

# In 2009

Operational costs were reduced by

18%

The

## 5 millionth

meal was delivered

375,723

Total meals were delivered to

564

men, women and children, representing a

13%

increase from 2008

There were

4,709

record visits to Mama's Pantry

91%

client survey respondents had improved or maintained their general health

Overall

1,327

lives were made better by Mama's Kitchen

mama's kitchen

2009 ANNUAL REPORT

**S E R V I C E S  
P R O V I D E D  
I N 2 0 0 9**

“We must sail sometimes  
with the wind and sometimes  
against it – but we must sail,  
and not drift, nor lie  
at anchor.”

— Oliver Wendell Holmes

**Home-Delivered Hot Meal Program**

- 375,723 meals
- **13% increase from 2008 (332,529 meals)**
- 564 clients
- **5.4% increase from 2008 (535 clients)**

**Critical Illness Nutrition Program (CINP)**

- 85,329 meals (23% of total meals)
- **35% increase from 2008 to 2009**
- 149 clients (26% of total clients)
- **32% increase from 2008 to 2009**

**Mama’s Kitchen Hot Meal Delivery by Area**

<b>County Region</b>	<b>Clients</b>	<b>Meals</b>
Central San Diego	268	185,145
East County	88	56,052
North County	72	48,654
South Bay	67	43,893
Southeast San Diego	69	41,979
<b>Totals</b>	<b>564</b>	<b>375,723</b>

Average cost per meal: \$2.83  
(constitutes cost of food and containers)

**Mama’s Pantry**

- 4709 visits in 2009
- 727 clients
- 80,053 lbs. of food
- 42,381 meal equivalents
- **9.5% increase over 2008**

**Meals/Meal Equivalents**

- 375,723 meals (Hot Meal Program)
- 42,381 equivalent meals (Mama’s Pantry)
- 4,308 equivalent meals (Grocery Bag Program)

**TOTAL: 422,412 Meals for 2009**

**2009 called for a redefining of Mama's Kitchen's focus to reflect and accommodate the changing times.** We sunset our grocery bag program in January. Our mission was restated to focus exclusively on people with AIDS or cancer. Staff in managing positions took reductions in pay and all salaries were frozen. Overall operational costs were reduced by 18%.

Though difficult to make, these actions were executed after thorough vetting by both the board and staff. They responded to the experience gained since expanding our mission in 2006, the challenging economic times, and our desire to focus our reduced resources on those most vulnerable to hunger.

2009 was also marked by the delivery of our 5 millionth meal. The honors were done by San Diego Mayor Jerry Sanders, and our long-time clients Allen and David were the recipients. This event is an acknowledgement of our rich history of service while affirming our continued relevance and impact on the lives of men, women, and children served by Mama's Kitchen.

Our relevance is also affirmed by the fact that we delivered 375,723 meals to 564 men, women, and children in 2009. This represents a 13% increase from 2008. Mama's Pantry had a record 4,709 visits. Our impact was evident in the responses to our annual client survey: 91% of respondents were eating sufficient food and their general health had improved or was maintained. Overall, 1,327 lives were made better by Mama's Kitchen in 2009.

Ultimately it's the words from the lives we impact that best speak to the heart of Mama's Kitchen. So we leave you with this recently received email:

*"My partner was your client for many years, and I was his full time caregiver. We lived in El Cajon. It is three and a half years since "Mark" is gone, but he lived a far better life the ten years I knew and cared for him because of the fine people who were there for him every day. Not only did your drivers deliver food, they also took the time to share a story or two, and let him know people cared. Words cannot describe my gratitude to Mama's Kitchen for that care you provided. Thanks for all you did."*

**Thank you for caring.**

With gratitude,

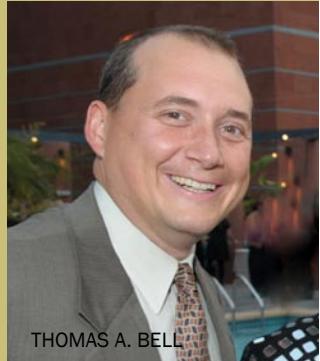


Alberto R. Cortés,  
Executive Director



Thomas A. Bell,  
2009 President, Board of Directors

## MESSAGE FROM THE PRESIDENT AND EXECUTIVE DIRECTOR



THOMAS A. BELL



ALBERTO CORTÉS

*"The marvelous richness of human experience would lose something of rewarding joy if there were no limitations to overcome. The hilltop hour would not be half as wonderful if there were no dark valleys to traverse."*

— Helen Keller

## FINANCIAL STATEMENT

### Independent Auditor's Report:

"In my opinion, the financial statements referred to below present fairly, in all material respects, the financial position of Mama's Kitchen as of December 31, 2009, and the changes in its net assets and its cash flows for the year then ended in conformity with accounting principles generally accepted in the United States of America."

