TODAY AND EVERY DAY

mama's kitchen

2007 Annual Report
Food preparation and delivery are central to the promise of our mission. This Annual Report is dedicated to all the volunteers who tirelessly give of their time, talents and resources, to deliver not only a basic necessity of life - nutritious food - but to share a touch of humanity with someone else in a way that nourishes us all.
Today we come together to say who we are and why we care. As abundance flows, each heart shows gratitude and willingness to share.
As we look back on 2007, the Board, staff, and clients of Mama’s Kitchen give thanks for the generosity of so many San Diegans who transform our mission into life-saving and life-affirming action. Even when fires threatened a significant number of households last fall, our staff and volunteers continued to work diligently to prepare and deliver meals throughout the county, because we understand that nutrition is critical to our clients every day.

Given that the number of people we serve has increased by almost 25% since mid-2006, this generosity means more to our community than ever. This increase has come from two identifiable groups of people in need.

The number of people we serve, many of them with AIDS, has increased by almost 25%.

Our commitment to people with AIDS is as strong as it has always been. In 2007, we saw an increase in the number of people with AIDS needing our services. Mama’s Kitchen has always believed that every person deserves the basic necessity of life - nutritious food. For a person battling AIDS, proper nutrition is the foundation for life-sustaining medications and treatment. We continue to assess how our daily menus and services can be improved to help people affected by AIDS.

In early 2006, our Board of Directors made the decision to expand our services to people with critical illnesses other than AIDS. This means that San Diegans under age 60 who are unable to cook for or feed themselves due to a variety of illnesses now have help with meeting their basic nutritional challenges. The number of people we serve increased during 2007 as more and more San Diegans learned about Mama’s Kitchen’s Critical Illness Nutrition Program.
Our expanded mission has opened our eyes and our hearts to a community in need of assistance.

It would be impossible to do this work without the support of San Diego’s many communities. Mama’s Kitchen was the very thankful recipient in 2007 of thousands of contributions from a variety of donors in San Diego County and beyond. A very generous friend, Gloria Campbell, bequeathed to us over $127,000 in 2007. Other donors became members of our Legacy Club, President’s Circle, or Bread and Butter Club. Together with our over 700 volunteers, these donors bring our mission to life each day and provide comfort, hope and well-being throughout San Diego County to our neighbors affected by critical illness.

We are truly grateful for your support in 2007. As the challenges and opportunities of 2008 and 2009 come into clearer focus, the importance of your continued involvement in our journey is already clear. Mama’s Kitchen continues to be the exclusive source of nutritious, life-sustaining food to many hundreds of men, women, and children affected by AIDS or other critical illnesses. We ask that you continue to move forward with us in our mission of nutrition and hope.

Alberto Cortés
Executive Director

Jennifer A. Kearns
Board President

The Honorable Toni Atkins joins Alberto and Jennifer to mark the 10,000th visit to Mama’s Pantry.

We are so thankful for you. Your many and different gifts ensure that we keep our promise to people affected by AIDS or other critical illnesses.
On a typical Thursday morning you might find Lonnie Brunini, a retired postal worker, staffing Mama’s Pantry in North Park by signing in clients as they get the non-perishable food they need for the month. Many have sung Lonnie’s praises, and after spending a short amount of time with him it’s easy to see why: he embodies the essence of every heart of every volunteer at Mama’s Kitchen.

Did you know?
Beginning at 8:30 AM, an average of 50 or more volunteers show up to help deliver up to almost 900 meals a day!
Q: How long have you been volunteering at MK?
A: Since the Fall 2003.

For five years, Lonnie has delivered meals on Fridays to people in downtown San Diego who are living with AIDS. Lonnie doesn’t own a car; so, he started working as a runner alongside a driver on the downtown route.

Q: How many hours a week do you volunteer?
A: I average about 5-6 hours a week.

Everyone gasped, “Wow!” He asked, “Is that a lot?” To put it in perspective, for an organization that exists only because of its volunteers, it is no small contribution – that sort of commitment easily yields 250 hours a year.

