrence Donofrio
Lani Donohoe
Alex Dwoswerth
Beka Dorman
Steven Douglass
Dakotah Downes
David Downings
John Druvy
Patricia Duarte
Pauline Dubenditis
We would like to acknowledge with heartfelt thanks these businesses and individuals who have gone the extra mile to help out Mama’s Kitchen in 2005.

The Abbey Café  
Absolut Vodka  
Ad Ease  
Akins Berry Communications  
Bourbon Street  
Fernando Fernandez  
Hyatt Regency La Jolla  
J Public Relations  
Marriott Gaslamp  
Neighborhood House Association  
Neiman Marcus  
Pacific Events  
Terry Parish Graphic Design  
Peet’s Coffee  
Prego Ristorante  
Ralphs-Mission Valley  
Ralphs-Uptown Shopping District  
SeaWorld, San Diego  
Southern Wine and Spirits  
Steve Stadwiser  
Village Hillcrest  
W San Diego  
Webcore Labs Inc.  
Bryan Winke Design
Mama’s Day 2005 RESTAURANTS

150 Grand Café
The Abbey Café
A R. Valentien, The Lodge at Torrey Pines
Azul La Jolla
Azura Point, Loews Coronado Bay Resort
Baja Betty’s
Barcino – Hyatt Regency La Jolla
Behind the Scenes Catering
Café Cerise
Café Japengo
Cantina Catering
Catamaran Resort and Hotel
Chive /Kensington Grill
The Chocolate Guy
El Bicho, Rancho Bernardo Inn
Extraordinary Desserts
Festivities Catering
Fleming’s

The French Gourmet
Fresh
George’s at the Cove
Gringo’s Cocina y Cantina
Giuseppe Restaurants & Fine Catering
Harry’s Bar and American Grill
Haik House A Go Go Islandia Coastal Grill, Hyatt Regency Islandia
J. Taylor’s Restaurant Jake’s Del Mar
Jakob Gerhardt Wine
Juice Evolution
Laurel Restaurant & Bar
La Valencia Hotel
Le Fontainebleau, The Westgate Hotel
The Marine Room
Morton’s, The Steakhouse
Napa Valley Grille
Nine Ten
Ono Sushi
Pacifica Del Mar
Parallel 33/
Blue Lotus Lounge
Piatti Ristorante
Prego Ristorante
Prime 10 Steakhouse
Rancho Valencia
Rice, W San Diego
Rice Jones
Roppongi Restaurant
Sally’s Seafood on the Water Restaurant, Manchester Grand Hyatt San Diego

Sammy’s Woodfired Pizza
Sante
Shica, An American Bistro
SoJa’s Italian Table
Spread
Star of the Sea
Sycuan Resort & Casino
Tapenade
terra Restaurant
Thornton Winery and Café Champagne

TK&A Custom Catering
Torreyana Grille, Hilton La Jolla Torrey Pines
Trattoria Acqua Trellises Garden Grille, Town and Country Resort & Convention Center
Tutto Mare
Vivace - Four Seasons Aviara Resort
Waters Café @ SDMA
Waters Fine Catering
WineBrand Creations

Opportunity Drawing & Silent Auction Donors
The Abbey Café
Absolut Vodka
California Cuisine
Callaway Golf Company
Rachelle Carvajal
David and Edith Glasey
Sharyl Gove
H & M Landing

Hyatt Regency Islandia
Hyatt Regency Orange Kafe Yen
La Jolla Playhouse
Legoland California
Faith Maybury
Neiman Marcus
Northwest Airlines
Old Town Trolley Tours
Pamplemousse Grille
Park Hyatt San Francisco
Patrick’s Gallery
San Diego Masseurs
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SeaWorld
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Time Warner Cable
USE Credit Union
W Los Angeles Hotel
W San Diego
Waters
The Westgate Hotel
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At Mama’s Kitchen, we believe that every person is entitled to the basic necessity of life, nutritious food. As a volunteer-driven, not-for-profit organization, we prepare and deliver food to men, women and children who are affected by AIDS.