**View the complete report from the auditor at [www.mamaskitchen.org](http://www.mamaskitchen.org)**

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### Statement of Financial Position

As of December 31, 2009 (with comparative totals for December 31, 2008)

<b>ASSETS</b>	<b>2009</b>	<b>2008</b>
Cash and cash equivalents	249,906	361,505
Investments	1,940,426	1,651,409
Prepaid expenses and deposits	26,648	23,538
Grant contracts receivable	36,585	46,393
Inventory	17,382	16,718
Office & computer equipment	137,859	136,390
Kitchen equipment	138,119	136,573
Vehicles	23,858	23,858
Leasehold improvements	53,039	53,039
Less: accumulated depreciation	(310,451)	(281,868)
Intangible assets	13,761	13,761
Less: accumulated amortization	(8,027)	(5,275)
<b>TOTAL ASSETS</b>	<b>\$2,319,105</b>	<b>\$2,176,041</b>
<b>LIABILITIES</b>		
Accounts payable	11,183	6,815
Accrued payroll liabilities	26,638	28,356
Deferred revenue	12,500	0
Accrued vacation payable	35,792	43,664
<b>TOTAL LIABILITIES</b>	<b>\$86,113</b>	<b>\$78,835</b>
<b>NET ASSETS</b>		
Unrestricted	2,202,553	2,068,206
Permanently restricted	30,439	29,000
<b>TOTAL NET ASSETS</b>	<b>2,232,992</b>	<b>2,097,206</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$2,319,105</b>	<b>\$2,176,041</b>

**Mama's Kitchen has a strong volunteer base that contributes time and effort that directly translates to savings in dollars and cents. Time and effort that has a material impact on our financial outcomes. So we believe that the most complete financial picture of Mama's Kitchen must include the following:**

### Volunteer Time & Travel Valuation

- One hour of volunteer time is valued at \$22.79 in 2009\*
- Volunteer in-kind contribution value: \$672,464
- 140,602 miles driven in 2009 – average: 913 miles driven each delivery day
- Mileage reimbursement rate: \$.55/mile for business purposes
- Mileage in-kind contribution value: \$77,331
- Total valuation of Volunteer contributions: \$749,795

\*Source: *The Independent Sector*

### Statement of Activities

For the year ending December 31, 2009

#### REVENUES, GAINS, AND OTHER SUPPORT

	2009
CARE Act - Home delivered meals	437,919
County of San Diego	15,000
Contributions	1,401,070
Donations In-Kind	293,943
Donated services and facilities	347,743
Special Events, net of direct expenses*	51,400
Investment Income	64,872
Net realized and unrealized gain on investments	171,806
<b>TOTAL REVENUES, GAINS, OTHER SUPPORT</b>	<b>\$2,783,753</b>

#### EXPENSES AND LOSSES

Program Services	2,123,143
Management and general	149,875
Fundraising	374,949

#### TOTAL EXPENSES

**\$2,647,967**

Net loss on disposition of assets	0
Net realized and unrealized loss on investments	0

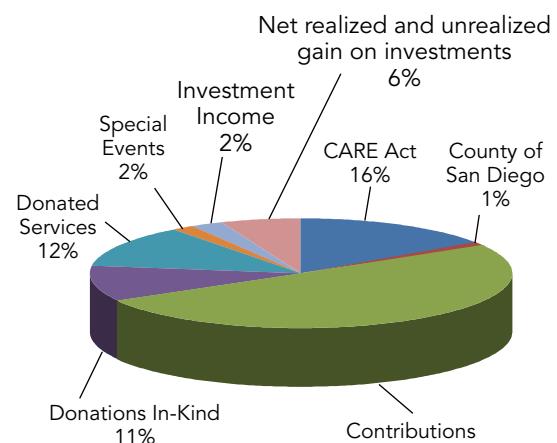
#### TOTAL EXPENSES AND LOSSES

**\$2,647,967**

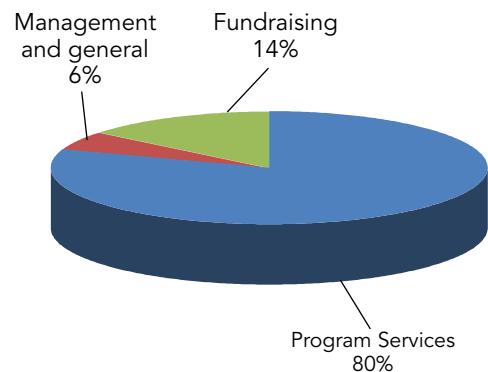
#### CHANGE IN NET ASSETS

**\$135,786**

#### REVENUE, GAINS AND OTHER SUPPORT



#### EXPENSES AND LOSSES



\* Direct expenses include all related expenses plus full value for all in-kind donations of goods and services, consistent with generally accepted accounting practices.

## SERVICES PROVIDED BY MAMA'S KITCHEN



### Home-Delivered Hot Meals Program: HIV/AIDS

The *Home-Delivered Hot Meals Program: HIV/AIDS* provides 100% of the nutritional needs of San Diego County residents who are HIV symptomatic or living with AIDS and, as a result, are physically and/or mentally unable to prepare their own meals. The program began in 1990 when volunteers from the AIDS Assistance Fund discovered that people living with AIDS were dying from complications of malnutrition long before their immune systems were overcome by AIDS-related infections. This was because the side effects of AIDS and the intensity of antiretroviral medications made healthy eating difficult; appetite, taste, smell, and the ability to eat enough food (or absorb the nutrients from food) were also affected. Malnutrition onset, combined with AIDS and intense antiretrovirals, caused people to be weak, tired, and often times unable to prepare their own meals.