Q: Why did you get started with Mama’s Kitchen?
A: Being retired.

That was the simple answer, but he went on to explain: he had good role models who were also facing retirement, one of whom was Bobbie Hardwood, another Mama’s Kitchen volunteer. “She got me started. But not having a car and thinking MK is only about food delivery, I thought, ‘What can I do?’ She brought it to my attention that there are jobs at MK other than delivery. So I went to the volunteer orientation and found out about the two person route, and I found out about the Pantry a year later.”

Q: What is it that draws you to volunteer work?
A: The good thing about volunteer work is the people that you meet because almost 100% of the people that you work with, the co-volunteers and the volunteer coordinators, are the type of people you want to be around. I have made countless new friends since I have started volunteering.... these are the people that I like to hang out with. It’s very rewarding. And it is very mood-enhancing because anytime I start feeling not so great about things - if I do some volunteer work - I find out that I don’t have it so bad. There are many, many other people in way worse. And I am really blessed and lucky. Reminding myself of that on a daily, weekly, monthly basis is really good for my own mood.

Q: Why volunteer at Mama’s Kitchen?
A: There is a need. Non-profits cannot exist without volunteers. It is an essential part of an organization like Mama’s Kitchen. Because our society is not a perfect one, we don’t have enough funding from governmental and corporate sources to make it work. I mean we have to have people, everyday people, to give their time and whatever else they can to make things work. The good thing about Mama’s Kitchen is that you can volunteer at the level that you are able. So it doesn’t have to be a monetary contribution. It can be a time contribution or it can be a “picking your brain” contribution about how to make things better. The other good thing about Mama’s Kitchen is the variety of jobs. You don’t have to deliver. You can cook. You can work here in the Pantry. You can work everyday, or one day a week, or one day a month. Or one day a year at a fundraiser, which is fun in an entirely different way.

Thank you to Lonnie and to each of our volunteers!

Your commitment is an inspiration to us all.

3,237 visits by 638 clients
29,133 Meal Equivalents
That’s 55,029 lbs. of food
By early afternoon, volunteer drivers will arrive to pick up meals for clients on routes that they drive.

Total Hot Meals
Clients: 576
Meals: 319,350

Average cost per meal:
(constitutes cost of food and containers)
$2.68

Average number of delivery routes
30

Average number of meals on a route
27

Average cost of gas in 2007 was approx.
$3.04/gallon

In addition to all those affected by HIV/AIDS, Mama’s is now one of the only agencies in San Diego County to serve people with these and other critical illnesses for people under the age of 60?

CRITICAL ILLNESS NUTRITION PROGRAM
Total for 2007: 52,302 Meals

Some illnesses have included:

ALS / Quadriplegia
Blindness
Cancer - liver
COPD / Pulmonary Disease
Kidney Disease
Schizophrenia
Stroke

Amputation
Cancer - brain
Cancer - pancreas
Diabetes
Pancreatitis-End Stage
Spinal Disease/Injury
Did you know?
Food costs in 2007 were $940,176 compared to $765,006 in 2006 – a 23% increase in food costs!
If not for volunteers who work without pause, we would not be able to give aid to our cause.
The total number of volunteer hours in 2007 was 32,454. At $20.36/hr., that is the equivalent of $660,707.

Source: The Independent Sector

2007 Annual Report
Oh! The client letters is gratitude expressed!
“This is why we give,” some have confessed.
The story of the Sycuan Band of the Kumeyaay Nation is one rich with history and pride in their heritage and the environment. They understand the importance of community involvement and are always seeking new ways to give back to their native homeland.

Sycuan’s community outreach program is centered on social service organizations that are the backbone of our community - Mama’s Kitchen is one of these key organizations.

Daniel J. Tucker, Tribal Chairman of the Sycuan Band of the Kumeyaay Nation states it best, “We are proud to support Mama’s Kitchen and believe strongly in their mission to serve patients with HIV/AIDS and other critical illnesses nutritious meals. Each and every person deserves the basic necessity of food and we are honored to do our part in attempting to achieve this mission with Mama’s Kitchen.”

