

WHAT'S COOKING

The latest news and updates directly from the Kitchen.



PHOTO CREDIT: EDER ESCAMILLA

IN THIS ISSUE

MAMA'S AT PRIDE

VOLUNTEER ORIENTATION

MEAL DELIVERY ALL-TIME RECORD

CLIENT SPOTLIGHT

FUNDRAISERS & EVENTS

WE'RE HIRING!

FOOD HEALS Conveys Message of Solidarity at Pride Parade

Mama's Kitchen along with 50 supporters, staff members and Stanley -- the furry ally who's participated for 5 years in a row -- marched on Saturday, July 13 in celebration of this year's San Diego Pride Parade -- Stonewall 50: Legacy of Liberation.

Despite the hot San Diego sun, our marchers eagerly held up large letters decorated with different fruits and vegetables matching the colors of the Pride flag, spelling out FOOD HEALS, while others handed out I'm a Mama's Boy/Girl/Person buttons to a cheerful and supportive crowd.



MARCHERS HOLDING UP LETTERS SPELLING "FOOD HEALS."

For the last 29 years Mama's Kitchen has served many of our community members who are often victims of discrimination, neglect and violence because of the stigma around the LGBTQ+ community. Together we can ensure that our neighbors who are suffering are given a chance at life and are able to receive one of their most basic rights – the right to nutritious food.

Thank you to everyone who joined us to advocate for the legacy that began on June 28, 1969 in Greenwich Village, in celebration of the galvanizing force that inspired solidarity and served as a catalyst for a new generation of social and political activism towards LGBTQ+ rights.



LONGTIME MARCHER, STANLEY.

Upcoming Volunteer Orientation

Did you know that volunteering improves your physical and emotional well-being? And to top it off, you're helping your community while at it! Join us at orientation to learn about the many ways you can volunteer to help our neighbors with critical illnesses. Orientation is held in our Community Room at 3960 Home Avenue in San Diego. For more information and to sign-up visit <https://www.mamaskitchen.org/volunteer>.

Thursday, July 25, 2019 @ 5:00 pm

Tuesday, August 6, 2019 @ 4:00 pm

Thursday, August 15, 2019 @ 5:00 pm

Tuesday, August 27, 2019 @ 10:00 am



BOARD MEMBER AND VOLUNTEER SCOTT LAWRY GETTING READY TO DELIVER MEALS AND A MICROWAVE.



GUSTAVO ABURTO, MAMA'S KITCHEN BILINGUAL CERTIFIED DIETARY MANAGER

3,465 Meals Delivered Marking All-Time Record

Friday, July 19 marked a major milestone for Mama's Kitchen. Volunteers prepared, packaged and delivered 385 bags that provided a total of 3,465 meals to nourish our Home Delivered Meal Program clients over the weekend. This is a new record for our current kitchen facility.

With last year's implementation of two new pilot programs that includes clients with diabetes and/or congestive heart failure, there's been a significant increase in demand and an opportunity to serve dozens more clients with our home meal delivery program. Around the same time last year, we delivered to 299 clients for a total of 2,691 meals, putting us at a 29% increase in service over the course of one year. Our goal is to continue this growth to serve 425 clients each day by March 31, 2020. Thanks to all of our volunteers who work diligently to make sure we provide nutritious, medically-tailored, quality meals to our community members.

Client Spotlight

Bonnie has cancer, and treatment was painful and difficult. Her overall health was declining rapidly, and as she got weaker, she was limited in the things she could do to care for herself. "The meal service helped me tremendously," she says. "I used to take food for granted. I never thought I would be someone who was too sick and too poor to even buy and cook food. But there I was-- sick, hungry and alone." Bonnie's healthcare provider referred her to Mama's Kitchen, and with the Home-Delivered Meal Service, she was able to eat three healthy meals each day.

"Mama's Kitchen made sure I didn't go hungry," she says. "I probably would've died without them. You think it can't happen to you, but it can happen to anyone. I'll be forever grateful for their help."



Upcoming Fundraisers & Events

Did you know that Mama's Kitchen is often supported by several businesses that raise funds for us through a variety of events? For more information email silvia@mamaskitchen.org.



Monday, July 1, 2019 - Wednesday, January 1, 2020

Buffalo Exchange's Tokens for Bags® - You can now donate to us just by shopping at Buffalo Exchange Pacific Beach! Instead of a plastic bag, the Tokens for Bags® program offers every customer who makes a purchase one "token" valued at five cents to donate to one of several local charities selected by the store. Buffalo Exchange Pacific Beach - 1079 Garnet Ave, San Diego, CA 92109
<https://www.buffaloexchange.com/tokens-for-bags-charities/>



Friday, July 26 from 2 - 4 p.m.

Unode50 Jewelry Collection - UNode50 is a Spanish brand of handcrafted jewellery whose hallmark is its unique and distinctive design. Shop their latest collection and 15% of sales will be donated to Mama's Kitchen. Fashion Valley Mall - 7007 Friars Rd., Store #265, San Diego, CA 92108
<https://www.unode50.com/us/>



Saturday, August 10 from 12 - 3 p.m.

Sore Eye Cup Party Hosted by the Indie Beer Show - Join the Indie Beer Show at The Rabbit Hole as they announce this year's winner of the 7th Annual Sore Eye Cup, an award for the best, regularly produced indie beer in San Diego! They will also be hosting a food drive for Mama's Kitchen. The Rabbit Hole - 3377 Adams Ave., San Diego, CA 92116
<https://www.facebook.com/theindiebeershow>

Join Our Team!

Please visit

www.mamaskitchen.org/jobs

for details on the following:

Grants and Institutional Giving Coordinator

Bilingual Administrative Assistant (Part-time 20 hours/week)

Bilingual Volunteer Engagement Assistant (Part-time 20 hours/week)

Bilingual Registered Dietitian (30 hours/week)