

# ANNUAL REPORT 2019

mama's kitchen

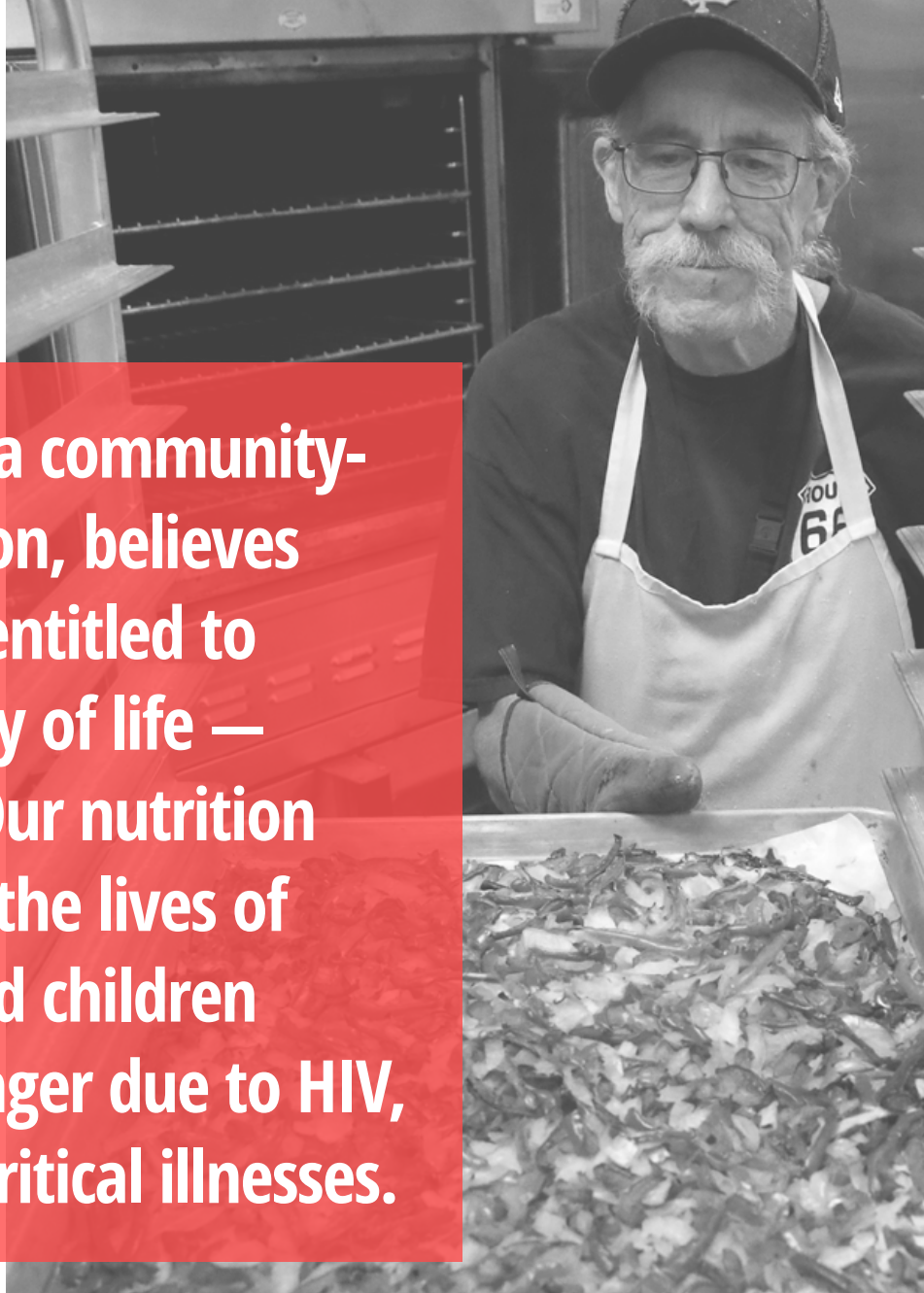
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FISCAL YEAR JULY 1, 2018  
THROUGH JUNE 30, 2019