The *Home-Delivered Hot Meals Program: HIV/AIDS* evolved to provide three nourishing meals a day for every day of the year to San Diego County residents who have been severely affected by their struggle with HIV/AIDS. By providing a consistent access to proper nutrition, the *Home-Delivered Hot Meals Program: HIV/AIDS* (1) helps improve absorption of medications, (2) combats malabsorption of food arising from the side-effects of medications, and (3) improves adherence to medications. In 2009, the *Home-Delivered Hot Meals Program: HIV/AIDS* prepared and home-delivered 290,394 nourishing meals to 415 San Diego County residents, free of charge.

### Children's Nutritional Health Program

The *Children's Nutritional Health Program* provides clients an additional three meals a day, for every day of the year, for each of their dependent children. This ensures that these kids do not have to endure hunger and malnutrition as a result of their parents' struggle to reclaim better health.

The program was developed in 1999 when it was discovered that parents enrolled in the *Home-Delivered Hot Meals Program: HIV/AIDS* were sharing their meals with their children. Because these parents were too sick to cook meals for their families, sharing their meals deprived them of the nutrition they desperately needed to reclaim better health, and their children were being malnourished as well. As a result, these children were susceptible to fatigue, poor immune systems, and problems in school.

By providing these children 100% of their daily nutrition, the *Children's Nutritional Health Program* ensures they have the foods necessary for healthy growth and natural development. In 2009, the *Children's Nutritional Health Program* prepared and home-delivered 40,419 nourishing meals to 66 children, free of charge. These 66 children are included in the totals for the Home-Delivered Hot Meals Program and the Critical Illness Nutrition Program based on their parents' diagnosis.

## Critical Illness Nutrition Program

The *Critical Illness Nutrition Program* provides 100% of the nutritional needs of San Diego County residents struggling with a critical-illness. Three meals a day for every day of the year are prepared and home-delivered to San Diego County residents under age 60 who are fighting any type of cancer and as a result are physically and/or mentally unable to prepare their own meals.

Services were expanded in 2006 to serve local residents struggling with critical-illnesses other than HIV/AIDS. However, in 2009 the program's scope was refocused to provide nutritional support to critically-ill local residents most vulnerable to hunger and malnutrition: those fighting cancer. Like clients enrolled in the *Home-Delivered Hot Meals Program: HIV/AIDS*, these *Critical Illness Nutrition Program* clients are highly susceptible to hunger and malnutrition-related illnesses: a result of both their fight with cancer and the intensity of chemotherapy treatments. By providing this vital nutritional support service, the goal of the *Critical Illness Nutrition Program* is to ensure clients can gain or maintain the weight needed to endure their chemotherapy treatments, thereby improving their likelihood of overcoming cancer.

In 2009, the *Critical Illness Nutrition Program* prepared and home-delivered 85,329 nourishing meals to 149 San Diego County residents, free of charge.

## Mama's Pantry

*Mama's Pantry* is a food bank available to low-income, HIV positive clients. Once a month, they can shop and select from a wide variety of non-perishable foods. In a time of narrowing choices for many affected by HIV/AIDS, the ability to choose food for themselves is an important benefit for our Pantry clients. *Mama's Pantry* opened its doors in 2004 to clients who do not need home-delivered meals, but can benefit from a monthly bag of groceries to help maintain their health and stretch their food budget. These clients have greater mobility than most and are also able to prepare their own meals. By providing access to non-perishable foods, *Mama's Pantry* gives clients the resources to improve their nutritional health under a restricted budget. In 2009, *Mama's Pantry* received a record 4,709 visits from 727 clients, all of whom received monthly provisions of non-perishable foods, free of charge.



San Diego Mayor Jerry Sanders delivers the five millionth meal on July 15th, 2009.



## THANK YOU TO OUR VOLUNTEERS

### 400 OR MORE HOURS

Mike Caruthers  
Roger Negro  
Mary O'Brien  
Christine Tucker

### 300-399 HOURS

Ernest Andrade  
Nancy Janus  
Barbara Oswalt

### 200-299 HOURS

Sue Bakley  
Janet Bruner  
Lonnie Brunini  
Ed Burditt  
David Camberg  
Community Covenant Church  
Joel Gerber

### 150-199 HOURS

Jadwiga Bliss  
Paul Bliss  
Jerry Carota  
Maximillian Carper  
Lawrence Dow  
Letitia Estes  
Bobbi Harwood  
Leroy Holloway  
David Hosaka  
Patricia Hosaka  
Jan Kujawa  
Betty Lowe  
Sara Lumpkins  
Ryan Martinez  
Robin Moss  
Duc Nguyen  
Barbara Perez  
Marion Perlman  
La Vaughn Poston  
Robert Rosenberger  
Lucinda Rubio-Berrick  
Carole Salazar  
Cheryl Sass  
Vista Grande Community Church  
Roger Werbeck  
Judy Wilson

