

# WHAT'S COOKING

NOURISHING THE HEART, ONE MEAL AT A TIME

## What's New at MAMA'S KITCHEN?

As we wrapped up the past year, Mama's Kitchen celebrated the growth and expansion of our mission and recognition of food as medicine. With a small set of paid staff, it is no surprise that we rely on our wonderful volunteers to keep our mission thriving. Nancy Janus, a valued volunteer of over 17 years, speaks to the dedication our volunteers have to the mission of Mama's Kitchen.

In her career as a registered nurse, Nancy experienced the severity of the HIV epidemic as it unfolded. Distraught by the impact of this horrible disease, **Nancy naturally saw Mama's Kitchen as a perfect fit to be involved with a community that she valued dearly.**

Each Friday morning, Nancy volunteers at the reception desk – answering phone calls, greeting visitors, and providing general office support. Throughout her time here, Nancy has seen Mama's Kitchen serve more clients, expand its mission, and strengthen outreach within the community. She finds that "it is wonderful to be able to serve more clients and help more people. I believe the mission is still the mission, and the goal is still the goal."

As we transition into the New Year, we embrace these new opportunities to

improve the lives of those that are affected by HIV, cancer, or other critical illnesses. Thanks to volunteers like Nancy, we remain steadfast in supporting the nutritional needs of our neighbors working towards better health.

We want to recognize Nancy, not only as a valued volunteer, but as a compassionate and generous donor who makes our day-to-day tasks feasible. Nancy and her late husband, Tony, were generous supporters of our capital campaign. Nancy is currently a Bread and Butter monthly donor, and an incredible donor of time who makes our work possible.

Nancy sees her time at Mama's Kitchen as valuable, and says, "I love my Friday shift. I love the people who work here. Coming here is not only a destination, it is an event."

We can all agree that Nancy admirably embodies the values and mission of our organization with compassion and wit. We are grateful beyond measure to have Nancy in the Mama's Kitchen family and we look forward to every Friday shift where she welcomes us with a warm smile.



## MESSAGE FROM THE EXECUTIVE DIRECTOR

**Gratitude:** The holidays are over and we experienced the glowing wake of extraordinary expressions of generosity as the year came to a close. We are grateful for your year-end contributions in support of the mission of Mama's Kitchen. These contributions provide nutrition education, medically appropriate home-delivered meals, and pantry services.



Alberto Cortés

**Medi-Cal Pilot Project:** 2018 will see the implementation of an exciting pilot project funded by the State of California that will serve people living with congestive heart failure (CHF). Specifically, this nutritional intervention will focus on Medi-Cal patients with a diagnosis of CHF who have been in the Medi-Cal program for at least one year. The intervention will include a minimum of 12 weeks of home-delivered meals that are medically tailored. It will also include intensive nutrition counseling and education by our registered dietician.

This project is being implemented in collaboration with five other nutrition service providers in California. It has been a joy to work with the leadership of Project Open Hand (San Francisco), Ceres Community Project (Sonoma County), Project Angel Food (Los Angeles), The Food Trust (Marin County), and Food for Thought (Sonoma County).

This project's goal is to demonstrate that the provision of medically tailored meals will improve health and wellbeing of participants and, in doing so, reduce the number hospital readmissions, emergency room visits, and the length of hospital stays. Over the course of the pilot project – three years – we anticipate serving an estimated 150 people living with the challenges of congestive heart failure.

**Dr. Mathilde Krim**, a crusader against AIDS from the early days of the epidemic, passed away on January 15, 2018. Not only did she fight AIDS, Dr. Krim also fought for the civil rights

*(continued on back page)*



**mama's**  
*pantry*

Come support Mama's Pantry at Ralphs in Hillcrest and Mission Valley! Every first and third Sunday of the month.



**We are thrilled to announce that we met our 2017 pie sales goal! Thank you to all who donated! The \$137,000 raised will provide over 47,000 MEALS FOR OUR CLIENTS!**

**MESSAGE FROM THE EXECUTIVE DIRECTOR**  
*continued*

of people living with AIDS. According to an article in the New York Times, “she became America’s foremost warrior in the battle against superstitions, fears and prejudices that have stigmatized many people with AIDS, subjecting them to rejection and discrimination.” She was a voice of knowledge and compassion at a very critical time in the AIDS epidemic. Dr. Krim was 91.