# OUR MISSION

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



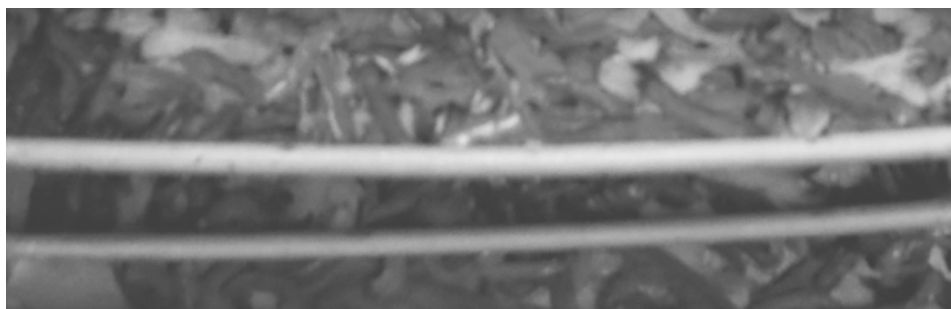
## ♥ OUR VISION FOR THE FUTURE

At Mama's Kitchen, we envision a community where all individuals with critical illnesses are no longer vulnerable to hunger.

## ♥ OUR WORK

Mama's Kitchen strives to provide nutritional support to San Diego residents at risk of malnutrition due to critical illness such as HIV, cancer, congestive heart failure and diabetes.

We help our clients improve their health outcomes, preserve their dignity, and keep their families together. Mama's Kitchen provides home-delivered medically tailored meals, food pantry service and nutrition education, all at no cost to clients.





Alberto Cortés | Chief Executive Officer    Tim Rourke | Board President

# A MESSAGE FROM OUR CHIEF EXECUTIVE OFFICER AND BOARD PRESIDENT

“The 2019 fiscal year provided historic growth for Mama’s Kitchen.”

In these twelve months, we served 368,498 medically tailored meals, engaged with a record number of volunteers, and expanded our mission to serve individuals with type 2 diabetes. Within the paradigm of Food is Medicine, we continue to increase the capacity of our

programs and services. But truly, if there is one message we should take away from the past year, it’s that Mama’s Kitchen is in YOUR neighborhood. We are serving your neighbors, coworkers, friends, and family. And it gives us incredible pride to share that this year we served 45 San Diego cities and communities.

What started 29 years ago in a small geographic area, now serves all across San Diego County.

While the following pages will provide more detail of this year’s work and accomplishments, we would like to highlight a few.

## EXPANDING OUR MISSION

It has been one year since we began serving clients with congestive heart failure through our MediCal Pilot Program. The process and experience of executing this pilot has provided our team more advanced knowledge in developing medically tailored diets specific to a wider range of conditions. We now have 17 different menu options to accommodate the variety of needs our clients present. These enhancements enabled us to expand our mission once again and launch a Diabetes Pilot Program in January 2019. Within six months, this program had already served 2,499 meals to 29 individuals. The work we have done through these programs has not only benefited our clients with diabetes and congestive heart failure,

but enhanced our programs for HIV and cancer patients as well.

## CELEBRATING GROWTH

This past year we completed many strategic goals to build capacity for growth. In March 2019, we transitioned our hot meal delivery. Now, all meals are blast-chilled to best protect nutritional integrity, maintain food texture and flavor, and significantly decrease the risk of food-borne illness during meal transport.

Mama’s Kitchen’s Cancer Nutrition Program grew a substantial 67% during the 2019 fiscal year, serving 138,591 meals to 485 clients with cancer and their dependent children. This is more than three times the growth seen the previous year.

Thank you for the support you have provided to Mama’s Kitchen. We have seen first-hand how food insecurity can exacerbate treatment difficulties. No one should have to choose between a roof over their head, the medicine they need, and food on the table. We know that healthy nutrition heals. Thank you for your selfless commitment to bringing hope to our critically ill neighbors.

