

ANNUAL REPORT

FISCAL YEAR JULY 1, 2022 THROUGH JUNE 30, 2023





ABOUT US

Serving San Diego Since 1990

Mama's Kitchen is a community-based nonprofit organization that provides medically tailored meals and nutrition education for individuals affected by HIV, cancer, type 2 diabetes, heart disease, and kidney disease.

Every year with the help of hundreds of volunteers, our organization delivers more than 800,000 meals throughout San Diego County - more than any other nonprofit organization.

OUR MISSION

Mama's Kitchen believes that everyone is entitled to the basic necessity of life - nutritious food. Our services improve the health and well-being of individuals and families vulnerable to malnutrition due to critical illness.

OUR VISION

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

OUR SERVICES

♥ **Medically Tailored Meal Service**

Provides **three medically tailored meals a day, seven days a week**. Each meal is designed by a registered dietitian to specially for the clients' diagnosis and medical needs.

♥ **Medical Nutrition Therapy**

Provides our clients with one-on-one nutrition education with a registered dietitian. **Each session teaches clients crucial skills** including how to manage their diagnosis through nutrition, how to read nutrition labels, and how to shop for healthy food on a budget.

♥ **Emergency Food Bag Assistance**

Provides **up to 12 weekly grocery bags in a 12-month period**, each containing perishable and nonperishable food items, for low-income HIV+ and emergent crisis clients.

A MESSAGE FROM ORGANIZATIONAL LEADERSHIP

Fiscal year 2022-2023 saw more than 816,000 medically tailored meals delivered to 2,536 individuals and their children, making Mama's Kitchen the largest provider of home delivered meals in San Diego County. It was through our ability to withstand the challenges of the past three years and turn them into opportunities to streamline and enhance, that we are now positioned to welcome continued growth as demand for our nutrition services is predicted to rise.

A growing team to meet growing need

With our Medically Tailored Meal Service growing 23% this year alone, our internal structure needed to expand to accommodate continued growth. We welcomed new members including a Bilingual Community Outreach Coordinator, a Director of Nutrition Services, a Bilingual Client Services Coordinator, a Marketing & Events Coordinator, a Cook & Dishwasher, and two new staff Delivery Drivers. We also elevated the positions of four directors to establish a robust C-level leadership structure. This strategic move expanded our leadership's capacity and prepared Mama's Kitchen for future growth.

Improving space, equipment, and efficiencies

Over the past three years, our team has expanded to keep up with continued growth and build capacity for the future. This has resulted in a growing concern that we would soon run out of office space. We were incredibly lucky to receive generous support and guidance from Tony Marasco of Mars Construction, who generously donated his time and service to renovate our administrative floor. We share more about this impactful in-kind contribution within these pages.

By mid-year, we were preparing, packaging, and delivering more than 16,000 meals each week, a truly exceptional volume that presented new challenges for our kitchen. This milestone volume meant we outgrew our 40-gallon commercial kettle which is used to prepare large batches of sauces, stews, sous-vide eggs, and rice. This resulted in each recipe having to be prepared in two or three batches to meet the volume needed. With the support of a grant from Las Patronas, we were able to purchase a new 80-gallon kettle and double our output. This piece of equipment was our new favorite time saver in 2023!

New efficiencies expanded beyond the kitchen. In June, we began utilizing our new refrigerated vehicle for a "mega route," delivering to as many as six routes at a time. This forward-thinking approach has allowed us to increase the number of clients served, cover a broader service area, and reduce both costs and cars on the road.

Continued growth for Medi-Cal contracts

CalAIM, a California state initiative which recognizes medically tailored meals (MTMs) as a reimbursable service, continues to open new avenues for nutrition providers like Mama's Kitchen. Now in our second year as a service provider through Medi-Cal, we have expanded our ability to enroll and serve Medi-Cal patients through contracts with Blue Shield Promise, Healthnet, and Aetna. The recognition of MTMs in California and nationally through the newly introduced Medically Tailored Home-Delivered Demonstration Pilot Act is encouraging. While there's a long road ahead, we take pride in being at the forefront of these advancements and look forward to further developments.

