

2005
ANNUAL
REPORT



*Most are only aware of
the suffering of others, but*

YOU

*have done something
to relieve it.*



15 ~ YEAR
ANNIVERSARY
EDITION





AIDS Quilt
Washington D.C.



Because of **YOUR**

C O M P A S S I O N

Your C O M M I T M E N T for the past 15 years



1990

Mama's Kitchen delivers its first 2 meals to clients affected by HIV/AIDS and is serving 26 clients by end of 1990.

Mama's Kitchen moves to St. Didacus Church

1st Annual Mama's Day Event

1st Annual Tree of Life Event



1994



Mama's Kitchen expands services to North County and El Cajon and moves to a larger location at 1875 Second Ave.

1996

250,000th meal served.

1998

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Meal

By the end of our first year:

30 volunteers
21,486 meals
3 delivery routes

1991

Mama's Kitchen starts cooking up its meals from St. Paul's Episcopal Church.



1993

Need dictates Mama's expanding its mission to South Bay areas.



1995



Mama's receives funding from the City of San Diego for the first time.

1997

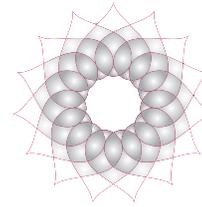


Weekend Grocery Bag Program Starts and Celebrity Closet raises \$70,000.

“Any ordinary favor we do for someone or any compassionate reaching out may seem to be going nowhere at first, but may be planting a seed w

has only continued to

G R W



In her 10th year, Mama's delivers nearly 425,000 meals, maximizing its use of **47,500 volunteer hours.**



2000

meals are provided for 6 days a week



Executive Director for 8 years, Carolyn McFarlane retires.

2002



Mama's Pantry opens its doors.

2004

County Supervisor Ron Roberts pitches in as Mama's serves its **3,000,000th meal.**



1999

1,000,000th meal served.
550 active volunteers
40 delivery routes
384 clients

Mama's Kitchen starts providing meals 7 days a week as well as breakfast to its clients.



2001

The Grocery Bag Program expands to serve collaborating HIV/AIDS services agencies.



www.mamaskitchen.org launches.

2003



Mama's Kitchen receives bequest from the estate of Joan B. Kroc and also establishes endowment: Mama's Promise Fund.

2005

Pilot Project to serve individuals with critical illnesses under the age of 60 (See letter from Executive Director and Board President on page 2).

First Annual Mama's Pie in the Sky.



we can't see right now. Sometimes we need to just do the best we can and then trust in an unfolding we can't design or ordain."

Sharon Salzberg, O Magazine, The Power of Intention, January 2004

We are OPENING our hearts to a need, and

MESSAGE FROM THE BOARD PRESIDENT AND EXECUTIVE DIRECTOR



Alberto Cortés
Executive Director

“Fifteen years translates to some 3.5 million meals and thousands of lives made better because Mama’s was there to provide nutrition and hope.”



John Pelkey
Board President

The year 2005 was one of exploration, introspection and affirmations. Of course, this occurred without us ever missing a step in our daily duties of preparing, packaging and delivering nutritious meals throughout San Diego County.

On February 23, 2006, the Board of Directors of Mama’s Kitchen voted in favor of expanding our mission to provide nutritional services to people under the age of 60 with other disabilities – an historic decision for our organization and one that was the culmination of a long and thoughtful process that began in 2005.

Wanting to make sure that we had the valuable input from every possible stakeholder, we conducted key interviews, focus groups, extensive research and surveys before implementing a six-month pilot project. In order to make a well-informed decision, the Board explored the following areas of concern:

- ♦ *Identifying existing unmet food-service needs in San Diego County*
- ♦ *Quantifying Mama’s Kitchen’s capacity to serve more people*
- ♦ *Establishing appropriate eligibility criteria*
- ♦ *Assessing Mama’s Kitchen’s ability to raise the funds necessary for expansion*
- ♦ *Assessing the level of support of our stakeholders – including donors, volunteers, staff, and the LBGT community – for the idea of an expanded mission*

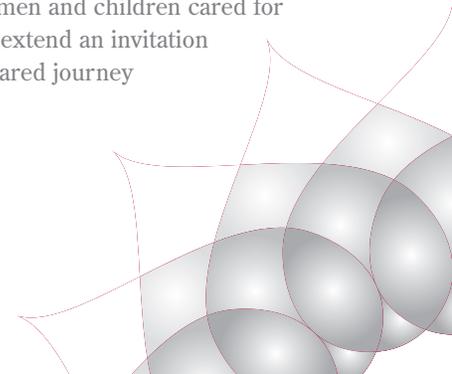
As this new chapter in the history of Mama’s Kitchen is initiated, we renew and affirm our commitment to provide nutritious food to people affected by HIV/AIDS.

