

WHAT'S COOKING

NOURISHING THE HEART, ONE MEAL AT A TIME

SUPPORTING MAMA'S KITCHEN IS AS

Easy as Pie



Alberto Cortés, KUSI's Brad Perry, Chef Julie Darling, and Chef Alex Carballo

Mama's *Pie in the Sky* is a San Diego Thanksgiving tradition made possible by our caring community. Pies are lovingly baked and donated by local bakeries and restaurants. Then, our generous community sponsors provide critical financial and in-kind support. Lastly, our dedicated volunteers make it all happen by selling pies, forming fundraising teams, assembling & labeling thousands of pie boxes, picking up or delivering pies, and staffing distribution locations. The result is not just delicious pies on Thanksgiving tables, but thousands of nutritious meals delivered to our clients this holiday season.

For just \$25 you'll receive a delicious pie and provide eight home-delivered meals to those battling illness who need it most. You can join the fun by reaching out to your friends, family, congregation members, and co-workers to let them know about this opportunity to help. Save yourself the hassle of baking or deciding what to bring to a holiday party, and let Mama's Kitchen's talented team of bakers do the cooking!

You can also donate a "Love-a-Client" pie to our clients – a special treat in our Thanksgiving meal delivery.

For every donated "Love-A-Client" pie you purchase, you'll be entered to win a \$500 Amazon gift card.

Wells Fargo locations around the county will again serve as our pie distribution sites, **Sycuan Casino** is baking their often-requested pies (along with 30+ other fabulous bakers), and our media sponsors include KyXy 96.5 and Energy 103.7. This year, we hope to raise \$134,000 to provide over 45,000 home-delivered meals for our clients this holiday season! Visit www.mamaspies.org to get involved.

Order online today at
www.mamaspies.org



Foundation Highlight

Mama's Kitchen would like to express our sincerest gratitude to the Rob Benzon Foundation for their generous support. The mission of the Rob Benzon Foundation is to provide unexpected help and hope to individuals in the San Diego community who are suffering from a personal catastrophic event, not of their making, who are in need of emergency support. The Rob Benzon Foundation also helps local charitable causes serving the youth and LGBT communities where specific needs can be identified.

This summer, the Rob Benzon Foundation provided a \$6,000 grant to underwrite the food and containers for a Monday delivery package for all clients in our Home-Delivered Meal Service. Each Monday delivery provides our clients with six nutritious meals – including a warm dinner entrée for Monday night! Thanks again to the Rob Benzon Foundation for supporting our mission!



MESSAGE FROM THE EXECUTIVE DIRECTOR

Mama's Kitchen, as part of the California Food is Medicine Coalition, will be implementing a three year state-funded pilot project that will provide medically tailored meals to San Diego Medi-Cal patients living with congestive heart failure. This project will demonstrate the cost-effectiveness of covering customized nutritional support as an essential health benefit through Medi-Cal, and also influence long-term policy change to make it available to the broader Medi-Cal population.



Alberto Cortés

Participants will be high utilizers of health care services who have been on the Medi-Cal system for at least one continuous year, thereby providing a solid base of data for comparison. Patients will be provided with a medically tailored meal intervention which will include:

- Meals based on nutritional assessment to address medical history, symptoms, allergies, medication management and side effects to ensure the best possible nutrition-related health outcomes.
- A nutritional assessment and monthly consultations with our registered dietitian to support patients in learning to shop, cook and eat healthy food on a budget.

The first phase of the project includes five months of meals (tapering from 100% of required nutrition to 33%) along with case management support and nutrition counseling. A research team from UCSF and Stanford University is consulting on the project development and evaluation markers, including emergency department visits, hospital readmissions, and the overall cost of providing healthcare. This project builds on important work done by members of the national Food is Medicine Coalition, including MANNA in Philadelphia and Project Open Hand in San Francisco.

Mama's Kitchen is very excited to be

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Getting Social!

WITH MAMA'S KITCHEN



MESSAGE FROM THE EXECUTIVE DIRECTOR *continued*

participating in this important project. It will not only be the first expression of our expanded mission, but it will also strengthen our service focus on the Food is Medicine philosophy. We will continue to rely on our dedicated volunteer base to deliver meals to these new clients. And as we move to expand our services beyond this project, we will count on current and new supporters in the community for the necessary resources to serve even more people in need. We look forward to your involvement in this growth.

Alberto Cortés, Executive Director

Upcoming Events

Sunday, November 5:

Komen Race for the Cure, 8 a.m.

Wednesday, November 15:

Katie's Healing Kitchen Pop-up Dinner
Belching Beaver Brewery, 5-8 p.m.

Sunday, November 19:

Pie in the Sky – last day to pre-order

Friday, November 24:

Spike Out Hunger Charity Volleyball
Tournament in South Mission Beach

Tuesday, November 28:

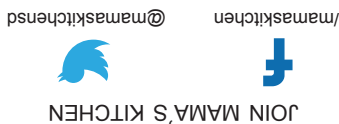
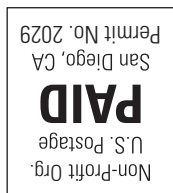
Giving Tuesday

Friday, December 1:

Tree of Life, 6 p.m.



Mama's Kitchen, a community-driven organization, believes that everyone is entitled to the basic necessity of human life — nutritious food. Our nutrition services improve the lives of women, men and children who are vulnerable to hunger due to HIV, cancer, or other critical illnesses.



Corporate Highlight

Mama's Kitchen would like to thank **Sharp HealthCare** for their continued, multifaceted support of our mission. Doctors, nurses and case managers from throughout the Sharp HealthCare network refer eligible individuals to our programs. These professionals are often the first point of contact for diagnosis and treatment, and are best suited in assessing those vulnerable to hunger and malnutrition. Our collaboration with Sharp, and other local healthcare providers, allows Mama's Kitchen to focus on what we do best — cooking and delivering nutritious meals.

In addition to their professional support, Mama's Kitchen has benefited from the Sharp Lends a Hand volunteer program.



Sharp's volunteers recently worked in our kitchen preparing food for our meal deliveries. And, for the first time ever, Sharp will be forming a pie selling team to take part in Mama's *Pie in the Sky*! Sharp's employees, friends and family are honored to support activities that promote health, wellness and well-being in the San Diego community.

Thank you Sharp HealthCare!

Letter from a Client

"Mama's Kitchen helped me when I most needed it. I had to use all my money on paying rent and bills. I am living by myself and had to get \$200 from my family members. So then [a social worker] told me about you... I started to eat nutritional food. I was eating beans and rice and now I'm eating white meat, vegetables and fruit! I'm more energetic. Thank you Mama's Kitchen!!! P.S. My delivery by Zach and his mom is amazing!"

— T.O., a meal service client

REMEMBERING THOSE WHO'VE PASSED

We are honored to have provided nutritious meals delivered with love to Michael A., Yolanda A., and Betsy D.