As we reflect upon this past year - the 21st year under the steadfast leadership of our outgoing CEO, Alberto Cortés - we are grateful for all that has been accomplished under his visionary guidance. His dedication to our critically ill community members helped Mama's Kitchen grow to be the essential community partner we are today. We look forward to the opportunity for you to meet and work alongside our incoming CEO, Eva Matthews, MPH, and the bright future she will help pave for Mama's Kitchen and the San Diegans we serve.

We are truly grateful for your support. Thank you for making a difference.



Alberto Cortés

Alberto Cortés

Chief Executive Officer



Thomas Kwan

Thomas Kwan

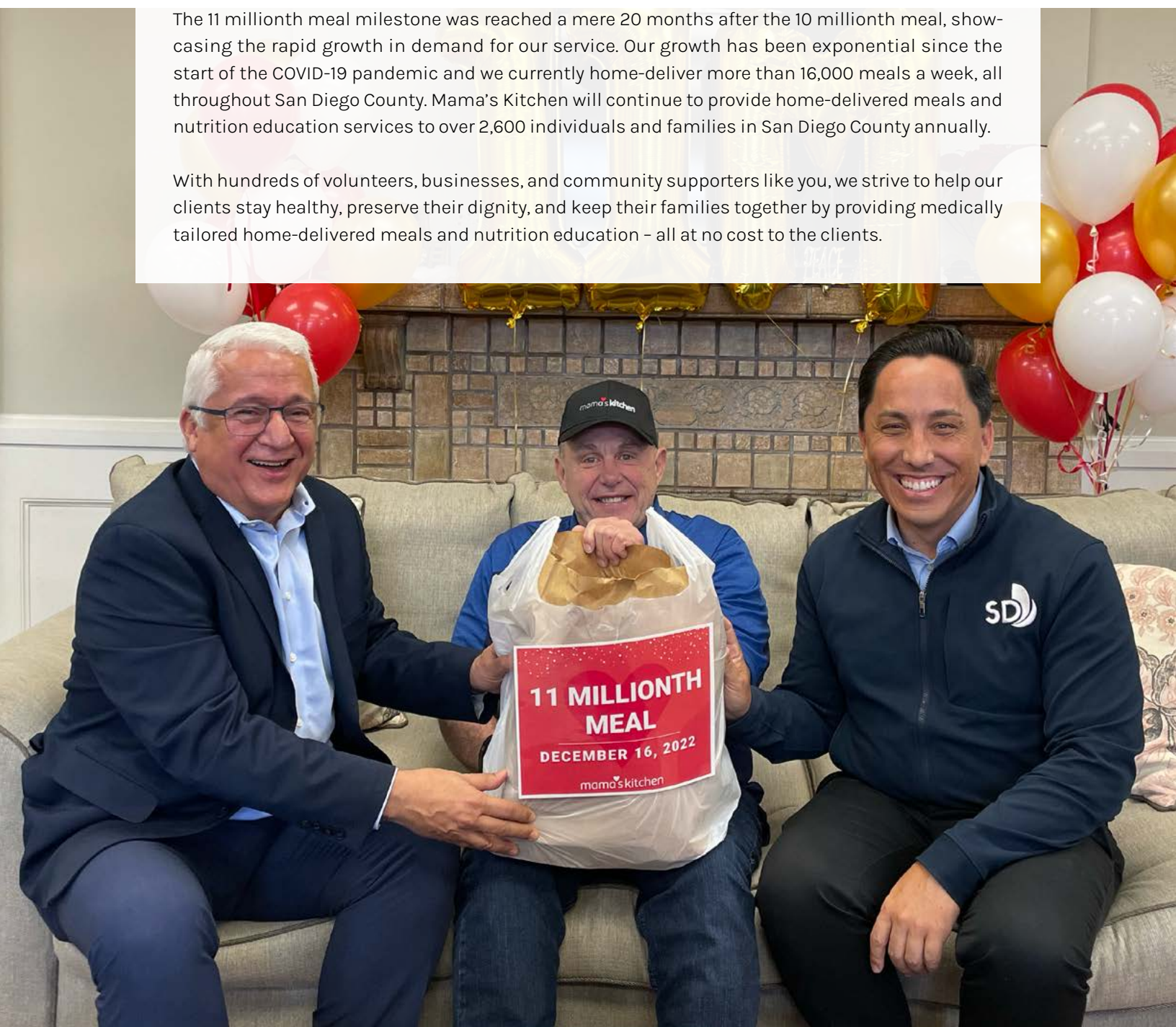
Board President

11 MILLIONTH MEAL IS CELEBRATED

On December 16, CEO Alberto Cortés was joined by San Diego City Mayor Todd Gloria to deliver Mama's Kitchen's milestone 11 millionth meal. This special delivery was made to Thomas W., a Mama's Kitchen client who shared that he is so appreciative to have the support of Mama's Kitchen for more than 15 years, during his health journey.

The 11 millionth meal milestone was reached a mere 20 months after the 10 millionth meal, showcasing the rapid growth in demand for our service. Our growth has been exponential since the start of the COVID-19 pandemic and we currently home-deliver more than 16,000 meals a week, all throughout San Diego County. Mama's Kitchen will continue to provide home-delivered meals and nutrition education services to over 2,600 individuals and families in San Diego County annually.

With hundreds of volunteers, businesses, and community supporters like you, we strive to help our clients stay healthy, preserve their dignity, and keep their families together by providing medically tailored home-delivered meals and nutrition education – all at no cost to the clients.





IMPROVING SPACE, EQUIPMENT, AND EFFICIENCIES

As our dedicated team grew, something became overtly clear – we were going to quickly run out of office space on the administrative floor of our building. We were privileged and grateful to work with Tony Marasco of Mars Construction who generously donated his services to help us design and execute a renovation that would meet the current and future needs of the organization. The revamped space includes a remodeled conference room, reconfigured gender-neutral