The 1,206 men, women and children served by Mama’s Kitchen’s in 2005 can attest to our continued dedication to responding to their needs. In addition to our ongoing hot-meal delivery program, the family grocery bag program, and our collaborations with other AIDS service organizations, Mama’s Pantry remained successful during its second year of service, averaging more than 250 client visits per month.

Also of note in 2005 was our first annual Mama’s Pie in the Sky fundraising event. This undertaking required the involvement of hundreds of people from sales teams, to drop-off site staffers, to the bakers of pies, to the folks who boxed and labeled and presorted, and so on. Close to 3,000 pies were sold – a testament to your work and dedication.

On top of all this, we celebrated our 15th year of service to the San Diego community in September 2005. Fifteen years translates to some 3.5 million meals and thousands of lives made better because Mama’s was there to provide nutrition and hope.

Thus, as we move toward an expanded mission and the unforeseen challenges and opportunities that come with this added commitment, we pause with a statement of gratitude to those who have stayed the journey. To the most dedicated of volunteers, the most generous of contributors, the most loyal of employees and the most committed of boards: we thank you on behalf of the HIV/AIDS-affected men, women and children cared for by Mama’s Kitchen. And we extend an invitation to you to continue on this shared journey of love and compassion.



our minds to A NEW CHAPTER.

2005 STATISTICS OF SERVICES PERFORMED



CLIENTS
Total Clients: 1,026*

VOLUNTEERS
Volunteer Hours: 36,249
See our full volunteer listing on page 12.



MEALS
Total Number of Meals: 320,598
Includes meal equivalents for grocery bags and pantry programs.
Total Number of Hot Meals: 260,598
See breakdown by region throughout San Diego County.
Total Number of Hot Meal Clients: 519

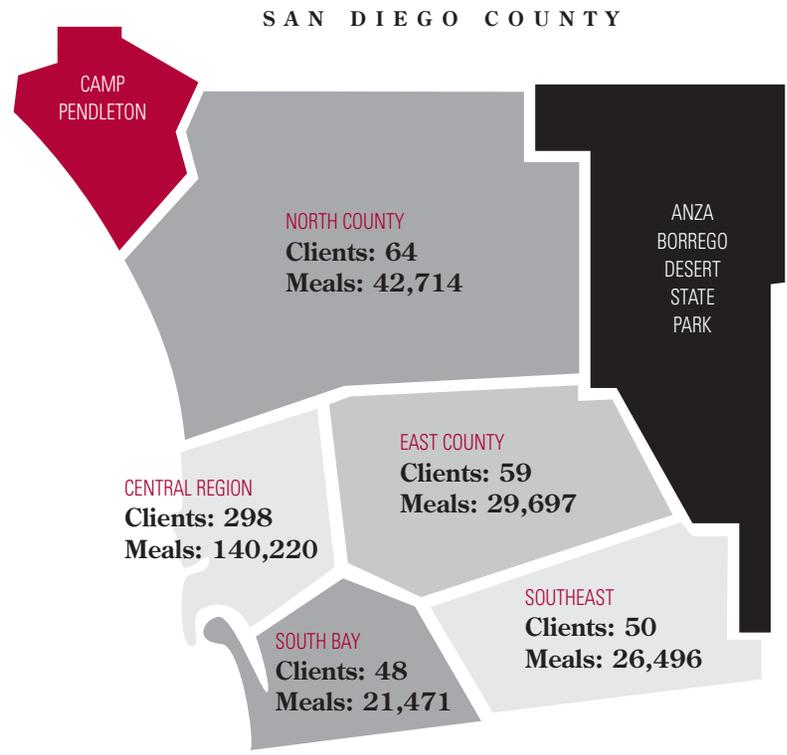


MAMA'S PANTRY
Pantry Visits: 3,034
Pantry Clients: 511



GROCERY BAG PROGRAM
Bags Delivered by Mama's Kitchen: 849
Bags Distributed by Collaborating Agencies: 1,806
Total Grocery Bag Clients: 261

**Overall unduplicated clients served in 2005. This number is not the sum of the program clients because some clients may have transitioned between programs during the course of the year.*



“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”

The Dalai Lama (1935 -)

Thank you for **S U P P O R T I N G** new efforts



The old saying, “when life gives you lemons, make lemonade,” was given a new spin by Mama’s Kitchen in 2005: “When you lose government funding, make pies.”