*Alberto Cortés*  
Alberto Cortés, Executive Director

**Thank You**

Due to space limitations, we are unable to recognize our generous donors and Legacy Club members in the print version of What’s Cooking, but please see the digital version on our website. Our mission would not be possible without your support, so **Thank You Donors!**

**Mama’s Day**

**SAVE THE DATE**

**May 11, 2018**

San Diego’s top chefs will reconvene for a night of food and fun!

**Upcoming Events**

**Sunday, February 4, 2018:**

- Ralphs Food Drive Hillcrest, 9:00 am to 3:00 pm
- Ralphs Food Drive Mission Valley, 9:30 am to 3:30 pm

**Sunday, February 18, 2018:**

- Ralphs Food Drive Hillcrest, 9:00 am to 3:00 pm
- Ralphs Food Drive Mission Valley, 9:30 am to 3:30 pm

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

Non-Profit Org.  
U.S. Postage  
**PAID**  
San Diego, CA  
Permit No. 2029

JOIN MAMA’S KITCHEN  
/mamaskitchen  
@mamaskitchensd  
@mamaskitchensd

**mamas kitchen**  
3960 Home Avenue, San Diego, CA 92105  
[www.mamaskitchen.org](http://www.mamaskitchen.org)

**Corporate Highlight**



Mama’s Kitchen would like to thank **Stater Bros. Charities** for their generous \$3,000 “Harvesting Hope” grant. Throughout the months of November and December, Stater Bros. Supermarket accepts donations at the check stands to be distributed to Southern California nonprofit organizations. This year, Stater Bros. Charities donated over \$500,000 to qualified food banks and feeding programs through its giving campaign.

Mama’s Kitchen is proud to receive a \$5,000 grant from **The Elizabeth Taylor AIDS Foundation (ETAF)** in partnership with Macy’s. This gift will be used to purchase food for our HIV Nutrition Program. Our program provides 100% of recommended daily nutrition directly to clients’ doors, and food is our program’s largest expense.

ETAF was established by the legendary actress, Elizabeth Taylor, in 1991 to provide grants to organizations offering direct care to people living with HIV and AIDS. The foundation focuses on supporting marginalized communities and has expanded its support to innovative HIV prevention, education, and advocacy programs.



**Letter from a Client**

*“Without Mama’s Kitchen I wouldn’t be alive. I’ve been sick so very much since my husband of 20+ years died; I am not so much that woman any longer. By myself completely-disabled, left knee broke, right wrist broke, degenerative disc disease (5 discs removed), with HIV barely above AIDS. I’ve lost 49 pounds. Without my food I will die. I’m not the one to give up now. Thank God for my food, each time I can eat. Thank you Mama’s Kitchen for all that you do for me every day”*  
— Mama’s Kitchen Client

**REMEMBERING THOSE WHO’VE PASSED**

Our deepest condolences to the families and friends of Robert P., Edward M., Kelly M., Katrina V., and Sterling B.

# mama's kitchen

Our mission would not be possible without the generous support of our donors. We are grateful for gifts of any amount – they all add up. The following list includes donors of gifts of \$100 or more during the months of October – December 2017. **THANK YOU!**