restrooms, a parental lounge, a new cart and cooling rack storage closet, and separately dedicated nutrition services and client services office areas. The renovation provides a more optimized working environment that will accommodate future growth. We celebrated the project's completion with a ribbon cutting ceremony along with donors, friends, and community partners.

DELIVERING MEALS SAFELY AND EFFICIENTLY

Our ability to deliver medically tailored meals in a safe, efficient manner is pivotal for our continued growth.

The growth of our organization relies heavily on the support of our volunteers who are an essential part of our service. Each year, more than 100 volunteers serve as delivery drivers who utilize their own vehicles to deliver the meals our clients need to survive. Due to the increase in demand for our services, we had to increase the number of delivery routes. Unfortunately, this caused our volunteers to face longer and more challenging routes. In addition to this challenge, our organization faces the impending task of serving more and more critically ill clients in further, more rural areas within the San Diego County community.

We know from our own experience that volunteers appreciate and enjoy routes where they can visit more clients within a close proximity. But as the number of rural clients increases, it becomes more challenging and time consuming to find volunteer delivery drivers who want to take on routes in more distant rural areas. Thanks to a grant from United Healthcare Foundation, we were able to overcome this challenge with the purchase of Mama's Kitchen's first refrigerated van and the creation of a mega route. The mega route, driven by staff delivery driver, allows our team to reach as many as 50 clients with one single trip - a 50% increase in the number of deliveries made by the staff driver and a decrease of 4,000 miles driven. This vehicle has also aided in improving safety and efficiency, decreasing mileage expenses, and enabling our organization to reach more clients in areas such as Lakeside, Vista, Escondido, Chula Vista, and San Ysidro.