Presented By



MAMA’S PIE IN THE SKY HAS A SUCCESSFUL DEBUT

Mama’s *Pie in the Sky* was patterned after a fundraising event developed by Community Servings in Boston and adopted by many of our other sister programs around the country. The premise was simple — ask local organizations to donate pies and then sell them for \$20 apiece. But it took a tremendous amount of organization (including more than 200 volunteers at 45 pick-up locations and Pie Central) to make it happen.

And happen it did! From October 19 - November 16, we pre-sold more than 2,900 pies, which were picked up by purchasers on the day before Thanksgiving, just in time for holiday feasts. We’d hoped to raise at least \$50,000, and we did even better than that — net proceeds were over \$60,000, “sweet” funds that will be used to support our home-delivered meals, Family Grocery Bag Program, and Children’s Nutritional Health Project.

There are so many people to thank for the success of Mama’s *Pie in the Sky*, which will be an annual event. Restaurants and bakeries from around the county donated apple, pecan and pumpkin pies (including diabetic apple pies), and our wonderful volunteers served as sales teams, helped label each pie with its donor’s name, and staffed the pick-up locations.

We’d be remiss if we didn’t mention the pie-buying public, which responded with great enthusiasm to this fundraising effort. As word-of-mouth grows each year, we expect the demand for pies to rise accordingly...along with our proceeds. Boston’s Pie in the Sky nets well over \$300,000 annually for Community Servings... and how sweet it would be for us to reach that level!

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Loews Coronado Bay Resort
Martini’s Above Fourth
Nine-Ten Restaurant & Bar
Ono Sushi
San Diego Marriott & Marina
Santé
Sbicca Bistro
SeaWorld Pastry Chefs
Sheraton San Diego Hotel & Marina



Sheraton Suites
Soleil @ K in
Marriott Gaslamp
Sycuan Resort & Casino
Pastry Chefs
The French Gourmet
TK&A Custom Catering

Pickup Sites & Sales Teams

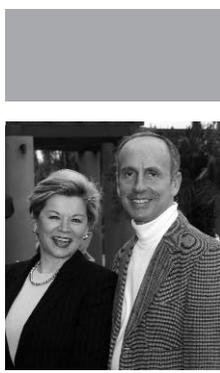
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Bourbon Street
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Calvary Lutheran Church
Century 21 Kensington
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Dillon Specialized Services
Law Offices of Duane Morris
Euro-Flex Sleep Systems

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St. Didacus Catholic Church
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The Tristany Group
TLC Staffing
Union Bank of California
USE Credit Union
WD40

and

FINE TRADITIONS.

14TH ANNUAL MAMA'S DAY EVENT NETS A RECORD \$160,000



"Mama's Gone Wild!" was the theme for the Kitchen's signature fundraising event, Mama's Day, held once a year at the Hyatt Regency La Jolla at Aventine ~ our generous hosts and good friends. More than 900 of Mama's supporters enjoyed the lavish culinary specialties prepared generously by 69 of San Diego's finest chefs. For the fifth year in a row, the dynamic duo of co-chairs Elisabeth Bergan and Don Caulfield provided the leadership, hard work and inspiration that ensured the success of this annual event. A special thank you to our business and corporate supporters, led by Presenting Sponsor Sycuan Resort and Casino and Lead Corporate Sponsor SAIC, whose underwriting contributions earned record-breaking income for Mama's Day.

mama's gone WILD!

Presented By
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From Science to Solutions™

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USE Credit Union

Please see the list on page 16 of Silent Auction and Opportunity Drawing donors, as well as the stars of the event: participating restaurants. Their generosity deserves to be paid forward.

As we **P L A N** for the future, we invite you to take a

Integrity is not something that
you should have to think about...
nor consider doing...
but something in the heart
that is already done.

- Doug Firebaugh



Mama's Pantry has become one of the vital services we provide our clients, and of course its shelves always need to be stocked. So, if you are interested in hosting a food drive at a school or business please call (619) 233-6262.