Francine A. Ames  
Vito & Lisa Adamo  
Robert P. Adams  
Shawna Adams  
Arnel Aguinaldo  
Samantha Aguinaldo  
Susana Ahern  
AIDS Healthcare Foundation  
Diane Ainsworth  
Frances Allen  
Peter Allen & Marlon Garcia  
Paul Anderson  
Ernie & Barbara Andrade  
Michael Anger  
Anonymous  
Katherine Anschuetz  
Gilbert & Karen Armour  
Rosemary Armour  
Douglas Ashbrook  
Susan Atkins  
Janet Backer  
John & Elizabeth Bagby  
Lee R Bailey  
Carole Baker  
Sue & Warren Bakley  
Jennifer Baldeaux  
Toni Bang  
Bar Pink  
Don Barach  
Barbara Barefield  
Judith E. Barnes  
John Barnier  
Ken & Elva Barovsky  
Newel Bartlett  
Hugh Bates  
Lee & Tonia Bates  
Donald Bean  
James S. Beaver  
Bradford Beidler  
Anthea Beletsis  
Richard Bellars  
Patricia A. Bello  
Guillermo Belt  
William Belushi  
Richard & Lucia Benson  
Dr. Anjali Sarkar & Madan Bera  
Mary Adrienne Berend  
Bergelectric Charitable  
Foundation  
Jeffrey & Laurie Berman  
Giovanni & Carolyn Bertussi  
Betty Hirsh Hertzmark Trust  
Pam Beverett  
Lynn H. Beyerle  
Rita & Jerome Bierman  
Mary Binderman  
Charles & Charlotte Bird  
Robert & Charla Bird  
Kent A. Blade, M.D.  
C Jean Blaser  
Wickliffe & John Blasi  
The Block Family Trust

Deborah Bodinger  
Nadine Bonney  
Joann E. Boone  
Kisha Borden  
David & Ginger Boss  
Heather Bowden  
William J & Geneva E. Box  
J P Pat Boyce  
Jane B. Boyd  
Mark Bozzone  
Peggy Jean Bradshaw  
Steven Bradshaw  
Dieter W. Brand & Jerome Phalen  
William & Eve Braniff  
August Brehm  
Mary Ellen Bresciani  
Blaine & Laverne Briggs  
Peter & Irene Brookes  
Valerie M. Brown  
Randall L. Brownwood  
Rob Bubshait  
Matthew Buck  
John A. Buell, Jr.  
Andrew & Sally Buffington  
Gene Burkard  
Kathleen V. Burns  
Business Boosters  
CA Inc Matching Gifts Program  
Chris Cacioppo  
Mary Ann Calhoun &  
Scott Francis  
Jeffrey Callahan  
Judy Campbell  
Marlene L. Campbell  
Stephen Campion  
Janell Cannon  
Judith Cannon  
Gigi Cantin &  
Pierrette B. Van Cleve  
Karin Carriveau  
Guido J. Casari, Jr.  
Charlotte Catalfo  
Frank Cavnignac  
Rochelle R. Celaya  
Ron & Robin Chamberlain  
Dr. Henry G. Chambers &  
Jill Chambers  
Antonia Chan  
Beatrice D. Chance  
Linda M. Chaney  
Laurie Chassin  
Cheers  
Justin Chiang  
James Cho  
Janellen Christensen  
Steven Christiansen  
Richard Christoffersen  
Richard Clampitt & Rachel Hurst  
Sara Clancy  
Douglas Clarke  
Teresa Clemens

Lance Clements &  
Richard Hadfield  
Elaine F. Cline  
Phil Cochran  
Karen Smythe Cocumelli  
Richard M. Codiga  
Jane Coffelt  
Harriet Cohen  
Suzanne E. Cohen  
Sharon Coleman  
Ulrike Colombo-Fink  
Sarah Combs  
The Comedy Palace  
Community Service Association,  
San Diego Unified Schools  
Faith Conklin  
Edna Connolly  
Patrick Coughlin  
Kathleen Coulsby  
Sydney & Larry Cousins  
Celeste Cowell  
Jacey Coy  
John Crepeau  
Jeff Crook  
Andrew Cross  
Peter Lloyd Crotty  
Michael & Rebecca Crowley  
Richard E Crumrine  
Dawn Culbertson  
Ronald Curtin  
D.W.C Investments INC.  
Jose Da Rosa  
Daniel & Karen Dalton  
Dankberg Family Foundation  
Tara Dankberg  
Denise David  
Susanne Davies  
Gail Davis  
Linda Davis & Joel Sigeti  
Marsha Davis  
Renee Davis  
Timothy J. Day  
Ann S. De Fontes  
Mr. Mauricio De Oliveira &  
Daniela S. Carvalho  
Todd Dempsey  
Rachel D Dennenberg  
Patricia Devlin  
Timothy & Cheryl Devlin  
Karen A. Dey &  
Kimberly A. Crosson  
Espartaco Diaz Hidalgo  
Barbara & Daniel Dickey  
Joyce A. Dingwall, Ph.D.  
David & Rose Marie Dishman  
Benjamin Dohrman  
Doug R. Dolnak  
James Dolter  
James L. Donahoo &  
Joanne I Marugg  
Pam J. Donaldson  
Martha J. Dorsey  
Bill P. Driscoll  
Lt. Col. M. L. Dudley, USAF (Ret.)  
Dave & Julie Dufour  
Charles & Janet Dugan  
Victor Dumancas & Derek Kelaita  
Patricia L. Dunkel  
Kathleen Leslie Dunn  
Christie Dunning  
Mary Dyer  
Eclipse Chocolate Bar & Bistro  
Vivi Eidsvig  
Margaret C. Eldridge