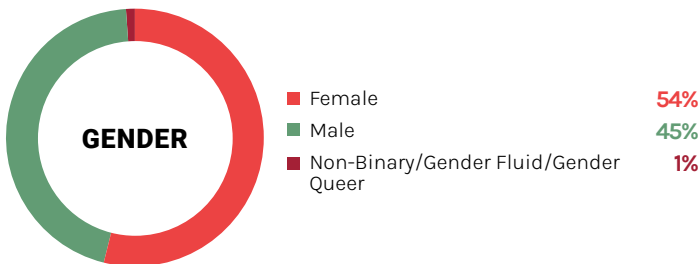
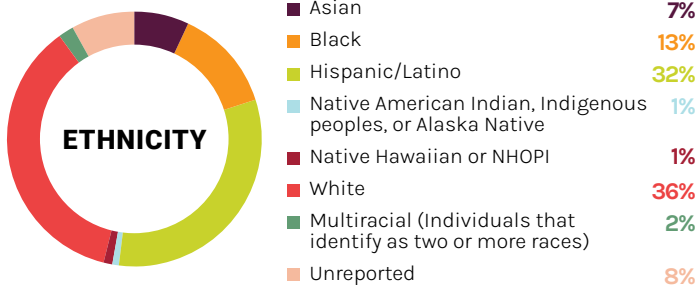
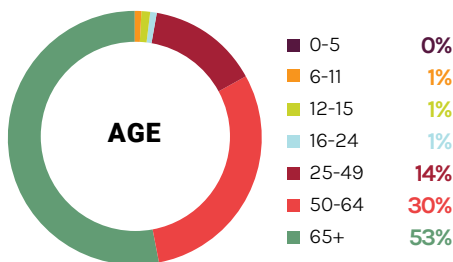




OUR CLIENTS

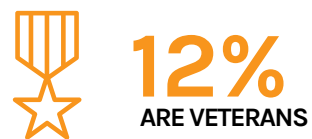
Mama's Kitchen's work addressing nutrition insecurity and social inequities has been recognized regionally and nationally for its ability to improve the health and well-being of critically ill individuals. Learn more about the population we serve.

CLIENT DEMOGRAPHICS



INCOME BREAKDOWN

AVERAGE MONTHLY INCOME: \$1,658.45



SURVEY RESULTS

Improving health outcomes is a core goal of our work. Below are the result from our annual client survey.

Percent of clients who...



OUR IMPACT

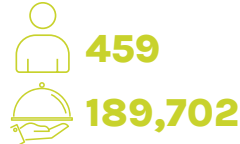
NUMBER OF MEALS AND CLIENTS SERVED IN FISCAL YEAR 2022-2023

Our Medically Tailored Meal Service home-delivers complete nutrition through the following programs.

Cancer Nutrition Program



HIV Nutrition Program



Diabetes Nutrition Program



Congestive Heart Failure Nutrition Program



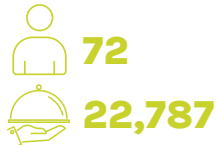
Chronic Kidney Disease Nutrition Program



Other Critical Illnesses



Children's Nutrition Program*



*Children's meals are also included in the totals for each program, based on their parents' diagnosis.

EMERGENCY FOOD ASSISTANCE PROGRAM & PANTRY SERVICE

Provides up to 12 weekly grocery bags, in a 12-month period, each containing perishable and nonperishable food items to low-income, HIV+ and emergent crisis clients. This program is funded by the County of San Diego.



NUTRITION EDUCATION

Provides our clients with one-on-one nutrition education with a registered dietitian to learn how to use nutrition to achieve the best possible health outcomes.