### 100-149 HOURS

Victoria Albert  
Jane Andrews  
Patrick Armijo

Lisa Arnold  
Cynthia Bell  
Thomas Bell  
Karen Berson  
Bo Bortner  
Mark Bradshaw  
Joanie Brandt  
Rob Bridges  
Robert Burdge  
Jim Carver  
Julia Castlen  
Carol Clause  
Kenneth Cloutman  
Nan Coffin  
Sherry Cohen-Richards  
John Crepeau  
Cheryl Devlin  
Timothy Devlin  
David Diener  
Jane Dostalik  
Michael Dostalik  
Albert Esquivel  
Ann Fitzpatrick  
Jeffrey Fleming  
Flavian Geis  
Donald Goff  
Carol Goyne  
Paul Grisham  
Barbara Guerrero  
Guys Like Us  
Harbor Presbyterian Church  
Jim Harrington  
Kelley Hess  
Diane Holland  
Julie Hollarn  
Sue Johnson  
Judith Kujawa  
Michael Louis  
Myra Lousteau  
Ron Marcus  
Nancie McAuley  
John McCarthy  
Carolyn McFarlane  
Sandy Mekuchonis  
Gerald Neu  
Melissa Neumann  
Tien Nguyen  
Rob Norton  
Patricia Pasquill  
Anthony Pastore  
John Prosen  
Saxon Rawlings  
Monica Reinicke  
Sharon Reynolds  
Lotte Roache  
Jeff Robers  
Jessica Rodriguez  
Bruce Roth  
Antonio Salvarrey  
Judy Schroeder  
Ken Scruggs  
Thomas Shadek  
Suzanne Stadler  
Eleni Stevens  
Donna Sucov

Zak Szymczak  
The Institute for Effective Education  
The UPS Store  
Kenneth Villa  
Susan Vintilla-Friedman  
Weldon Webb  
Jack White  
Anne Wilson  
Garrison Yunker  
Krista Zamora

### 50-99 HOURS

Blair Alexander  
Linda Allen  
Anthony Amato  
Gary Archer  
Paul Barnard  
David Bayer  
Gabrielle Beebee  
Susie Berger  
Elayne Berman  
Kathy Borden  
Lynn Briscoe  
Dion Brown  
John Burnasi  
Robin Chiki  
David Contois  
Kathryn Curtis  
Rachel Damm  
Kevin Day  
Denise DeCaprio  
Jason DeFay  
Kevin Delaney  
Janet Dixon  
Michael Dodt  
David Downing  
Isabelle Downs  
John Drury  
David Elliot  
Travis Elliot  
Gilbert Field  
Devon Foster  
Terrilou French  
Roger Frey  
David Friedman  
Todd Gabello  
Scott Gardner  
Kirk Garrod  
Marilee Gillen  
Emily Gilmore  
Mary Giovaniello Pentrack  
Amanda Guerra  
Jeff Hanna  
Patie Hansen  
Carol Harris  
Erick Haswell  
Herman Hatley  
Bryan Heers  
Debra Hershman  
Cheri Hoolihan  
Judy Jeong  
Ming Jeong  
Priti Karnik  
Jennifer Kearns  
Marci Knoles  
Maureen Krouner  
Letitia Kurtz  
Thomas Kwan  
Kay Larimer  
MAC Cosmetics  
Raymond McFarlane  
Jan McMillan

Leonora McNair  
Diane McSweeney  
Jenna Moore  
Fernando Moreno  
Sally Mowry  
Andy Myers  
Regina Naranjo  
Martha Obermeier  
Cait Orwig  
Judith Paulson  
Katherine Pedersen  
Roy Peloquin  
Amy Perez  
Anastasia Philippides  
Anne Marie Pleska  
Paul Portillo  
QUALCOMM, Inc.  
Mark E. Roberts  
Barbara Rose  
Andrew Rosenberg  
James Ruboyianes  
Natasha Sandrock  
Kathleen Schow  
Daniel Schroeder  
Kathleen Schroeder  
Karen Schuldies  
Lance Scott  
Philip Setterlund  
Miriam Seva  
Chris Sheehan  
Cindy Sinclair  
Charlene Soriano  
Anton Sterzinger  
Richard Stravinsky  
Ron Strickland  
Raymond Tam  
Bob Teris  
The Gathering @ RSD  
Erica Tofson  
Marie Chantal Tran  
John Tricoche  
Cris Vasquez  
Joyce Vonstuck  
Carol Wahlen  
Rebecca Weckerly  
Tracy Weiss  
Scott Weldon  
Naomi Wilkins  
Sabrina Wilson  
Roxanne Wisenberg

### 25-49 HOURS

Ellen Agey  
Bernard Anderson  
Barbara Andrade  
John Anguiano  
Nabard Barzanji  
Debbie Beckwith  
Daniel Boden Miller  
Sarah Brookes  
Gwynne Bruck  
Terry Buchholz  
Lynn Capeoiti  
Thomas Cardosa  
Nick Catgenova  
Donald Caulfield  
CenterBeam, Inc.  
Rick Christie  
Pamela Ciborowski  
Kenny D'Arigo  
Taylor Dean  
Ed DeSantis  
Laura Engel  
Don Giaquinto  
Connie Gipson

Brittany Graham-Armstrong  
Daniel Grover  
Jack Hall  
Kimberly Herrmann  
Ron Holman  
Angelea Iafornaro  
Lisa Jeong  
Nui Jeong  
Aaron Jones  
John Kiladis  
Megan King  
Erika Kirkland  
Len Krouner  
Dawn Kureshy  
Elisabeth Lipton  
Alexander Lloyd  
Timothy Loomis  
Elizabeth Mars  
Daniel McCaslin  
Kimberly McKee  
Carlos Medina - Mendez  
Aenea Mickelsen  
Veronica Mitchell  
Ingrid Moore  
John Moreno  
Kevin Nicholas  
Kathryn Nosenzo  
William Paskert  
Denise Penn  
David Phillips  
Michael Portantino  
Cyril Reinicke  
Larry Rinehart  
Maya Rohr  
Kim Sontag  
Bradley Stech  
London Stech  
Summer Stech  
Tori Stitt  
Cynthia Sullivan  
Darren Swanson  
Richard Taubman  
Temple Emanu-el  
Crispan Torres  
Susie Trejo  
Christopher Trupp  
Tommy Tuan  
Alicia Vicars  
Eddie West  
Mary West  
Pat Whitt  
Margaret Wiedower  
Kacyenne Williams  
Mitchell Williamson  
Roberta Witte  
Carlos Ynares  
Brian Zeller