*The best is yet to come.*

  
Alberto Cortés | Chief Executive Officer

  
Tim Rourke | Board President





# OUR PROGRAMS

## HOME-DELIVERED MEAL SERVICE

The Home-Delivered Meal Service program is the only complete no-cost meal delivery and nutrition service available for critically ill San Diego residents.

The Home-Delivered Meal Service program breaks down barriers to healthy nutrition by preparing and delivering medically tailored meals to women, men and children suffering from HIV, cancer and other critical illnesses. The nutrition we deliver allows clients to strengthen their immune systems; improve adherence to treatment, reduce complications and hospitalizations,

increase energy, and improve quality of life. The Home-Delivered Meal Service program also provides meals to our clients' dependent children, strengthening family stability and ensuring that children at risk of malnutrition avoid the physical and psychological consequences of childhood hunger.

## MAMA'S PANTRY

Mama's Pantry is a grocery pantry available to those who are HIV positive and whose income does not exceed \$1,500 per month.

Once a month, clients who are healthy enough to shop on their own, but whose extremely low income prevents them from being able to afford nutritious, healthy food can visit the Pantry and shop for the equivalent of 21 meals

per visit. The Pantry offers a variety of healthy non-perishable items such as cereals, pastas and canned goods as well as a variety of perishable items, including meat, dairy, fresh fruit and produce, and bread.

## EMERGENCY FOOD ASSISTANCE

The Emergency Food Assistance Program provides immediate support to HIV+ San Diego residents who face an emergent need for food assistance.

Once referred by a case worker, clients receive up to 12 weekly grocery bags in a 12-month period. Each bag contains perishable and non-perishable goods to make 21 meals.

This program is funded by the County of San Diego with Ryan White Care Act funds.

## MEDICAL NUTRITION THERAPY

Our Medical Nutrition Therapy service provides evidence-based application focused on prevention, delay or management of disease and health conditions.

Mama's Kitchen partners with many community clinics who serve HIV+ San Diego County residents. Our registered dietitians visit these clinics or use virtual meetings to conduct medical nutrition therapy classes.

Each class teaches tangible ways that HIV+ individuals can use nutrition to achieve their best possible health outcomes.

# OUR IMPACT

## Home-Delivered Meal Service



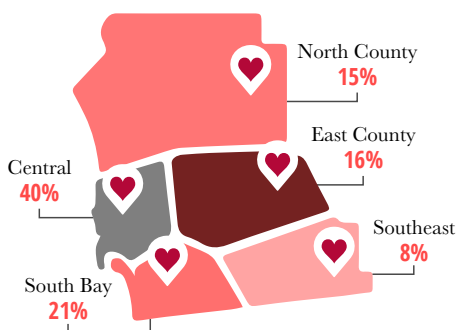
**HOME-DELIVERED MEAL SERVICE** provides three meals a day, plus healthy snacks, 7 days a week and offers 17 different meal plans to accommodate dietary restrictions and preferences. This fiscal year, Mama's Kitchen added a new Pilot Type 2 Diabetes Nutrition Program.

### Number of Meals Served by Program

<b>212,526</b>	<b>3,969</b>
HIV Nutrition Program	Congestive Heart Failure Nutrition Program
<b>138,591</b>	<b>10,866</b>
Cancer Nutrition Program	MediCal Pilot Program
<b>35,226</b>	<b>2,514</b>
Children's Nutrition Program	Diabetes Nutrition Program

Children's meals are also included in the totals for the HIV and Cancer Nutrition Programs, based on their parents' diagnosis.

### Number of Meals Served by Area



## Mama's Pantry



**MAMA'S PANTRY** offers monthly access to low-income, HIV+ individuals, to choose produce, lean meats, eggs and dairy, refrigerated goods, dry goods, and canned items to best meet their health needs.

<b>668</b>
Pantry clients
<b>4,547</b>
Pantry Visits
<b>95,487</b>
Pantry Meal Equivalents

## Emergency Food Program



**EMERGENCY FOOD PROGRAM** provides up to 12 weekly grocery bags, in a 12-month period, each containing perishable and nonperishable food items to low-income, HIV+ and clients facing an emergent crisis.

