



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

SERVICES PROVIDED IN 2009

“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

County Region	Clients	Meals
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
Totals	564	375,723

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,

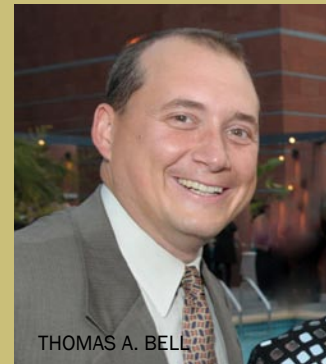


Alberto R. Cortés,
Executive Director

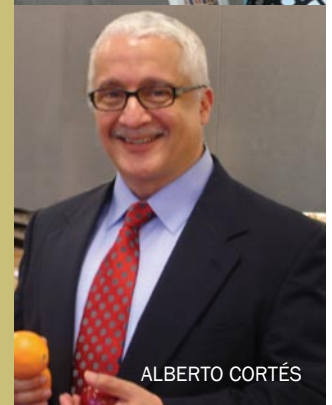


Thomas A. Bell,
2009 President, Board of Directors

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

Statement of Financial Position

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

ASSETS	2009	2008
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)
TOTAL ASSETS	\$2,319,105	\$2,176,041
LIABILITIES		
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
TOTAL LIABILITIES	\$86,113	\$78,835
NET ASSETS		
Unrestricted	2,202,553	2,068,206
Permanently restricted	30,439	29,000
TOTAL NET ASSETS	2,232,992	2,097,206
TOTAL LIABILITIES AND NET ASSETS	\$2,319,105	\$2,176,041

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

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

TOTAL REVENUES, GAINS, OTHER SUPPORT **\$2,783,753**

EXPENSES AND LOSSES

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

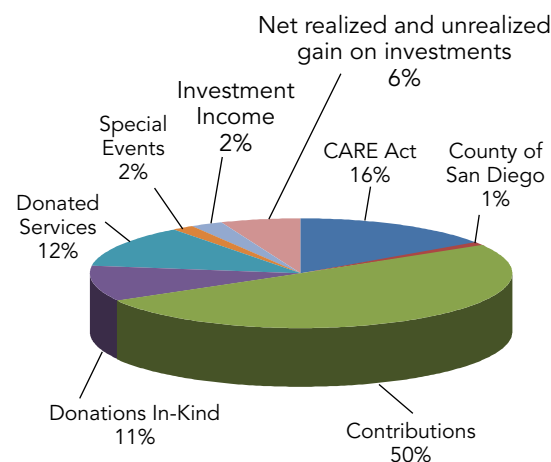
TOTAL EXPENSES **\$2,647,967**

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

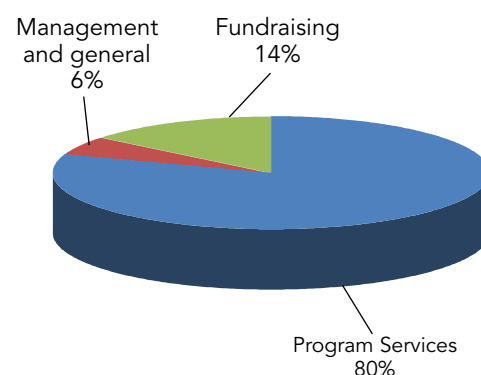
TOTAL EXPENSES AND LOSSES **\$2,647,967**

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-Barrick
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 Dostalick
Michael Dostalick
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 Bunrasi
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 Terris
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 Barzanjy
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 lafornaro
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 Apollonia
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
 Tiffany Burks
 John Bursey
 Susan Cameron
 Raneesa Cano
 Anthony Carrera
 Tara Carson
 Yamilly 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 Etchechury
 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 Gillsdorf
 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 Lanfersieck
 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
 Jaime Rosales
 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 Schauer mann
 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

Regina Seaton
 Cory Serna
 Reagan Shallal
 Matthew Shannon
 Judith Shattuck
 Kelly Sherlock
 Zac Shira
 Colleen Smith
 Taylor Smith
 William Smith
 Annelise Smoyer
 Katelyn Sobotka
 Reid Sobotka
 Karin Soderberg
 Julie Soloman
 Mark Solomon

Tyler Winters
 Sam Wisenberg
 Bobby Woloshin
 Tiamo Wright
 Stephen Wroblewski
 Greg Wyras
 Lauren Yaldezian
 Isaac Yonemoto
 Tamara Zyhylij

2009 VOLUNTEERS OF THE YEAR



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

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.