### 1-24 HOURS

Patti Abramson  
Christopher Abrogena  
Jeff Alexander  
Andrea Allen  
Lizbeth Alvarez  
Michael Ammons  
Rebecca Andrews  
Thomas Angioletti  
Charisma Apolonia  
G. Aposporos  
Kirsten Ashby  
Donita Ashley  
Chad Austin  
Diana Badyrka  
Diego Barriga  
LeRon Barton

Jessica Beese  
Carlos Beleche  
Richard Benedict  
Marc Bennett  
Beta Theta Pi  
Candy Bickett  
Tom Blair  
Marilyn Blaisdell  
Cameron Boquet  
Dawn Boquet  
Steven Boyle  
Sue Braddock  
Thomas Braddock  
Laura Brewster  
Scott Brewster  
Sheyla Briceno  
Steven Bricken  
Kristin Bronowicki  
Barbara Brown  
Gwen Brown  
Jesse Brown  
Meghan Brown  
Seane Brown  
Gwynne Bruck  
Emilie Bryson  
Donna Budd  
Karina Buettgenbach  
Tiffiny Burks  
John Bursey  
Susan Cameron  
Raneeza Cano  
Anthony Carrera  
Tara Carson  
Yamily Castillo  
Diane Castro  
Caitlin Catherwood  
Kathryn Catherwood  
Miguel Cazarez  
James Cerda  
Hiu Tung Iris Chan  
Jason Chase  
Barbara Chiero  
Storrie Chisholm  
Euiyoung Chong  
Shawn Clay  
Lee Coles  
Sonya Conner  
Marnie Constance  
Marge Content  
Jesse Cooke  
Candice Cortez  
Marcus Cortez  
Colleen Cronin  
Michael Curtis  
Camille Davidson  
Jade Davis  
Bill Dawson  
Edward Debartoli  
Denise Delosreyes  
Kaylie Denenberg  
Darin Dietz  
Art Donaldson  
Pam Donaldson  
Ernest Doring  
Vanessa Downing  
Barry Dubis  
Glenn Dugan  
Martha Dugan  
Ramona Easton  
Tracy Ebba  
Angela Egner  
Laura Engel  
Evangeline Enriquez  
Nicole Ervin  
Tava Espinoza

Glaiza Ann Espiritu  
Fermin Estrada  
John Etchehury  
Patricia Field  
Jacob Fischer  
Rick Fisher  
Stephen Freeman  
Jeremy Gabriel  
Adrian Gallardo  
Rebecca Garcia  
Grady Gastelum  
Eileen Gaudette  
Mackenzie Gaura  
Rachel Gerston  
Richard Gilb  
Benjamin Giles  
Melanie Gilsdorf  
Justin Gittelman  
Nicole Gizon  
Mary Glass  
Tanner Glass  
Chris Gold  
Jas Goldstone  
Stefanie Gollmer  
Eric Gorman  
Roosevelt Grant  
Chad Gray  
Melanie Gray  
Nisha Grayson  
Nathan Greenfield  
Kendrick Gregan  
Chris Grey  
Annette Gutierrez  
Meg Halaska  
Jessica Hall  
Tom Hampton  
Jeanette Handelsman  
Janet Held  
Brett Hershman  
Kate Hershman  
Ted Higgins  
Kristina Hilke  
John Hohne  
Michelle Hon  
Arthur Hopkins  
Karen Hubbard  
Michelle Huber  
Timothy Hufstetler  
Darin Hunt  
Kevin Hunter  
Kyle Icke  
Bill Ingram  
Damien Jackson  
Katie Jackson  
Ana Liza Javier  
Shawn Johnson  
Sue Johnson  
Janie Jones  
Monica Joynt  
Sara Katz  
Liza Kaye  
Nichole Kebriti  
John Kelly  
Jhon Kiely  
Nonie Kimpitak  
Helen King  
Natalie King  
Matt Kirkland  
Chris Knoll  
Mark Knutson  
Jodi Kobashi  
Brianne Korthase  
Harry Kosky  
James Kotonias  
Patrick Kruse