<b>347</b>
Emergency Food Assistance Program Bags Distributed
<b>7,287</b>
Meal equivalents

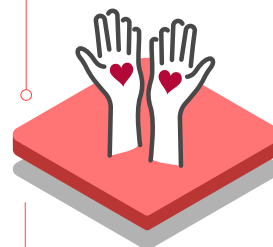
## Medical Nutrition Therapy



**MEDICAL NUTRITION THERAPY** partners our HIV+ clients with our Registered Dietitian to learn tangible ways to use nutrition to achieve their best possible health outcomes.

<b>139</b>
Medical Nutrition Therapy clients
<b>279</b>
Medical Nutrition Therapy sessions

## Volunteers



<b>1,198</b>	<b>48</b>
total volunteers	total number of corporate volunteer groups
<b>31,152</b>	<b>150,072</b>
total volunteer hours donated	volunteer miles driven
<b>\$87,042</b>	<b>\$933,002</b>
value of miles driven (Value based on the IRS Mileage Reimbursement Rate = \$0.58 Source IRS business rate)	value of donated hours (Value based on California Volunteer Time Valuation = \$29.95 per hour Source 2018 data The Independent Sector)

**2019**  
by the numbers

**1,624**  
total number of clients served across all programs

**\$1,020,044**  
total value of volunteer contributions

**368,498**  
total number of meals served through Home-Delivered Meal Service

# OUR CLIENTS



**TANYA**

**CANCER NUTRITION  
PROGRAM CLIENT**



“After beginning cancer treatment, I could no longer work. My only income is social security and after paying rent and bills there was little left for food. For many months I was hungry all of the time and worried about money. There was never money for meat, fish or heat in the winter. I needed to put on weight, so I would buy the cheapest food with the most weight/ounces at the 99 cent store. Since Mama’s Kitchen started delivering meals, I have been able to eat a balanced diet and have gained 15 lbs! It feels sooo good. I always look forward to seeing the delivery volunteers who always have a smile. You have been such a miracle in my life for which I am tremendously thankful.”



**ERICO**

**HIV NUTRITION PROGRAM  
AND PANTRY CLIENT**



“I had been in and out of the hospital with several complications from my HIV diagnosis. I was so weak I couldn’t even stand long enough to prepare a meal. I would regularly fall asleep without eating or would nibble on unhealthy snacks or salty pre-packaged foods. Mama’s Kitchen has helped me so much by providing balanced, healthy meals every day. If not for the food deliveries, I would be living on fast food or going without food to have money to pay my rent and bills. I feel so much better now that I am eating good food. I’m not going to lose my fight with this disease—I’m going to keep fighting and someday I’ll beat it.”

**NICK**

**CONGESTIVE HEART FAILURE  
NUTRITION PILOT PROGRAM CLIENT**



“It was always a challenge for me to take medications correctly, especially during treatment for congestive heart failure. Some pills have to be taken with food, others on an empty stomach, and all have to be taken on a strict schedule. Sometimes I would skip my pills when I didn’t have anything to eat. Mama’s Kitchen’s meals have helped me stick to a heart-healthy diet, and have made it easier to stay on top of my medications. Without Mama’s Kitchen, I couldn’t afford to buy the food I know I should be eating. I’m so thankful for all the volunteers who cook the delicious food and come to my house with big smiles.”

**NADIA**

**DIABETES NUTRITION  
PILOT PROGRAM CLIENT**



“When Nadia began receiving meals she was stressed, unable to work, in pain, and had no appetite. She had recently been in the hospital for toe amputations, anemia, and hypertension due to a new type 2 diabetes diagnosis. Nadia told our registered dietitian, Stephanie, that she really wanted to learn about healthy eating to manage her diagnosis. Prior to their nutritional counseling sessions, Nadia was not checking her blood sugar or taking insulin. By the third counseling session, Nadia’s appetite and mood had improved. She was checking her blood sugar daily and was able to walk and clean her house. Nadia shared, “I am so happy with this meal service, now I am feeling better. I hope to return to work soon!”