"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

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.



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.



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.

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Virginia Alessio	Falkner Winery & Pinnacle Restaurant	Marcella McClean	& Health Education
Mark Allan	Feast On This Catering	Meritage Wine Market	Sheraton San Diego Hotel
Alliant Insurance	The Fieldstone Foundation	Marty Merrill	& Marina
American Airlines	First United Methodist Church	Millennial Tech Middle School	Side Bar
American Red Cross San Diego/ Imperial Counties Chapter	The Fish Market	Don Mirra	Side Dishes
Anheuser-Busch, Inc.	Jean E. Fix	Rhonda Moya	Siemens Industry
Anthology	Flemings Prime Steakhouse	Museum of Contemporary Art	Skin Care by Sanna
Anthony's Seafood Group	Catherine Frazier	Museum of Photographic Arts	SLINX Independent
Catherine Armas-Matsumoto, M. A.	Fred Astaire Dance Studio	Muzita Abyssinian Bistro	Representative
The Art of Dentistry	The French Gourmet	Napa Valley Grille	So Cal Soft-Pak Inc.
Authentic Flavors Catering, St Tropez Bakery & Bistro	Gay & Lesbian Times	National Asset Ditech	Souplantation &
Babbo Grande	Gay Men's Chorus of San Diego	National Association of Catering Executive (NACE)	Sweet Tomatoes
Beauty and the Bath	Geico Direct	Nautilus Bodywork	Southwest Airlines Co.
Bamboo Salon	Jennifer Geiss	Naval Sea Logistic Center	Robert Speaker
The Law Office of Danialle P. Barger, APC	Betsy Gilpin	Navy Dispatch	Specialty Produce
Beasts of Bourbon, Inc.	The Gondola Company	The New Children's Museum	St. Luke Roman Catholic Church
Behind the Scenes Catering	Grande Colonial La Jolla	Oceanside Museum of Art	St. Spyridon Greek
Bekker's Catering	Great News! Discount Cookware and Cooking School	Old Town Temecula Community Theater	Orthodox Church
Belly Up/Wild Note Cafe	Hair Play	Omni Hotel	Stan Lawrence Portrait Art
Michael Blechynden	Hall of Champions	One Vine-Alice White	Photography
Bondi	Halozyme Therapeutics	Pacific Southwest Railway Museum	Starbucks
Boomers! San Diego	Harbor Presbyterian Church	Mr. William T. Parker	Andrea Steorts
Bootcamp 619	Hard Rock Hotel	Patrick Henry High School	Stone Brewing Company
Terry Born	Nader Harerchan	PRP Wine International	Joanna Suchman
Bradford Renaissance Portraits	Healing Touch Chiropractic	Kerrianne Peuker	Summerland Press
Ryan Deon Bradley	Hearst Elementary School	Ryan & Miriam Phillippi	Swank Audio Visuals
Mike Brey	Rick Hensley	Physician Management Group, Inc.	Sycuan Band of the
Joanna Brooks	Hilton Bay Front	M. Cathryn Pickell	Kumeyaay Nation
Fred Brown	Holiday Inn San Diego Downtown	Pleasures & Treasures	Sycuan Casino
Buena Vida Massage Therapy Center	Hornblower Cruises and Events	Poway Action Organization	Symitar - A Jack Henry Company
Jann Buran	Hospitality Inc.	Poway Surgery Center	Sysco Food Services of
Café Chloe	Hotel La Jolla	POZ abilities	San Diego
Café Japengo	Mike Hughes	PRA International	Stephen Thomas
Cafe on Park	Donna Humphries	Preferred Employer Insurance Company	Timeless Salon & Day Spa
CAKE	IN-N-OUT BURGER	Project Success (Community Ser Club)	TK & A Custom Catering
California Ballet	Intuit Inc.	John Prosen & Tim Chisser	Erica J. Tofson
