Leaving A Legacy of Hope....

mama's kitchen

PLANNED GIVING PROGRAM
Jack, Mama’s Kitchen Volunteer for 12 years

On the cover: Mama’s Kitchen clients Doreen and her son Eric
Mama’s Kitchen was founded in 1990 when volunteers with the AIDS Assistance Fund discovered that individuals were dying from malnutrition long before the AIDS virus took hold. Hungry, alone and scared at a time when little was known about this vicious disease, people had nowhere to turn. A caring community came together to ensure that those suffering were given a chance at life and receiving one of their most basic human rights — the right to nutritious food.

Through the years we have relied on the support of our community and loyal donors to advance the mission of Mama’s Kitchen — a mission that has grown to include individuals with cancer, dependent children and a pantry for low-income individuals with HIV/AIDS.

Mama’s Kitchen receives gifts in many forms including gifts through estate and financial planning. This brochure will introduce you to Mama’s Kitchen’s Planned Giving program and invite you to be a part of our Legacy Club. Our Legacy Club is a group of very special individuals who have included Mama’s Kitchen in their long term estate planning, ensuring that we are here for as long as we are needed.

There are many tax and financial benefits to making a Planned Gift while also helping Mama’s Kitchen further our mission to deliver health and hope to our critically ill neighbors. We look forward to building a legacy with you.

For more information, please visit our website www.mamaskitchen.org.
I have been a Mama’s Kitchen donor and volunteer for over 10 years. I have a strong belief in the mission and have complete trust that all donor dollars are being used wisely and efficiently to meet the needs of the organization.

David Ricks
Legacy Club

The Legacy Club consists of special friends of Mama’s Kitchen who have chosen to change the lives of people with AIDS, HIV, and cancer by including a gift to Mama’s Kitchen in their will or estate plan. These special gifts take many forms, but they all represent hope to our neighbors and friends faced with AIDS, HIV, or cancer. Legacy Club members share a common goal to provide nutritious meals and food to those who need it most. Members come from all walks of life. Some are survivors. Many have lost loved ones to these diseases. All understand the devastating impact AIDS, HIV, and cancer have and want to help change it.

Members of the Legacy Club receive an array of benefits, ranging from our donor newsletter and annual report, to meetings with key Mama’s Kitchen leaders and invitations to special events and seminars. Legacy Club membership is complimentary, optional and not contingent on making a planned gift to Mama’s Kitchen.
Planned Giving provides many options, and they all provide hope.

**Wills and Bequests**

Creating a will provides security to family members and enables individuals to make significant gifts that they may not have been able to make during life. A bequest by will allows a donor to support Mama’s Kitchen’s mission while reducing their taxable estate. A bequest may provide Mama’s Kitchen with a specific dollar amount or property, a percentage of the estate, a residual amount, or a contingency bequest.

**Retirement Plans**

Retirement plans are one of the easiest gift choices you can make by designating Mama’s Kitchen as the beneficiary for a portion or all of your Individual Retirement Account (IRA,) 401(k), 403(b), etc. These assets can be some of the hardest hit with both estate and income taxes. You remain in control of the asset during your lifetime and the gift is passed along to Mama’s Kitchen upon death, free of taxes (both estate and income). You can complete the gift using a change of beneficiary form available from your plan administrator.
Charitable Gift Annuity

A charitable gift annuity provides you with fixed income for life, potentially avoiding capital gain tax and leaves a lasting gift to Mama’s Kitchen.

You can establish a charitable gift annuity for our benefit through The San Diego Foundation. In exchange for transferring assets, you can receive fixed income for life. The income can be quite high depending on your age, and a portion of your income stream may even be tax-free. Best of all, you will receive a charitable deduction for the value of your future gift to us plus the satisfaction of contributing to Mama’s Kitchen.

Stocks and Bonds

The IRS allows you one of its most significant tax breaks for gifts of appreciated securities. You can make a gift of appreciated stocks, bonds and/or long term mutual fund shares and receive an immediate tax deduction for the fair market value of your securities on the date of transfer. In addition, you pay zero capital gains tax on the donated securities and you can designate your gift for a particular purpose here at Mama’s Kitchen.

Other gifts include gifts of Real Estate, Charitable Trusts, Life Insurance and Securities. For more information, please contact Mama’s Kitchen 619-233-6262 or visit our website at www.mamaskitchen.org.
Because gift management practices vary geographically, estate and financial planning objectives vary from donor to donor, and minimum gift amounts may vary with financial lending institutions, this information is intended as a general guideline only. Mama’s Kitchen recommends that you contact your estate or financial planning advisor, or life insurance professional for your specific situation. This material should be used for informational purposes only and is not legal or financial advice.

Mama’s Kitchen
3960 Home Avenue
San Diego, CA 92105
(619) 233-6262
(619) 233-6283 FAX
mama@mamaskitchen.org EMAIL

www.mamaskitchen.org