Lawrence Elugbadebo  
Jan Emerson  
Jeanie Emigh & Kenneth Hunter  
Harry E. Engel  
Karl T. Enold-Nerman  
Paul & Marilyn Erickson  
Kellie Evans-O'Connor  
Joel E. Ewan &  
Carol Spielman-Ewan  
Edward Farajzadeh, D.D.S.  
Susan Farrell & Ned Krumrey  
Doris H. Faulkner  
Patty Feng  
Jerry Ferguson  
Kristine Fernandez  
Susan Fernandez  
Leeanne Fessler  
Roger & Elizabeth Fetterly  
Elizabeth S. Figueroa  
Amy Figuracion  
First Unitarian Universalist Church  
First United Methodist Church  
of La Mesa  
Kathleen Flannery  
Jane G. Fleming  
Anne Fletcher  
Lucy Fonseca  
Karen M. Fort  
Lynda Fox  
Sydney Fox  
The Frances and Jerry Anderson  
Family Charitable Trust  
Steven M. Frank  
John Frenken & Eric Melendez  
Andrew J. Friedl  
Catherine R. Friedman  
Michael Fukuda  
Matthew Gage  
Jim Galante  
Andrew Gale  
Larry Ganzell  
Diega Garcia  
Bridget Garland  
Sheri Gates  
Ms. Debra Geishart  
Robert Geisler & Robert Berey  
Judi Rae Gerber  
Wayne & Patti Germain  
Shirlee Gibbs  
Stuart Giebelman  
J. M. & Barbara B. Gieskes  
Gilbert J. Martin Foundation  
Virginia Gloor  
Brian Glover  
Jay & Karri Goldschmidt  
Linda E. Gonzalez  
Nancy Gordon  
Brent C. Gorowski  
Elizabeth L. Gotelli  
Daniel Goutos &  
Dr. Stephanie Seidman  
Eric Grade  
Alyssa Grant  
Julia Gray  
Susan M. Grayson  
Jess M. & Dana S. Green  
Barry & Jennifer K. Greenberg  
Craig & Cathrine Greene  
Justine Greene  
David Greenfield  
Kathleen Griffin &  
Dennis A. Gjertson  
Dee Ground  
Douglas Grover

Michael Growe  
 James Grutkowski  
 Susan Guenzel & Paul Phillips  
 Keith Guilbault  
 Lisa Guterman  
 Glenn Gutridge & Linda Trout  
 H. G. Fenton Company  
 Stephen Haase  
 J. Richard & Candace Haden  
 Marcus & Lori Hale  
 Cynthia Hall  
 John Hall  
 Mary Hamby  
 Leslie Hand  
 Mrs. Cynthia Haney  
 Robert Hanna  
 Scott Hannan  
 Jay & Mary Hanson  
 Stanley C. Harazim &  
 Edward S. Hand  
 Catherine Hardalo  
 James Harden  
 Marc Hare  
 Michael D. Harlow  
 Richard & Donna C Harris  
 Stephen Harris, Ph.D.  
 Terry Harrison  
 Bobbi Harwood  
 Robert G. Haskell  
 Paul & Rita Hawkins  
 Januth Hayashi & Pete Strickland  
 Ms. Kathleen M. Hayes  
 Nicole Hazelwood  
 Mary E. Hazzard  
 Ms. Linda P. Heald  
 Kenneth B. & Mary M. Healey  
 George Hecht  
 Richard Heckman  
 Jack Hefflin  
 Ailina Heim  
 Ms. Peggy M. Heim  
 Janet Held  
 Carol Hemming  
 Terrence V. Hermes  
 Enrique Hernandez  
 Fawna Herrington  
 Suzanne Hess  
 Hewlett-Packard Company  
 Foundation  
 Lynda A. Higgs  
 Charles Hill  
 John P. Himebaugh  
 Dr. Ron Himes  
 Gloria H. Hinkley  
 William R. Hintzman, Ph.D.  
 Helen Hodges  
 Edward E. & Stephanie D. Hoffman  
 Frederic & Helga Holloway  
 William R Holst  
 Bryan Holt  
 Gary J Holt, Attorney at Law  
 Judith Holt  
 Thomas Hooker  
 Jeremy & Cheri Hoolihan  
 Maryka Hofman Hoover  
 Donna M. Horne  
 K Horst  
 Ron Horvitz  
 William E. Howden  
 Tyler Hower  
 HP  
 Steve Hubbard  
 Edward E Huckle  
 Curtis L. Huffpower  
 David L & Barbara L Hughes