California Comedy Traffic Schools	It's All About Me	Todd Pyke	Crispan O. Torres
Rachelle Carvajal	ITT Technical Institute	Quake Global	Travel To Go
Kathleen Casey	Ivy Hotel	Quarter Note Cloggers	UCSD Medical Center-8th Floor
Cedros Soles	J. Craig Venter Institute	Rage Monthly	Ortho/Neou/Trauma Unit
Cher Rouge Salon	Melissa Jacobs	Rakes & Blades Garden Club	Unity Fellowship Church
Jerry Chipman	Jakes on 6th Wine Bar	Cyril Reinicke	San Diego
Storrie & Matthew Chisholm	JRDN at Tower 23	Resolusean	University of San Diego
Clark Security Products	Charles Jezycki	Road Rebel Entertainment	Unum Insurance
Coast Oak Grove	Joseph Phelps Vineyards	Barbara M. Rose	Uptown District Home
Mariacecilia Comunale	JSM Bodywork, Inc.	Peter C. & Mary A. Roussos	Owners Association
Concepts Events Design	Kaiser Permanente	Rubio's Fresh Mexican Grill	Urban Optiks
Congregation Beth Israel of San Diego	Shirley Karafa	San Diego Automotive Museum	Urban Mo's
Maria Cook	Karen's Kreations	San Diego Ballet	Urban Skincare
Carol Corporales	KBM Facility Solutions	San Diego Botanic Garden	US Grant Hotel
Matt Corrales	The Keating Hotel by Pininfarina	San Diego Chargers	USA Network
Jim Corrigan & Patrick Hanson	Kellogg's	San Diego Coaster Company	USS Midway Museum
John Crepeau	Kensington Grill	San Diego Culinary Institute	Valhalla High School -
Lisa Cunningham	Heather Khan	San Diego Harbor Excursions	ROP Culinary Arts
Rick Dallin	Kinder Care	San Diego Marriott Hotel & Marina	Vista Grande Community Church
Camille Davidson & Maureen Steiner	KIPP Adelante Preparatory Academy	San Diego Masseurs	Vons Companies INC.
Mr. Milan Davis	Londa Kitchen	San Diego Museum of Art	Warner Center Marriott
Decker Brothers Gourmet Soup	The Knot Stop & Body Alchemist	San Diego Natural History Museum	Jay Wedley
Design Institute of San Diego ASID Student Board	KPDancehouse	San Diego Pagan Pride	Weight Watchers
Details Custom Catering	La Jolla Playhouse	San Diego Palm Restaurant	Wells Fargo Bank
Diegueño Country School	La Jolla Spa, M.D.	San Diego Police Mid City Division	Welch Plumbing
Dining Details	Ladeki Restaurant Group	San Diego Padres	Westin Gaslamp Quarter
Dinner Afare	Sean Lawson	San Diego Repertory Theatre	Winke Design
Diversions Theatre	Lei Lounge	San Diego Symphony	
Dolce Donuts	Ligand Pharmaceuticals	San Diego Women's Club	
Claire M. Donahue	Little Italy Mercato	San Diego Zoo	
Beverly Durcan	Luxury Limousine	Cheryl A. Sandquist	
	Nicholas Maida	Save Our Heritage Organization	
	Barbara Maisel		

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 Aventura, 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 Worlds 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 Roxxy 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.

Mama's Kitchen, Inc. 2009 Board of Directors

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Chip Cline, *Stores Clerk/Pantry Coordinator*

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Sam Morbidelli, *Finance Manager*

DEVELOPMENT

Aimee Halfpenny, *Development Manager*

Maurya Siedler, *Special Events & Marketing Coordinator*

Carlos Medina, *Grants Specialist/Program Coordinator*

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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