

WHAT'S COOKING

NOURISHING THE HEART, ONE MEAL AT A TIME

Mama's Kitchen: *Our vision* for the *Future*



“The service/meals provided by your organization continues to really reduce the stress of time and energy management related to just getting through the day.”

Building on this success, Mama's Kitchen has permanently changed the age cap from 60 to 65. We have also lifted the age cap altogether for a six month trial period. Since these exciting changes, we have provided meal services to over 39 clients over the age of 60, 11 of those who are over the age of 65. Our supportive community's time, talent and treasure is what allows our organization to implement our vision and the build the capacity to expand our outreach.

Our goals for the future? The success and positive gratification we have received from our clients regarding our services is what feeds our vision. Expanding the age cap, including other critical illnesses, and opening our hearts to the possibility of growth and what may come with it are positive challenges that constantly drive our organization.

We look forward to learning, growing, and standing by our clients as we embrace Mama's vision for the future.

Several months ago, we set our eyes on a vision to broaden the scope of the population we are able to support. Through the combined efforts of our donors, staff, and volunteers, this vision quickly became a reality. We have been able to enact changes that will better support our critically ill neighbors who were once ineligible to receive services due to their age.

In June, Mama's Kitchen launched the cancer age cap pilot — raising the age cap for cancer clients eligible to receive meal services from 60 to 65 (there is no age cap for HIV+ clients). This cap was implemented to ensure that Mama's Kitchen had the capacity to serve all eligible clients without charging a service fee or being forced to turn eligible clients away. This age expansion allows us to work towards our vision statement of supporting a community where all individuals with critical diseases are no longer vulnerable to hunger.

Clients like James iterate the importance of our vision and why our day-to-day efforts are critical in the community.

MESSAGE FROM THE EXECUTIVE DIRECTOR

Growth: Spring is in the air and we couldn't be happier to celebrate all of the changes the year has brought upon us. We have several exciting developments to announce — all of which are possible because of your generosity and support.



Alberto Cortés

Mama's Kitchen is evolving its nutrition programs to fit our vision for the future — a community where those with critical illnesses are supported with nutritious, fresh, medically-tailored meals.

Heart Disease pilot: We recently launched our Congestive Heart Failure Pilot Project (CHF), where we tailored a new menu to meet the specific dietary needs of those battling this illness. We are increasing the number of in-house prepared meals, and moving toward a nutrition plan for all clients that reflect the health standards of the medically-tailored Meal Pilot Project.

AS WE THINK ABOUT THE FUTURE AND WHERE WE PLAN TO GROW, SEVERAL COMPONENTS OF OUR SERVICES COME TO MIND.

We will be assessing how San Diego County demographics will be changing in the coming years so that we can be prepared to address changing needs for services. Among other characteristics, we are focusing on aging trends, as well as the prevalence of illnesses impacted by nutrition.

Providing services that reflect the Food is Medicine paradigm moves Mama's Kitchen toward our vision, and will help us determine the direction in which we can expand. Our aim is to improve the health and

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



Thank you to our 59 participating Mama's Day Restaurants for making **Mama's Day 2018** an extraordinary culinary success! We raised \$210,000 which will provide over 70k meals to our critically ill neighbors.

MESSAGE FROM THE EXECUTIVE DIRECTOR
continued

well-being of the largest number of county residents by increasing our capacity and quality of services provided.

We will, of course, do this within the context of our mission, our vision, core values, and in a fiscally responsible and sustainable manner.

We are excited for the future and we welcome you to join us as we continue to provide Food as Medicine.

Alberto Cortés
Alberto Cortés, Executive Director

Upcoming Events

Volunteer orientation dates
Tuesday, June 12, 2018, 4:00 pm
Thursday, June 28, 2018, 4:00 pm

Lamplighter Theatre —
Cookie Sale to Benefit Mama's Kitchen
June 1-3 at 8pm
June 8-10th at 8pm

Coin Op Close Out Party
Purchase an Illegal Mezcal cocktail to benefit Mama's Kitchen.
Tuesday, June 26th

Pride Parade
Sunday, July 14

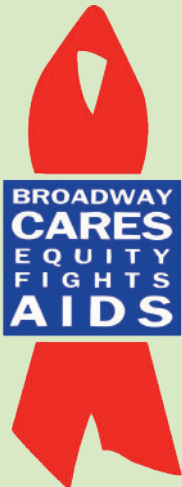
Mama's Kitchen, a community-driven organization, believes that everyone is entitled to the basic necessity of life — nutritious food. Our nutrition services improve the lives of women, men, and children vulnerable to hunger due to HIV, cancer, or other critical illnesses.

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mamas kitchen
3960 Home Avenue, San Diego, CA 92105
www.mamaskitchen.org

Corporate Highlight



Mama's Kitchen would like to thank **Broadway Cares/Equity Fights AIDS (BC/EFA)** for their generosity and leadership. Broadway Cares/Equity Fights AIDS is one of the nation's leading nonprofit HIV fundraising and grant-making organizations and draws upon the talents, resources, and generosity of the American theatre community. The

organization has provided over \$2 million in grants to 121 food pantries, congregated meal, and meal delivery programs across the nation.

Broadway Cares/Equity Fights AIDS has supported Mama's Kitchen for nearly 25 years including providing a \$35,000 grant in February 2018. Their support has been instrumental in helping our organization grow and expand over the years. BC/EFA understands that effective medication is an important component in preventing the spread of HIV and that a decent meal can be the first line of defense. Proper nutrition makes medication and treatment plans more effective while putting individuals on the road to good health and recovery. We truly appreciate their longstanding partnership!

Letter from a Client

"I want to thank Mama's Kitchen for helping me out all of these years but I am moving to Boston and Friday will be my last day to get my Mama's Kitchen meals. They've been delicious and nutritious Thank you so much. I couldn't have survived without you."
— Mama's Kitchen Client



REMEMBERING THOSE WE'VE LOST

We were honored to have provided nutritious meals delivered with love to Daniel R., Elfren P., Edward M., Katrina V., Kelly M., Katrina V., and Christina P.