Gary A. Humbracht  
 Kathleen E. Ide &  
 Charles S. Coughran  
 Intuit Foundation - Donation  
 Matching Program  
 Ann Irwin, M.D  
 Cindy Jacob  
 Ron Jacobsen  
 Mary Jane Jagodzinski  
 Mark Jahm  
 Stacey E. James  
 Nancy and Tony Janus  
 John Jaworski  
 R. Diane Jaynes  
 G.L. Jefferson, Jr.  
 Jeffrey Jenkins  
 Mark Steven Jenne  
 Mary Jeong & Chris Lena  
 Jerry Nott Trust  
 Roy Johnson  
 Steven G. Johnson  
 Donna M. Jones  
 Timothy J. Jones  
 George Jonson  
 Nancy Olmsted Kaehr &  
 Michael Kaehr  
 Randall Kahn &  
 Henry Hofilena  
 Elaine Kalin  
 Martin Katz  
 Roger Kazemier  
 Christine T. Kehoe  
 Barbara Kelley  
 Brett Kelly  
 Kirklin L. Kennedy  
 Anne Ketterman  
 Jere Kimbrell  
 Clay M King  
 David King & Jane Booth  
 Kendall & Sue Kjoller  
 John Klai & Jon Sparer  
 William J. Kleine &  
 Kimberly McCarthy  
 Lynette D. Knight  
 Brian Ko  
 Mariette Kobrak  
 Candy Koehly-Spadacino  
 Orville Kolterman  
 Terry E. Kovarik  
 Mary L. Kowit  
 Ileen Kramer  
 Loretta Kramer  
 Andreas Kreusch  
 Richard Kruse  
 Pamela Kurz  
 Thomas Kwan  
 Brian Labonte (Give With Liberty)  
 Betsey LaBreche  
 William & Anita Laing  
 Howard Lange  
 Michael M. Lange  
 Lola Langner  
 Daniel Larson  
 Darlene Larson  
 LaVerne & Blaine Briggs Donor  
 Advised Fund  
 Scott Lawry & John Douglas Rogers  
 Rabbi Martin & Anita Lawson  
 Joshua N. Lazerson  
 Kathleen Le Mieux  
 Paulette Leahy  
 Laura Ledebore  
 Roland R. Lee  
 G. Douglas & Keryn J. Leger  
 Jim R. Lennox