Mark Kulczak  
Linda Kurtyka  
Sunny Kuzman  
Madeline Labuton  
Wayne Lam  
Jamie Lanfersiek  
Nathania Lang  
Lynne Leach  
Kiley Lee  
Andrea Leehr  
Catrissa Lightfoot-Siordia  
Pamela Lindke  
Charlotte Lloyd  
Linda Long  
Justin Lowenthal  
Jeffrey Maitner  
Maria Margallo  
Joshua Marin  
Joe Marsella  
Allen Martin  
Gissel Martinez  
Hortencia Mata  
Jane Mattox  
Josh Mays  
David McCain  
Trudie McElwain  
Kaely McKelway  
Michelle McKinney  
Caitlin McNeil  
Maria Meniktos  
Kristin Meyers  
Grant Mickelsen  
Luther Miles  
Stacey Miles  
Reynaldo Molina  
Ariana Montijo  
Briana Montijo  
Diego Montijo  
Eric Montijo  
Kelly Moore  
Amanda Morey  
Tyler Morgan  
Jessica Moriel  
Karyn Moriel  
Vanessa Morishige  
Jonathan Morris  
Roberta Moss  
John Muldoon  
Mike Mumford  
Douglas Myking  
Merced Myking  
Frederick Myrtle  
Spencer Naar  
Megan Navarette  
Lourdes Navarro  
Mia Navarro  
Jennifer Nelson  
Nicholas Nguyen  
Stephen O'Brien  
Nicole Oder  
Brandy Ogans  
Thomas Oliver  
Jearl O'Neal  
Joyce O'Neill  
Jessica Ortega  
David Ozaki  
William Parker  
Sharon Peterson  
Chau Pham  
Brandon Phillips  
Flori Pierri  
Clarence Pineda  
Jacynth Pohl  
Conor Porter

Eric Portner  
Carmen Ramirez  
Raphael Ramos  
Dee Reece  
John Rego  
Megan Reid  
Karla Rennie  
Norman Reyes  
Nino Rigor  
Nick Rivera  
Anne-Marie Roach  
James Roach  
David Roellich  
Elena Romero  
Joshua Romero  
JaimeRosales  
Doron Rosenthal  
Janice Roudebush  
Melissa Rowan  
Angelica Ruiz  
Elizabeth Russell  
Dale Rutherford  
Joseph Sago  
Christina Salazar  
Michael Salazar  
Peg Samuels  
Douglas Samuolis  
San Diego City Schools –  
Exceptional Programs  
Cesar Santana  
Alex Santo  
Samuel Santo  
Jared Schauermann  
Jay Schenk  
Timothy Schmitz  
Jerald Schuldies

Kati Spaulding  
David Spruill  
Jill Stammer  
Carol Steslicki  
Marty Stirtz  
Shannon Stobbe  
Jillian Stokes  
Frank Stubbs  
Laura Stunden  
Jasmine Suarez  
Anne Sugden  
David Sullivan  
Curt Swartz  
David Swietlik  
Sarta Tapia  
Brad Taylor  
Kathy Taylor  
Ruben Taylor  
Lisa Ann Tays  
Desiree Valadez  
Mark Van Bibber  
Steven Venolia  
Mary Waldron  
Frank Walt  
Ruth Walton  
Garold Wampler  
Sarah Weber  
Jacqueline Weekes  
Marty Weiner  
David Wells  
John Wesley  
Evan Williams  
Susan Williams  
Keith Wilson  
Kenneth Wilson  
Mary Cheryl Wilson

## Volunteer Activities for 2009

- 22 volunteer orientations
- 352 new volunteers
- 29,507 volunteer hours  
(equal to 14 full-time employees)
- 653 active volunteers in 2009

## Volunteer Recognition Activities for 2009

- Volunteer Mixer at Mama's Kitchen – October
- Volunteers of the Year honored at Mixer – October
- Diversionary Theatre and Old Globe Theatre  
complimentary tickets
- Balboa Park Museum passes

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Reagan Shallal  
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Kelly Sherlock  
Zac Shira  
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William Smith  
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Stephen Wroblewski  
Greg Wyraz  
Lauren Yaldezian  
Isaac Yonemoto  
Tamara Zyhlij

2009  
VOLUNTEERS  
OF THE  
YEAR



Volunteers of the Year were honored at the Volunteer Mixer held in October, 2009.

“I don’t know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who will have sought and found how to serve.”

— Albert Schweitzer

**ERNIE ANDRADE** joined the meal preparation and packaging crew in January 2007. A regular Wednesday volunteer, he soon became the lead volunteer on both Wednesdays and Fridays. In addition to his weekly commitment, Ernie is invaluable to our annual *Pie in the Sky* event.

**PAT ARMIJO** is a new member of Mama’s family and since January 2009 has been an integral part of our fundraising efforts. Willing and able best describes Pat’s enthusiasm for special events and the meticulous planning that insures their success.

**ROBERT BURDGE** started washing dishes for Mama in January of 2006. He quickly became an integral part of the kitchen crew. Carving out time from his busy professional painting career, Bob shares his culinary talents with Mama’s clients every Monday.

**CHERYL AND TIM DEVLIN** have been delivering meals to our clients since August of 1994. This extraordinary couple is the epitome of volunteerism. Their dedication to the clients of Logan Heights is remarkable.

**CYRIL AND MONICA REINICKE** have made the most of their retirement. Both professional educators, they began delivering meals in

November 2006. In addition to their weekly deliveries, they have embraced all of our special events to the fullest, with particular enthusiasm for our annual *Pie in the Sky* event.

**KEN VILLA** joined our board of directors in January of 2008. Quickly assuming a leadership role in fundraising, Ken’s dedication and attention to detail has set a new standard for participation. Spearheading *Tantrums & Tiaras: Battle of the Bar Queens*, Ken oversaw the most successful pickup fundraising event in the history of the Kitchen.

**MAC COSMETICS** and their team of associates have been supporting Mama’s Kitchen since 2000. In addition to the outstanding individual efforts of the local associates at our *Mama’s Day* event, their corporate financial support has been consistent and significant.