TOTAL IMPACT NUMBERS-AT-A-GLANCE

2,536

Total number of unique clients served across all programs

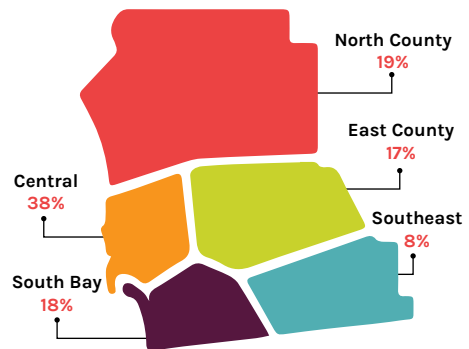
816,920

Total number of meals served through Medically Tailored Meal Service

\$1,288,177

Total value of volunteer contributions

HOME-DELIVERED MEALS BY AREA



VOLUNTEER SUPPORT



(Value based on the IRS Mileage Reimbursement Rate = \$0.625 Source IRS business rate)



(Value based on California Volunteer Time Valuation = \$37.32 per hour, Source the Independent Sector)

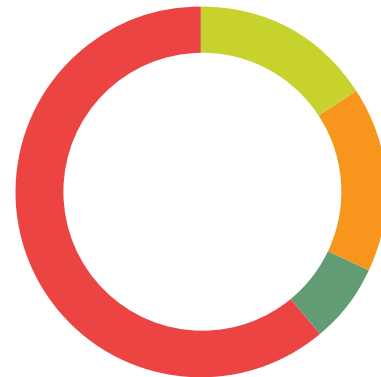
FINANCIAL STATEMENT

STATEMENT OF ACTIVITIES

For the period of July 1, 2022 - June 30, 2023 (with comparative totals for the period of July 1, 2021 - June 30, 2022)

Revenue, Gains, and Other Support	2023	2022
OPERATING:		
County of San Diego - Ryan White	\$547,219	\$553,144
County of San Diego - HOPWA	\$190,694	\$186,584
Cities (San Diego and others) - CDBG	\$33,950	\$156,695
Other Government grants	\$192,104	-
Non-Government contracts	\$400,198	\$1,762,258
Contributions	\$3,621,596	\$6,416,692
Capital projects - net of discount	-	-
Donations in-kind	\$363,091	\$10,350
Donated services and facilities	\$575,216	\$552,384
Special Events, net of direct expenses	(\$21,507)	(\$41,352)
TOTAL OPERATING REVENUE	\$5,902,761	\$9,596,755
OTHER	-	(\$820,284)
Total Revenue, Gains and Other Support	\$5,902,761	\$8,776,471
Expenses & Losses		
Program services	\$4,997,874	\$4,289,878
Management and general	\$340,879	\$335,029
Fundraising	\$662,337	\$652,367
Total Expenses & Losses	\$6,001,090	\$5,277,274
Change in Net Assets	(\$98,329)	\$3,499,197

OPERATING REVENUE AND OTHER SUPPORT



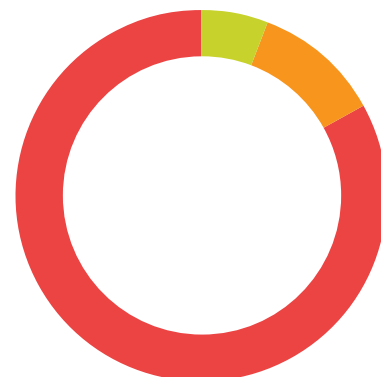
Contributions	61%
Non-Government Contracts	7%
Government	16%
Donated Services, Facilities & Net Special Events	16%

STATEMENT OF ACTIVITIES

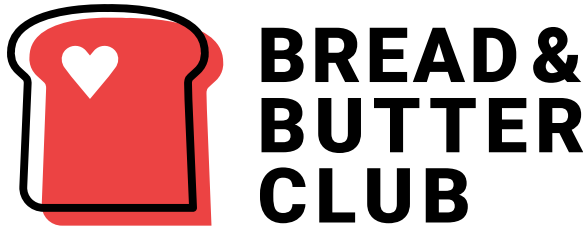
As of June 30, 2023 (with comparative totals for June 30, 2022)