# FINANCIAL STATEMENT

## STATEMENT OF ACTIVITIES

For the period of July 1, 2018 - June 30, 2019 (with comparative totals for the period of July 1, 2017 - June 30, 2018).

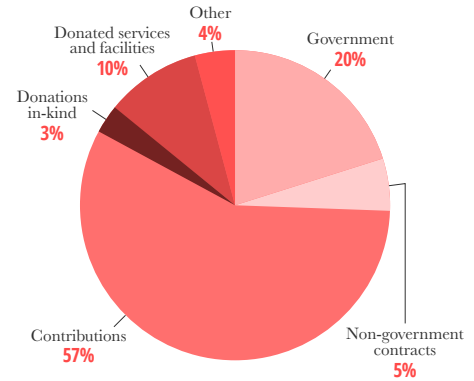
### REVENUE, GAINS AND OTHER SUPPORT

	2019	2018
County of San Diego - Ryan White	\$486,590	\$476,810
County of San Diego - HOPWA	\$163,958	\$160,683
CDBG City of San Diego grant	\$100,000	\$89,812
CDGB of Vista grant	\$15,000	\$10,000
Non-government contracts	\$207,596	
Contributions	\$2,188,171	\$1,631,216
Capital projects - net of discount	\$5,158	\$6,850
Donations in-kind	\$113,249	\$93,481
Donated services and facilities	\$379,114	\$384,301
Special Events, net of direct expenses	(\$27,255)	(\$26,071)
Gain on sale of assets	35	
Social enterprise		448
Investment income	\$45,899	40,443
Net realized and unrealized gain on investment	\$136,003	\$88,313
<b>TOTAL REVENUES, GAINS AND OTHER SUPPORT</b>	<b>\$3,813,518</b>	<b>\$2,956,720</b>

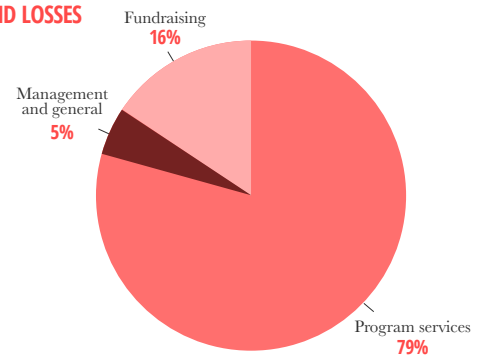
### EXPENSES AND LOSSES

Program services	\$2,356,933	\$2,237,069
Social enterprise		
Management and general	\$148,319	\$149,216
Fundraising	\$463,505	\$475,719
<b>TOTAL EXPENSES AND LOSSES</b>	<b>\$2,968,757</b>	<b>\$2,862,004</b>
<b>CHANGE IN NET ASSETS</b>	<b>\$844,761</b>	<b>\$94,716</b>

### REVENUE, GAINS AND OTHER SUPPORT



### EXPENSES AND LOSSES



## STATEMENT OF FINANCIAL POSITION

As of June 30, 2019  
(with comparative totals for June 30, 2018)

ASSETS	2019	2018
Cash and cash equivalents	\$173,816	\$143,722
Investments	\$1,846,993	\$1,680,718
Accounts Receivable - net	\$198,368	\$140,203
Inventories	\$34,054	\$31,129
Prepaid expenses and other	\$57,167	\$44,675
Pledges receivable - net - current portion	\$4,241	\$13,000
<b>TOTAL CURRENT ASSETS</b>	<b>\$2,314,639</b>	<b>\$2,053,447</b>
Property and equipment - net	\$1,793,725	\$1,813,075
Other assets - net	\$159,897	\$5,805
<b>TOTAL ASSETS</b>	<b>\$4,268,261</b>	<b>\$3,872,327</b>

## STATEMENT OF FINANCIAL POSITION

As of June 30, 2019  
(with comparative totals for June 30, 2018)