Thank you to our many charitable supporters who have contributed to Mama's Kitchen both financially and through in-kind gifts throughout the years. Featured here are just a few of the countless organizations that have generously supported Mama's Kitchen, helping us to carry out our mission.

THANK YOU  
TO OUR  
CORPORATE  
PARTNERS



### **M·A·C Cosmetics**

In 2009, M·A·C AIDS Fund gifted Mama's Kitchen a \$50,000 grant in support of our *Home Delivered Meals Program*. Established in 1994 by M·A·C Cosmetics, the M·A·C AIDS Fund supports men, women, and children affected by HIV/AIDS worldwide through the development and sales of their VIVA GLAM lipsticks and lip glosses. From their efforts, The M·A·C AIDS Fund has raised more than \$140 million over the past 15 years for those living with and affected by HIV and AIDS. In addition, M·A·C Cosmetics and their team of local associates have been supporting Mama's Kitchen since 2000, contributing their time and talents to our annual *Mama's Day* event and by hosting volunteer days at the Kitchen.

### **S. Mark Taper Foundation**

Founded in 1989, The S. Mark Taper Foundation is a private family foundation dedicated to enhancing the quality of people's lives by supporting nonprofit organizations and their work in Southern California communities. A resident of the Los Angeles area for more than 40 years, S. Mark Taper, the foundation's founder, was a successful real estate developer and financier, and was the president and chairman of the First Charter Financial Corporation of Beverly Hills, one of the largest savings and loan associations in the United States. Along with wife Amelia, he was also a generous philanthropist and dedicated supporter of programs for the disabled and critically-ill, the economically disadvantaged, education, and arts and culture, to name a few. Janice Taper Lazarof, president of the S. Mark Taper Foundation, continues her family's legacy of enhancing Southern California communities by supporting vital services and organizations. Through their generous donation of \$50,000 towards our *Critical Illness Nutrition Program* and our *Home Delivered Meals Program*, the S. Mark Taper Foundation is providing three free nourishing meals a day to men, women and children living with AIDS or cancer who are too ill to cook for themselves.



### **Gay & Lesbian Times**

The Gay & Lesbian Times has been reporting news and educating San Diego's GLBT community for the last 21 years and has been an important partner to Mama's Kitchen since our inception in 1990. In addition to reporting significant milestones in Mama's Kitchen's history, they have provided critical in-kind media support donating ad space and featuring Mama's events and initiatives.



THANK YOU  
TO OUR  
GENEROUS  
DONORS

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Estate of William Hughes  
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We truly appreciate everyone's gifts to Mama's Kitchen and we value your important contributions. If we omitted, misspelled, or listed your name incorrectly, please accept our apology for this inadvertent error, and please contact Aimee Halfpenny at (619) 233-6262 ext. 113 for corrections.

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## MAMA'S KITCHEN EVENTS



### Mama's Day 2009 – Taste the Joy of Caring

Mama's Kitchen's signature fundraising event was an unparalleled success in 2009. The 18th annual *Mama's Day* was held on May 8 at the Hyatt Regency La Jolla Aventine, where over 600 guests enjoyed food samplings from over 65 of San Diego's finest restaurants and chefs. Special appearances were made by culinary host Sam "The Cooking Guy" Zien, as well as Brian Malarkey and Richard Sweeney, contestants on Bravo TV's "Top Chef." Vic Salazar, former NBC 7/39 anchor and current President of Vic Salazar Communications, graciously emceed during the course of the evening. Guests participated in the Silent Auction and Opportunity Drawing, and for the first time Mama's Kitchen hosted a VIP area with a complimentary bar for premium ticketholders. Don Caulfield, Catering Manager at the Hyatt, joined Scott Gardner of TK&A Custom Catering and Jennifer Kearns of Duane Morris LLP as Co-Chairs. Sponsors of the event included Sycuan Casino, Nordstrom, Union Bank of California, Hyatt, Swank Audio Visuals, Issa Family Foundation, TK&A Custom Catering, Pepsi Bottling Company, Bowden Family Foundation, Extrameasures, Koam Engineering Systems, San Diego Medical Services Enterprise, Edward Hand & Stan Harazim, and Jennifer Kearns. Mama's Day 2009 netted over \$145,000 in support of the mission of Mama's Kitchen.

### Pie In The Sky

The fifth annual *Pie in the Sky* fundraiser sweetened Thanksgivings all over San Diego. Delicious apple, pumpkin, pecan and sugar-free apple pies were baked by generous and talented bakers from throughout San Diego and donated to our *Pie in the Sky* fundraiser. The giant bake sale netted over \$70,000, helping to fund the daily operations of Mama's Kitchen. Hundreds of volunteers contributed their time and talent to bake, sell, and distribute the pies. In addition to financial support, Presenting Sponsor Wells

Fargo Bank provided its branch locations throughout San Diego County as pie distribution sites. Special thanks go to Sycuan Casino and SeaWorld for their generous pie donations, and to Intuit ("Top Sales Team") and volunteer Marion Perlman ("Top Individual Seller").



Top Pie Sales Team, Intuit's Jeanette Voss, Jeff Magee and Morris Neer.

## Annual Wine Tasting at Bourbon Street

On Thursday, August 20th, Mama's Kitchen held its 14th annual Wine Tasting at Bourbon Street, a popular bar located in San Diego's neighborhood community of University Heights. The event raised over \$20,000 for Mama's Kitchen.