Assets	2023	2022
Cash and cash equivalents	\$666,924	\$1,052,489
Investments	\$8,153,126	\$7,826,832
Accounts Receivable	\$705,228	\$1,030,845
Inventories	\$165,105	\$93,312
Prepaid expenses and other	\$46,384	\$46,737
Pledges receivable - net - current portion	-	\$1,691
Total Current Assets	\$9,736,767	\$10,051,806
Long-term investments	\$43,632	\$43,103
Grants Receivable	\$370,000	-
Deposits	\$118,490	\$154,737
Property and equipment - net	\$2,069,608	\$1,553,174
Other Assets - net	\$149,518	\$159,718
Total Assets	\$12,488,015	\$11,962,538
Liabilities		
Accounts payable and accrued expenses	\$281,795	\$225,032
Total Current Liabilities	\$281,795	\$225,032
Long-term debt	-	-
Total Liabilities	\$281,795	\$225,032
Net Assets		
Without donor restrictions	\$11,010,945	\$11,166,741
With donor restrictions	\$1,195,375	\$570,765
Total Net Assets	\$12,206,320	\$11,737,506
Total Liabilities and Net Assets	\$12,488,115	\$11,962,538

OPERATING EXPENSES AND LOSSES



Program Services	83%
Management and General	11%
Fundraising	6%



The Mama's Kitchen Bread & Butter Club is a special, dedicated community of individuals that provide reliable support each month to our organization and programs. This important group of people allow us to concentrate on what is essential - keeping our ovens lit and our clients' bags full of nutritious food.

Thank you to our Bread & Butter Club members for their support!

Diana Lord Adam	Christine Christmas	Ralph Estrada
Omonigho A. Aisagbonhi	Bill Clark	Roland S. Feghali
Dianne Aker	Teri Clavell	Ronald G. Fichter & Lee Oum
Peter Allen & Marlon Garcia	Anne M. Clifford	Rosemary Floquet
Burt & Patricia Anderson	Carla Cocco	Judy Galindo
Anonymous	Madeline & Lewis Cohen	Larry Ganzell
A. Alex Arce	Mike Cooper	Lawrence J. Gardepie
Paul Asbury	Yasemin Corrales	Stephanie Gasca
Kevin S. & Zachary Atto	Alberto R. Cortés	Joanna Gesikowski
John Bane	Linda Cory Allen & John E. McCarthy	Rhonda Gibson
Dr. Wayne Bardwell, Ph.D. & Steven Gennaro	Kristina Cox	Henry Gnoza
Anna May Barrera	Ben Coyle	Joe Greenwald
Kirsten Barstad Mulvey	Margaret Crary	Manjit Grewal & Kuljinder S. Grewal, M.D.
Maurice J. Bedard, Jr.	Anne M. & Rodney J Cressey	Jane & Bill Guetz
Thomas & Mary Ann Bennett	Janet & Greg Crow	Cindy Hall
Kristina Berry	Dean Crowder	Laura Handler
Laurie Black	Nancy Cunningham	Georgann N. Hanna
Jim Blevins & Francisco Yescas	Ellen Curtin	Nancy Hart
Jane Bossart	Thomas J. D'Amico	Anna Hazlewood
Douglas Braun-Harvey & Albert Killen-Harvey	Elaine Davidson	Philip Henderson
Michael Braunstein	Linda Davis	Carlos Hernandez
Joan Brice	Terry Davis	Brett Evan Hershman
Leo Brogan	Larry & Danice Dean	Llisa Hiebert & Michelle Burkart
Lorraine Broglie	Deborah Deese	Dianne Hodges
Valerie M. Brown	Sheila DeKosky	Jeremy & Cheri Hoolihan
Lisa Burgert	Lisa DeRieux	Maryka Hofman Hoover
Caron & Chris Calabrese	David & Mary Dewse	Adele & Jennifer Hoppe-House
Toni Caragozian	Amy DiFrancesco	Ann Irwin, M.D.
William Shawn Carleton	Lorraine A. Doherty	Barry Ishikawa
Heather Carlton	David Dolnick	Tami Ivko
David P. Carosella, Jr.	Jody Dulin	Jill Jacobson
Penny Castleman	Clarence E. Duncan	Steven Jacobson
Connie Chovan	Lourdes Dungca	Mark E. James
	John Earl & Jean Gear Earl	Stacey E. James
	Lisa & Brian Efron	