LIABILITIES	2019	2018
Line of Credit	\$74,260	\$454,260
Accounts payable and accrued expenses	\$156,267	\$108,189
Current portion of long-term debt	\$94,193	\$61,253
<b>TOTAL CURRENT LIABILITIES</b>	<b>\$324,720</b>	<b>\$623,702</b>
Long-term debt	\$56,410	\$206,255
<b>TOTAL LIABILITIES</b>	<b>\$381,130</b>	<b>\$829,957</b>
<b>NET ASSETS</b>	<b>2019</b>	<b>2018</b>
Without donor restrictions	\$3,625,395	\$2,958,166
With donor restrictions	\$261,736	\$84,204
<b>TOTAL NET ASSETS</b>	<b>\$3,887,131</b>	<b>\$3,042,370</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$4,268,261</b>	<b>\$3,872,327</b>

# OUR DONORS

**Mama's Kitchen is incredibly grateful to all our donors and partners who believe in our mission and the healing power of nutrition. Thank you for making our impact possible.**

## ♥ **\$100,000 and above**

County of San Diego  
S. Mark Taper Foundation  
Leroy Holloway Estate  
Farrar Revocable Trust  
California Department  
of Health Services  
The Perlman Inter Vivos Trust  
Anonymous  
Gilead Sciences

## ♥ **\$50,000 - \$99,999**

City of San Diego  
MAC VIVA GLAM Fund

## ♥ **\$25,000 - \$49,999**

Anonymous  
Broadway Cares/Equity Fights  
AIDS, Inc.  
The Hay Foundation  
Kaiser Foundation Hospitals,  
San Diego  
Nordstrom Inc.  
Price Philanthropies  
Shamrock Foods Company  
Sycuan Casino  
Walter J. and Betty C.  
Zable Foundation

## ♥ **\$10,000 - \$24,999**

Alan Vanden Avond  
Alliance Healthcare Foundation  
The Bravo Foundation  
City of Vista  
The Farrell Family Foundation  
The Seymour and Rose Kaplan  
Endowment Fund  
Las Patronas  
Kenneth T. & Eileen L.  
Norris Foundation  
Allison and Robert Price  
Family Foundation  
The Swinerton Foundation  
The TJX Foundation, Inc.  
Scott U. Walls &  
Gregory A. Lommen  
Wells Fargo Foundation

## ♥ **\$5,000 - \$9,999**

Joan & Bill Ames

Thomas & Mary Ann Bennett  
Boys and Girls Foundation  
Chris Cacioppo  
Care1st  
David C. Copley Foundation  
Carl E. Crider & Carol L. Clause  
The Daphne Seybolt Culpeper  
Memorial Foundation, Inc  
Charles A. Frueauff Foundation  
The Melvin Garb Foundation  
Gray White Family Fund  
The Hellman Foundation  
The James Hervey Johnson  
Charitable Educational Trust  
Hologic  
Mike Hughes  
IHF Export Corp  
Michelle & Mark Jahn  
Stacey E. James  
Nancy Janus  
Gilbert J. Martin Foundation  
Eva L. McKenzie Memorial Fund  
Mission Federal Credit Union  
Community Foundation  
Nordson Corporation Foundation  
Pepsi Bottling Group  
Bryan Poffenberger  
Qualcomm Foundation  
Timothy Rourke &  
Robert Burdge  
San Diego Human  
Dignity Foundation  
The San Diego LGBT  
Community Center  
SDG&E, A Sempra  
Energy Utility  
UPS Foundation

## ♥ **\$2,500 - \$4,999**

AIDS Healthcare Foundation  
Albertsons Companies Foundation  
The Ameritino Foundation  
The Frances and Jerry Anderson  
Family Charitable Trust  
Big Box Storage  
Jim Blevins & Francisco Yescas  
Heather Bowden  
The Bulova Gale Foundation  
Chisholm Chait Arts Fund  
The Country Friends  
Kimberly Fritz  
Cynthia Haney  
Honeywell International