Michelle Lerach  
 Dennis J. Levesque  
 Milton Levy  
 Dylan B. Lewis  
 Helen Lewis  
 Stephen H. & Mary E Lewis  
 Maureen Liantonio  
 Ming Lien  
 David & Mary Lind  
 Carol Lindemulder  
 Jeffrey & Sheila Lipinsky  
 Linda Litteral  
 Gregory A. Lommen &  
 Scott U. Walls  
 Carlos R Longoria  
 Ernesto Rivas Lopez  
 Timothy Lopez  
 Mark LoPresti  
 Henry Lozada-Ortiz  
 LPL Financial Matching Gift  
 Program  
 Norma Lugo  
 William & S. Nese Lundstrom  
 Gayle Lusher  
 Debra & John Lutz  
 Eleanor Lynch & Patrick Harrison  
 Janet Macauley  
 P Lynn Lynn Macey  
 Jeffery Magee  
 C. I. Malloch, M.D.  
 Marianne Maloney  
 Daniel Manes  
 Megan & Brendan Manley  
 Fred Marasso  
 Beverly M. Marcum  
 Gary A. Marcus  
 Dr. Richard W. Marcus  
 Robert L. Markee  
 Lou Marquette &  
 Kathleen Marquette  
 Catherine Martensen  
 David R. Martin, D.V.M. &  
 Robin Martin  
 James & Charlotte Mashburn  
 Harry & Mary Mathis  
 Catherine & Hisashi Norman  
 Matsumoto  
 Paul Matteau  
 Richard Mattson & Craig Silgjord  
 Elizabeth Mayercin  
 Jan Mc Intire  
 Peggy J. McCamey  
 Kevin McCarty  
 Carolyn & Raymond McFarlane  
 Rose T. McGee  
 Barbara McGill  
 Thomas & Randi McKenzie  
 Kelly McLaurin  
 Lori McMacken  
 Jonathan McMullen  
 Joseph McQuaide  
 Susan & Edward Meathe  
 Carolyn M. Medina  
 Barbara L. Meinke  
 Sandy Bea Mekuchonis  
 Constance H. Melhorn  
 Merck Partnership for Giving  
 Terry Merrell  
 Marilyn Metzler  
 Jerry & Cathi Middleman  
 Andrea Migdal  
 Theodore Milby  
 Carol Ann Miller  
 Catherine Miller  
 Ms. Patricia Miller

Maureen & Steven Miner  
 Ruth Ann Mitchell  
 Margaret C. Monahan &  
 Mary S. George  
 Ms. Beth S. Kuehn Monge  
 Sal Montagna  
 Oscar Montanez  
 Alfredo Moran  
 Steven K. Moreen  
 Chayo Moreno  
 Dr. Phillip Morin  
 Wendy Morray  
 Gregg & Morris  
 Carole Morrison  
 Liz Morrison  
 Jim & Sue Moses  
 Judy & Hal Moursund  
 Jenny Bateman Mudge  
 Arthur C. Mulvey  
 Robert Murphy  
 Stacey L. Nakahara  
 Diana Navarre  
 Norman H. Needel, M.D.  
 John Neill  
 Karl T. Nerman  
 Robert O. Newbury  
 Melinda Newman  
 Next Door  
 Christy Nicholson  
 Amy Nisen  
 Ellen Nolan  
 Corinna Nollet & Ronald Nollet  
 Michel Noordewier &  
 Sylvia Sedman  
 William Norcross  
 Mary C. Norwood  
 Carl Obeck  
 Mary L. O'Brien  
 Rich Ogden  
 Oklahoma City Community  
 Foundation  
 Danielle Olivotto  
 Captain Robert J. Olson, USN  
 (Ret.)  
 Brian Oltman  
 Wendy Olyvar  
 Eddie Or  
 George Ortiz Guzman  
 Dominique Osburn  
 Barbara Oswald  
 Tamzin Pabst  
 Roberto Paez  
 Bridget Palomino  
 Donald & Patricia Paradise  
 Beatrice E Pardo  
 Susan C. Parker  
 Betty Paukovits  
 Michael J. Paul  
 Steven J. Paull  
 Tim and Carolyn Peachey  
 Marjorie Peck  
 David Pedersen  
 Brian Peltz  
 David Penharlow  
 Rebecca L Penninga  
 Pepsi Bottling Group -  
 San Diego County  
 Marion D. Perlman  
 Richard & Patricia Perlman  
 Kenneth Pery  
 John & Mary Peters  
 Leslie R. Phillips  
 Angela Pietrolungo Robert  
 Joann Pietryk  
 Michael J. Pinto