STATEMENT OF FINANCIAL POSITION

As of December 31

2 0 0 5

2 0 0 4

ASSETS

Cash and cash equivalents	364,392	417,218
Investments	2,102,751	1,988,619
Prepaid expenses and deposits	24,458	24,808
Grant Contracts receivable	42,480	66,891
Inventory	20,029	13,371
Office & computer equipment	142,791	139,467
Kitchen equipment	111,258	103,013
Vehicles	23,858	24,808
Leasehold improvements	49,775	37,275
Less: accumulated depreciation	- 207,781	- 232,482
Total assets	2,674,011	2,582,988

LIABILITIES AND NET ASSEST

LIABILITIES

Accounts payable	2,206	3,551
Accrued payroll liabilities	19,741	22,795
Accrued vacation payable	23,150	20,963
Total Liabilities	45,097	47,309

NET ASSETS

Unrestricted	2,579,730	2,449,579
Temporarily Restricted	25,184	62,100
Permanently Restricted	24,000	24,000
Total Net Assets	2,628,914	2,535,679

TOTAL LIABILITIES & NET ASSETS

\$2,674,011

\$2,582,988

look back at our **S T E W A R D S H I P .**

STATEMENT OF ACTIVITIES

As of December 31 2 0 0 5

REVENUE, GAINS AND SUPPORT

GRANTS	
▲ CARE Act - Home delivered meals	386,740
△ County of San Diego	25,000
▲ Other Grants	36,151
Total Grants	447,891
OTHER	
▲ Contributions	895,216
▲ Donations in-kind	496,193
▲ Fundraising, net of direct expenses	283,249
△ Investment income	61,104
▲ Miscellaneous	18,706
▲ Net realized and unrealized gain on investments	13,326
Total Other	1,767,794

TOTAL REVENUE, GAINS AND SUPPORT 2,215,685

EXPENSES

Program Services	1,757,924
Supporting Services:	
- Management and General	110,489
- Fundraising	254,037

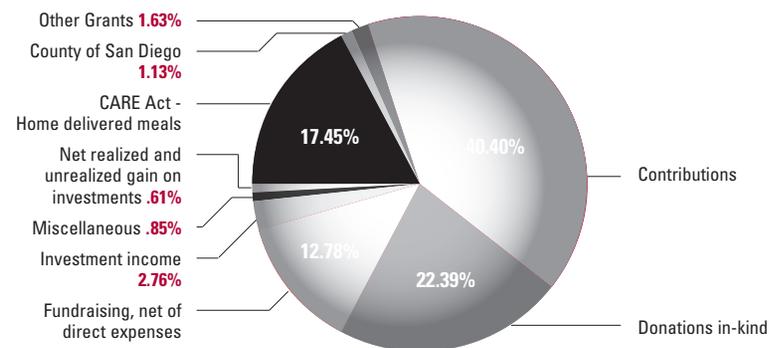
TOTAL EXPENSES 2,122,450

Change in Net Assets 93,235

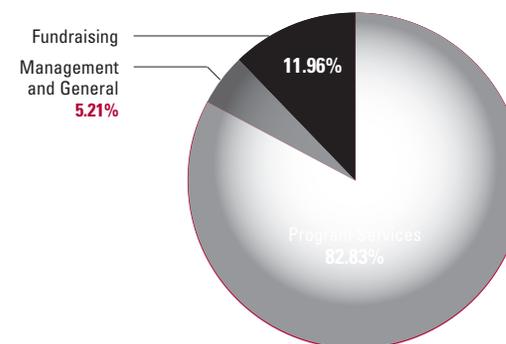
Net Assets at Beginning of Year 2,535,679