Corporation  
Kimberlie Jedrysik  
Kaiser Permanente  
Thomas Kwan & Brian Curcio  
Scott Lawry & John Rogers  
The Lewis Greenwood Foundation  
The Liddy Group at UBS Financial Services, Inc.  
Macy's Chula Vista  
Dennis & Dean Mayer-Rutherford  
MedImpact  
Richard & Linda Moore  
Clarke Ramsey  
Dave Ricks  
Robert Rocchi & Russ Thompson  
San Diego LGBT Pride  
Sempra Employee Giving Network  
Sempra Energy Foundation  
Philip Sokol  
Sterling Hardware Group  
David J. Swanson  
T. Rowe Price Program for Charitable Giving  
TASC Combined Federal Campaign  
The Rob Benzon Foundation  
Matthew Turk Charitable Fund  
Kelly & Marc Wing  
Alice Jane Wylie





# OUR VOLUNTEERS

Whether cooking in our kitchen, delivering meals, assisting in our food pantry, or another critical role – our hundreds of volunteers are the life source of Mama's Kitchen's impact and growth.



## VOLUNTEER of the year awards

Gary Allard  
Lisa Hatfield  
Federico Montes  
Richard Moore  
Virginia Nava

## ♥ 300+ *Hours of Service*

Ron Autry  
The Institute for  
Effective Education  
Rita Gullickson

## ♥ 200 – 299 *Hours of Service*

Anthony Flores-Garcia  
Sue Bakley  
Claudia Bender  
Deborah Benson  
Dolores Flores  
Ernie Andrade  
Gary Allard  
Jim Blevins  
John McCarthy  
Kellie Evans-O'Connor  
Margaret Hubbard  
Maria Cordileone  
Ronald Fichter  
Scott Weldon  
Steven Voshell  
Timothy Dominic  
Tom Stewart  
Virginia Nava

## ♥ 150 – 199 *Hours of Service*

Andrew Rosenberg  
Anna May Barrera  
Blair Alexander  
Carol Nicholson  
David Wornovitzky  
Emily Kijanka  
Jan Standerfer  
Janus Guada  
Marilyn Hundley  
Michele Vela  
Nancy Janus  
Patricia Clark  
Patricia Pasquill  
Paul Denny  
Richard Moore  
Rick Hensley  
Scott Walls  
Victor Perez

## ♥ 100 – 149 *Hours of Service*

Alejandro Castillo  
Alicia Vicars  
Amy Nisen  
Barbara Oswalt  
Bob Rocchi  
Bob Terris  
Bobbi Harwood  
Bruce Roth  
Carole Salazar  
Caryl Barmack  
Charles Gonzalez  
Cyril Reinicke  
Daniel Potter  
David Friedman  
David Gillasp  
Donna Mulcahy  
Eileen Marks  
Elayne Berman  
Federico Montes  
Gary Hess  
Gilbert Field  
Gisela Muller  
Gregory Lommen  
Hui Bau  
Irene Galarneau  
Janet Dixon  
Jim Wong  
Joel Gerber  
Jorge Orozco  
Karen Schuldis

Kathleen Corcoran  
Kelly Wing  
Kirk Garrod  
Laura Feldman  
Leah Tombleson  
Letitia Kurtz  
Linda Burton  
Lola Stice  
Marjorie Peck  
Melina Sisneroz  
Mike Horn  
Ming Jeong  
Monica Reinicke  
Nan Coffin  
Nui Jeong  
Patricia Najera  
Paul Grisham  
Rachel Damm  
Rita Frazee  
Rob Bridges  
Robert Burdge  
Robert Horlick  
Robert Rosenberger  
Robin Chiki  
Robin Moss  
Roger Frey  
Roger Werbeck  
Ron Newcomer  
Ronda Bingham  
Rubin Grell  
Sandy Mekuchonis  
Scott Lawry  
Sharon Reynolds  
Stephen Wu  
Susan Vintilla-Friedman  
Terri Reid  
Tom Quinn  
Vang Ngo