Olga & Pasquale Piro  
Timothy J. & Josi Pittrizzi  
Bryan Poffenberger  
Roland Poirier  
Gerald D Polis  
Dean & Sharon Popp  
Karen E. Potts  
Cheryl Prince  
Jerry Pugh  
P. Renee Pugh  
Qualcomm Incorporated  
Dr. & Mrs. Donald G. Ramras  
Clarke Ramsey  
Geneva & Tim Rank  
Leonard Rarick  
Mika Read  
Lynn David Reef  
Donn D. Reese  
Charles & Mary Reiches  
Terri Reid  
Adam Reiffe  
Jonathan Reilly  
Jeffrey & Paula Rimmel  
Captain Jane F Renninger, USN  
(Ret.)  
Roberta R. Repta  
Lavern & Juanita Rettinghaus  
Dave Ricks  
Michael & Linnea Riley  
Jamie L. Ritchie  
Mr. Jeffrey L. Robers  
Donna Marie Robinson &  
Cynthia Kellogg  
Celia Rock  
Lindy Rodwell  
James Roe  
David Roellich  
David P Rogers  
Steven & Sally Rogers  
Daniel Roman  
Laiza Romero  
Connie Rooten  
Sanna Rosengren  
Allen M. Roske  
Allison Rossett  
Dr. Linda Rothschild  
Timothy Rourke & Robert Burdge  
Jane Roush  
Phillip W. & Susan Rushing  
Cathleen Ryan  
Nicola D. Salmon  
San Diego Beach Volleyball League  
Leonor Sanchez  
Robert & Linda Sanet  
Brian & Patricia Saunders  
Timothy & Patty M. Scarborough  
Bernard & Sherrill C. Schencker  
Anthony P Schmid  
Frank W Schossow Jr.  
Jules Schreiber  
Schuckit Family Fund at  
Fidelity Charitable  
Gerson D. Schumow, USN (Ret.)  
Dr. Stuart E. Schwartz  
Angela Scioscia  
Lynn Scozzari  
Marcy & Gleason See  
Melvin & Ramona Segal  
Linda J. Seifert  
Laura & Ray Seiler  
Mr. Neal Sekiya  
Jason Sellers  
Sempra Energy Foundation  
Guy Shaw  
Richard A. & Jo-Ann O. Shaw

Theodore R. L. Shaw  
Chris M. Sheehan  
Michael Sheehan & Hank Ramirez  
Phyllis Sherlock  
Michael Shores  
Suzanne Siedler  
Stan & Renee Siegel  
Leonard Simon  
Mary T. Singh  
Virginia & Joseph Singh  
Michael Siu  
Thomas A. Sklenar  
John Slavens  
John Smajdek  
Chris Smith  
Chris M. Smith  
Cody & Charlene Smith  
Dana Smith  
Dana M. Smith  
Edward Smith  
Linda R. Smith  
Mr. Charles Bart Smoot  
Allen Snyder & Lynne Lasry  
Kenneth Snyder & Richard W. Ross  
Kent & Cindy Snyder  
Steven M. Solomon  
Southland Envelope Company  
Lawrence & Diane Speidelli  
Anne St Louis  
St. Luke Roman Catholic Church  
St. Peters by the Sea Lutheran  
Church  
John Stancil  
Barbara Stark  
Allen W Steele  
Raymond Stefanatz  
G.W. Steincross &  
Mary Ellen Doyle  
Fern M. Steiner  
Charles Stephens  
Tony J. Sterzinger &  
Paul H. Portillo  
Patricia A. Stickels  
Frank J Stiriti  
Karen Stone  
Biruta Aigars Strausser  
Stu Strebig  
Rod Strober and John Allick  
Harry & Pamela Strother  
Michael Succetti  
Todd Sulger  
Capt. Robert A. & Shelly Sulit  
Jermiah F. Sullivan  
Robert & Ellen Svatos  
Kara Swafford  
David J. Swanson  
Kent Swedell  
Carl Swenson  
The Swinerton Foundation  
Sycuan Casino  
Paula A Tallal  
Christine & Roy Taramasco  
Debra L. & Andrew Teclaw  
William D Tench, M.D.  
Jill Thacker & Gregg Rosner  
Kimberly Thomas  
Ms. Dorothy A. Thompson  
Jan Tierney  
Steven Tjaden  
Mica Togami  
Silva P Toledo  
Michael Toomey  
Rochelle Treger  
Melvin L. Tsang  
Eric Tunquist