NET ASSETS AT END OF YEAR 2,628,914

TOTAL REVENUE, GAINS AND SUPPORT



TOTAL EXPENSES



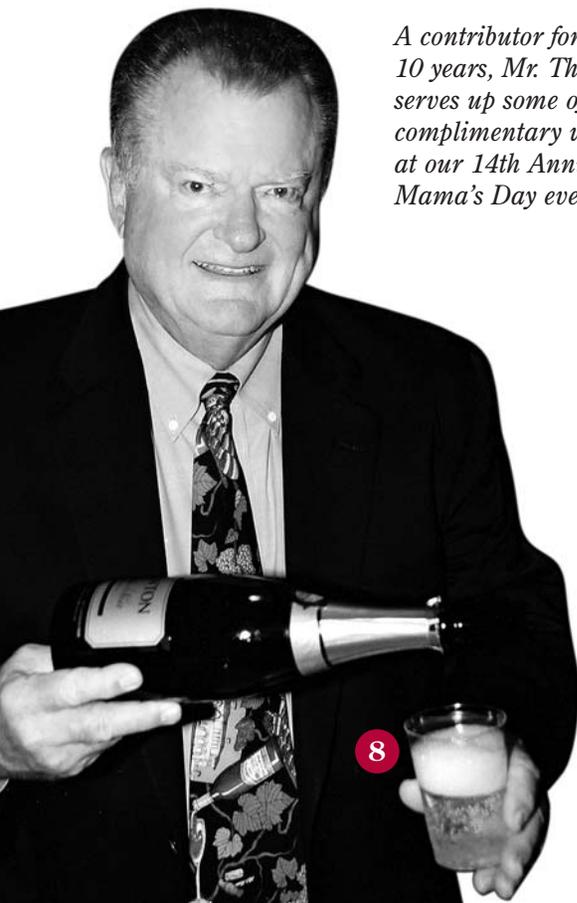


THANK YOU

to all those who continue to

GIVE

A contributor for over 10 years, Mr. Thornton serves up some of his complimentary wine at our 14th Annual Mama's Day event.



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THANK YOU

*to our volunteers
for your wealth of*

CARING

We are truly blessed with community support. Mama's Kitchen is staffed by only nine full- and two part-time paid employees, but with 850 active volunteers to supplement our talent pool, we're able to produce the results of an organization with 27 full-time employees. This is one major reason why Mama's Kitchen is such an exceptionally efficient provider of unmet community services.

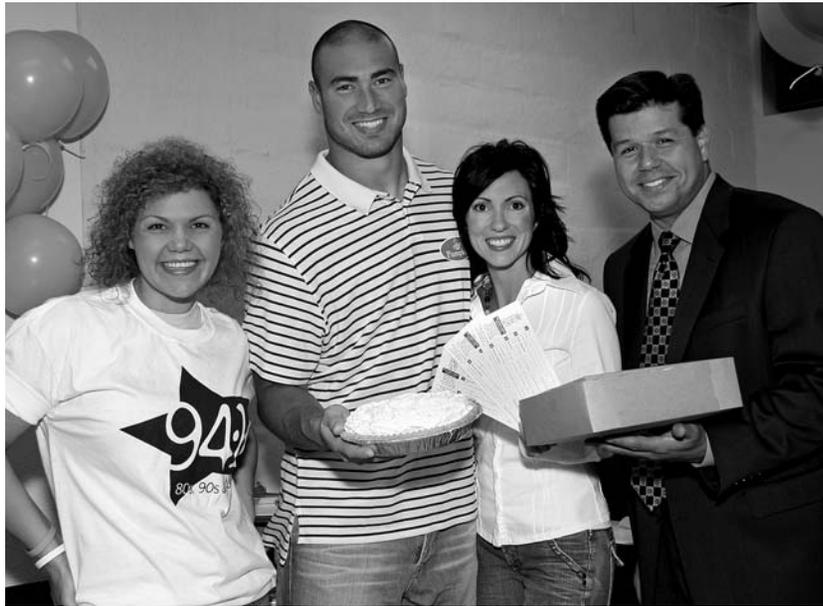
In 2005, our 850 volunteers worked more than 36,000 hours to help make our mission a success by supplying critical services that would have cost \$653,000 if paid for at the rate suggested by the nonprofit research organization, Independent Sector. These savings were used instead to provide an additional 292,000 meals for men, women and children whose lives have been deeply affected by severe poverty and AIDS.

We recruited 351 new people in 2005 to replace the natural attrition of volunteers experienced by every organization and, on any given day, 66 volunteers gave of their time and talents to prepare, package and deliver food to clients in need. This magnificent daily infusion of commitment and love is what makes Mama's Kitchen so special...and so worthy of our renewed support.

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At Mama's Kitchen,
we believe that every person
is entitled to the basic necessity
of life, nutritious food. As a
volunteer-driven, not-for-profit
organization, we prepare
and deliver food to men,
women and children who
are affected by AIDS.

mama's  kitchen

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