Thank you, Sycuan!

Your continued support ensures our mission’s success!
And to our community,
our donors generously leave a legacy of love which together we weave.
A caring community, we know how to **have fun!**

**MAMA’S DAY**
Presented by Sycuan Resort and Casino, the 16th annual Mama’s Day event was held at the Hyatt Regency La Jolla at Aventine on May 11th. Over 700 guests enjoyed the “Mama Loves Mambo” theme and tasted signature dishes from almost 70 of San Diego’s best restaurants. This important fundraiser is one of San Diego’s most popular events, and each year welcomes current supporters as well as introduces Mama’s Kitchen to new friends.

**PIE IN THE SKY**
Since its debut three years ago, Pie in the Sky has become one of the Kitchen’s signature fundraising events. Once again, Mama’s family of volunteers, staff, sponsors, bakers, and sellers rallied together to sell over 2,800 apple, pumpkin, and pecan pies. For the first time, Mama’s Kitchen served as “Pie Central” and what a success! The bake sale grossed over $85,000 to support our mission.

**WINE TASTING AT BOURBON ST.**
The 12th annual Wine Tasting Event at Bourbon Street was made possible due to the contributions of Michael Mack from Bourbon Street, Scott Wagner from ChileCo Catering and emcee Monique Marvez from JACK 100.7 FM. The night was again an incredible success, with over 300 guests tasting fine wines, enjoying hors d’oeuvres and bidding on items in our Silent Auction. Net proceeds for the event were over $20,000, and wines were provided by Freixenet, Jewel Collection Viognier, Stonewall Riot Chardonnay, Coppola Rosso Classic and William Hill Merlot. Thank you to our sponsors!

**TREE OF LIFE**
More than 300 supporters gathered in winter weather at Village Hillcrest on World’s AIDS Day to commemorate those affected by AIDS, and to recognize the ongoing successes achieved against the epidemic. Special guests included Mayor Jerry Sanders, State Senator Christine Kehoe, Todd Gloria from Congresswoman Susan Davis’ office, and Ron Roberts’ Chief of Staff Gary Rotto. A candlelight vigil was led by Terry Cunningham from San Diego County Public Health Services, and the Gay Men’s Chorus of San Diego infused the night with holiday music. Personalized ornaments decorating the Tree of Life honored loved ones affected by HIV/AIDS, and Mama’s Kitchen raised over $20,000 to support our meal delivery services.

And remembering what we share we’ll come together as one.
Though our work is never done, it’s for everyone we’re glad to say, “We’ll continue to live and love today and every day!”

Lastly, we thought you’d like to know: 95.4% of clients in 2007 rated the quality of our service as EXCELLENT.
OUR MISSION

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 or other critical illnesses.

2007 Staff

- Jennifer Brown
  Development Coordinator
- Alberto Cortés
  Executive Director
- J.D. Damon
  Distribution Coordinator
- Anne R. Garger
  Executive Chef
- Melinda Balkam
  Director of Development and Communications
- Alan Harris
  Grant Specialist and IT Coordinator
- Sam Morbidelli
  Finance Manager
- Bill Patten
  Manager of Volunteer Services
- Chip Cline
  Driver / Stores Clerk
- Vickie Randle
  Office Coordinator
- Rue Tootle
  Client Services Coordinator

2007 BOARD

- Jennifer A. Kearns
  President
- John Prosen
  President Elect
- John Pelkey
  Immediate Past President
- Cathy Nerenberg
  Vice President
- Don Caulfield
  Secretary
- Gary Holt
  Treasurer
- Elisabeth Bergan
  Member-At-Large
- Karen Abbott
  Sotk Cleveland
- Donald L. Goff
  Brian Jessup
  Tom Bell
  Terry Buchholz
  Rachelle Carvajal
  Laurence Rinehart
  Steve Stadwiser

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