With over 250 people in attendance, the evening featured wine pourings from Alice White Wines, Southern Wine and Spirits, and Falkner Winery. Financial sponsors included Priority Pharmacy, Jim Ziegler, and Michael Abdou Insurance. Both the new raffle-style silent auction and the popular "Wine Vault 52 Card Drawing" were very successful. Cuisine and other contributions were generously provided by Lei Lounge, Jake's on Sixth, Soltan Banoo, Babbo Grande, Muzita Café, Sycuan Resort and Casino, Authentic Flavors Catering, Savory Gourmet, Specialty Produce, Hospitality Inc., Abbey Party Rentals, and The Decker Brothers Gourmet.

"We are so thankful to Bourbon Street for once again hosting this event, and for their commitment to Mama's Kitchen and our clients," noted Alberto Cortés. "By participating in this enjoyable event, our hosts, donors and guests shared in our important fight against the effects of AIDS or cancer on our clients."



## Tree of Life Celebration

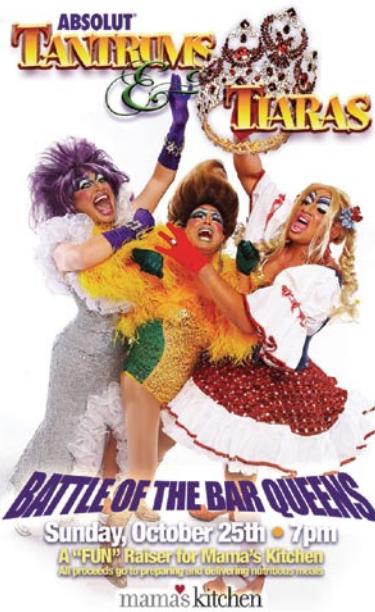
Hundreds of San Diegans joined in a candlelight vigil and tree lighting ceremony on December 1st at Village Hillcrest in commemoration of World AIDS Day. *Universal Access and Human Rights* was the 2009 World AIDS Day theme, a reminder that access to HIV prevention, treatment, care, and support is a fundamental right for all people. Ornaments were sold, decorated with personalized messages, and hung on the giant holiday tree, netting a total of \$14,000 and helping Mama's Kitchen fulfill its mission. In attendance were Senator Christine Kehoe, Mayor Jerry Sanders, County Supervisor Ron Roberts, Councilmember Todd Gloria, and Terry Cunningham, Chief of HIV, STD and Hepatitis Branch of the San Diego County Department of Public Health. Preston Phillips of KGTV 10 News emceed the evening, and the Gay Men's Chorus and San Diego Men's Chorus provided festive holiday music.



"Start by doing what's necessary,  
then do what's possible, and  
suddenly you are doing the  
impossible."

— Saint Francis of Assisi

## BOARD SPONSORED EVENTS



### Tantrums and Tiaras: Battle of the Bar Queens

An evening of camp that benefitted Mama's Kitchen was enjoyed by all at the inaugural production of Tantrums & Tiaras: Battle of the Bar Queens. More than 700 people gathered at Birch North Park Theater on October 25th to see several not-so-skilled drag queens competing in a hilarious, over-the-top beauty pageant that spoofed Miss America, replete with judges, evening gown and talent competitions, and a few unexpected comedic surprises.

Making a debut as Miss Bourbon Street, Marc Anthony was the evening's crowned Queen. Tantrums & Tiaras raised an impressive \$48,000, far exceeding expectations. The fundraiser was created to help Mama's Kitchen raise much needed funds to provide nutritious meals to those struggling with HIV/AIDS or cancer.

Special thanks go to the following for helping to make Tantrums & Tiaras possible: Chris Shaw, Matt Ramon, Daniel Bodenmiller, Urban Mo's, Baja Betty's, Martini's above Fourth, Lips, Numbers, Bourbon Street, Foxy Roxy Makeup Artistry, Urban Solace/True North/West Coast Tavern, Island Prime, Secret Wigs, Gay and Lesbian Times, Pix, Rothberg Lighting, Hillcrest Association, Green Fresh Florals, The Center, Babette Schwartz, Ben Dillingham, Michael Mack Productions, CeCePhoto.com, Digital Desk Productions and MUMM Champagne.

### Presidential Dining Experience

Mama's Kitchen's second Presidential Dining Experience, held on February 11, was a wonderful opportunity to dress up our humble kitchen and invite new and loyal donors to an intimate chef-prepared dinner demonstration with wine pairings throughout the evening. Hosted by present and past board members, volunteers, vendors and staff, a majority of the food, wine, table settings and decorations were donated by local businesses – making the proceeds of the evening's donations go directly to serving our clients.

With the generous sponsorship of Wells Fargo Bank, this year's event brought in \$18,000 and was such a success that our board members are planning it as an annual event in the future. Special thanks go to Dining Details, Meritage Wine Market, Specialty Produce, Concepts Event Design, Embellishment, TK&A, Todd Pyke on Guitar, Don Mirra Photography, ADventure Imaging, Summerland Letterpress, Hyatt Regency La Jolla, and San Diego Culinary Institute for their generous contributions of time, talent and treasure.

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## 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, nonprofit organization, we prepare and deliver food to men, women and children who are affected by AIDS or cancer.

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