## ♥ 50 – 99 *Hours of Service*

Alan Vanden Avond  
Andy Zhou  
Benjamin Ward  
Bill Driscoll  
Bill Rommel  
Billie Lockett  
Blake Peterson  
Bo Bortner  
Carlos Clark  
Celia Melvin  
Chad Ferrell  
Cheryl Weldon  
Cindy Sinclair

Craig Hunsaker  
Craig Lurie  
Darrell McQueen  
David Lux  
Denise DeCaprio  
Diane Hanson  
Eleni Stevens  
Emilee Sierra  
Eric Darman  
Erin Reilly  
Erin Thomas  
Frederick Reading  
Gillian Hughes  
Hannah Jordan  
Heather Hunsaker  
James Willis  
Jason DeFay  
Jason Leichter  
Jeffrey Dunlap  
Jerome Hall  
Jesus Flores  
Jim Harrington  
Joey King  
John Crepeau  
John Drury  
John Rogers  
Judy Paulson  
Judy Schroeder  
Kathy Mateer  
Kelley Hess  
Kelly Eifler  
Kent Gillmore  
Kristen Cherry  
Laura Cate  
Lezley Jones  
Linda Cory  
Lisa Hatfield  
Lisa Lipton  
Lisbeth Morrison

Luis Castellanos-Dartt  
Lynn Michelle Luneau  
Marc Mangiantini  
Margaret Wiedower  
Margarita Metcalf  
Mark Mandel  
Mary Jo Thompson  
Mary O'Brien  
Melissa Neumann  
Michelle Burkart  
Mikayla Huegle  
Mike Goodrich  
Mireya Lousteau  
Nancy Murrell  
Noa Lakshmi  
Patricia Bello  
Patsy Castillo  
Paul Barnard  
Paul Jacquemain  
Paul Portillo  
Paul Zlotnik  
Penny Marilyn Rommel  
Pierrette Van Cleve  
Rick Rosiejka  
Ricky Streetman  
Roxanne Wisenberg  
Roy Mays  
Satoe Turner  
Stacey Bellingher  
Steven Rios  
Stu Strebig  
Teri Tucker  
Terri French  
Thomas DeFay  
Tien Nguyen  
Tyler Ly  
Ursula McGowan  
Victor Gonzales  
Zach Barmack





# OUR TEAM

## BOARD OF DIRECTORS

### Tim Rourke

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### Kevin Atto

Vice-President

### Scott Walls

Treasurer

### Jennifer Kearns

Secretary

### Andrew Rosenberg

Member at Large

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Michael Baehr

Jim Blevins

Michelle Burkart

Lisa Ferrari

Kim Fritz

Dora Guillen

Mike Horn

Mark James

Michelle Jahn

Thomas Kwan

Scott Lawry

Jeff Robers

Jennifer Tuteur

Gary Weitzman, DVM

Adam Zweig, MD

## OUR TEAM | 2019

### Administration

Alberto Cortés  
*Executive Director*

Kelly Sherlock  
*Director of Administration and Finance*

Fran Weekley  
*Bookkeeper*

### Operations

Gustavo Aburto  
*Bilingual Certified Dietary Manager*

Stephanie Boyd  
*Registered Dietitian*

JD Damon  
*Operations & Facilities Coordinator*

Tim Dominic  
*Food Drive Coordinator*

Tim Edwards  
*Production Cook*

Mark Maddox  
*Director of Volunteer Engagement*

Jason Martin  
*Executive Chef*

Vickie Randle  
*Bilingual Meal Services Administrator*

Kristine Stensberg  
*Director of Nutrition Services*

### Development

Kay Bolden  
*Grants & Institutional Giving Coordinator*

Ben Coyle  
*Director of Development*

Silvia Dominguez  
*Marketing and Events Coordinator*

Haley Durr  
*Donor Relations Manager*

♥ WE COULDN'T DO THIS  
WITHOUT YOU.



mama'skitchen

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[mamaskitchen.org](http://mamaskitchen.org)