Union Bank  
United Way - California Capital  
Region  
Jonathan Upham  
Walter Urbach  
Kelsey Uruburu  
Annel Vargas  
Molly & Joseph Vasquez  
Mr. Bruce J. Vermazen  
James & Lisa Vickers  
William & Susie Vidrih  
Don Vietti  
Dr. Dawn Viveash and  
Dr. Gerald Kolaja  
William Vogt  
Sim Von Kalinowski  
Brian Votaw  
Sharon & David Walborn  
Mr. & Mrs. T. Peter Walker, II  
Michael Wallace  
Scott U. Walls &  
Gregory A. Lommen  
Ms. Kristen Walthall  
Dingneng Wang  
Glenn E. & Mercedes Warner  
Karen & Mark Montijo  
Watkins Manufacturing  
Susan Weekes  
Mr. Joseph Weening  
Gary Weitzman  
Ailien Welch  
Roger S. Werbeck &  
Brian D. Weathersbee  
Mark Weston  
Annemarie Whalen  
Jacqueline Whaley  
Richard & Joyce Wharton  
Tracy Wilkes  
Robert & Judith Wilkinson  
David Williams  
Ellen H. Williamson  
Christine Willis  
Anne Wilson  
Lionel & Judy Wilson  
Janet L. & Anne Winder-Steed  
Kelly & Marc Wing  
Bryan Winke  
Mr. Christian F Winkle, IV  
Rhonda Wise  
Michael Wittmer  
Steve Wojdowski  
Edward G. Wong  
Lee Wong  
Matthew Wong  
Michael & Anya Wong  
Patrick D. Woo  
Dennis & Karen Wood  
Jared S. Wright  
Jennifer M. Wright  
Stephen A. Wroblewski  
Therese A. Wunderlich  
Richard P. & Rita P. Wyckoff  
Alice Jane Wylie  
YourCause, LLC - Trustee for  
Synchrony Financial  
John & Kathleen Zack  
Ruby Zavalza  
Ms. Susan Turner Zayas  
Britt Zeller  
Harold E. Zimnick  
Thomas Zitrides  
Elizabeth L. Zonker  
Dr. Adam Zweig &  
Demetrius de la Cruz

## LEGACY CLUB

Mama's Kitchen wishes to recognize the members of our Legacy Club. These individuals have provided for Mama's Kitchen in their estate plans, and we are most grateful for their dedication to our mission. If you would like to learn more about including Mama's Kitchen in your will or trust, please contact Ben Coyle, Director of Development, at (619) 233-6262 x112.

Blair Alexander  
Lisa I. Amparan  
John Anguiano  
Thomas Bell & Andrew Schmitz  
Chuck and Katie Boyer  
Timothy Brouillette  
Jack Bungay  
Gene Burkard  
Roy Carlson & Judy Lidstrom  
Heather Chisholm-Chait  
Leslie J. Cohen \*\*  
Alberto R. Cortés  
Cliff Cox & Gary Fox  
Ortis Furches \*\*  
Thomas J. D'Amico  
John Davis  
Jim Dexter  
Gary Fox & Cliff Cox  
David Henbest  
Ms. Marcy J. Goldstone  
Ms. Renee Gonsalves  
Mr. Howard Guidry  
Edward S. Hand &  
Stanley C. Harazim  
George Hecht  
David Henbest  
Charles Higgins & Ray Lubecki  
William M. Hughes \*\*  
Gary A. Humbracht  
Nancy and Tony Janus  
Judy A. Lidstrom & Roy L. Carlson  
Matt LoPinto  
Ray Lubecki & Charles Higgins  
Ms. Faith A. Maybury  
Bruce Mclean  
Laurie D. Munday  
Mr. Adrian B. Plante  
John Prosen & Tim Chisser  
Dave Ricks  
Mr. Jeffrey L. Robers  
Shirley & Leonard Rosen  
Andrew S. Rosenberg  
Mr. Steven E. Singleton  
Barbara Stark  
Randall J. Sulzer, D.D.S.  
Scott Walls and Greg Lommen  
Roger S. Werbeck &  
Brian D. Weathersbee  
Valarie Westberg  
Mitchell James Williamson  
Rocky M. Wood & Blair K. Morgan  
James Ziegler

\*\* Indicates a gift has been realized.