Nancy Janus	Gisela E. Muller	Albert Shelden
Taylor Johndrew	Anthony W. Munday	Kelly E. Sherlock
Bradley Jones	Becky Murphy	Sandra & Edward Silverman
Scott Kanuha	Trish Mylet	Mary T. Singh
Autumn Kelly	William Nguyen	Bridget Slatten
Sheila Kennedy & Carl Luster	Susan Nichols	Dana M. Smith
Jennifer Kennedy	Ellen & John Nolan	Lisa Denise Stahl
Rye-Ji Kim	Jenna Novotny	Michael & Jan Standerfer
Michael King	James P. Nugent	Allison Stevens
Alice Kirkham	Mary L. O'Brien	Lola Stice
Daniel & Sharon Kitchen	Toni A. Occhipinti	Jill & Mark Stull
Dana & Ray Koch	Jerry Okey	Judith Sundquist
Anthony Konzal	Barbara Oswalt	Richard Swain
Terry E. Kovarik	Fema Padrihan	Debra L. & Andrew Teclaw
Ines Kraft, Ph.D.	Vijay Parthasarathy	Mary T. Teegarden
Scott Lawry & John D. Rogers	Karen Pearce	Terry & Carol Tennebaum
Duane Lee	Marjorie Peck	Alex Tiscareno
Kathleen LeMieux	David Pedersen	Debra Torres-Reyes
Maggie & Thomas Lengyel	Carmencita Picar	Paul & Deborah Trivino
James & Janet Lerossignol	Sally Prestele	Dr. Jennifer Tuteur, M.D. & Frank Cairo
Carlos R. Longoria	Lorraine Pritchett	Dan Valko
Andy Losier	Samantha Przywitowski	Paul Van Deusen
John S. Lung	Peggy Quinn	Linda Van Fulpen
Victoria Maches	Lynn Rank	Steven B. & Cindy T. Venolia
Mark D. Maddox	Michelle & Dennis Regan	Susan A. Vintilla-Friedman & Michael Friedman
Vince Manfredi	Charles & Mary Reiches	Maja Vito
Nancy Marlin	Julie Richardson	Nowell Walker & Jonathan Widener
Carlos Martinez	Dave Ricks	Diane Walters
Martin & Joanne Marugg	Jeffrey L. Robers	Margaret Watkins
Jodi Maurice	Celia Rock	Dr. Gary Weitzman, D.V.M.
David Mayo	Maria Roman	Michael Welch
Emilie McBain	Julia Romero Walker & Charles W. Walker	Leland Wessel & Dane Christensen
Deborah McClain	Andrew S. Rosenberg	Ryan White
John E. McConnell	Timothy Rourke & Robert L. Burdge	Joanne J. Williams
Teagan McDonald	Peter C. & Mary A. Roussos	Mitch Wilson
Joanne McKee	Frances B. Russell	Leona & Stewart Wolfson
Lori McMacken	Mary Sandoval	Alin Worley
Robert McMonigle	Melodie Santodomingo	Judith R. Yates
Jonathan T. McMullen & Renato E. Salazar	Leslie Schnaubelt	Caitlin Yaussi
James D. Menkel	Bryan Schneider	Charlie's Do-Good-Stuff Fund
Mark Miller & Michele McTigue	Steven & Deborah Schneider	
Brian & Sue Ann Mitchell	Laura & Ray Seiler	
Melissa Mondina	Neal Sekiya	
Ronald E. Monroe		

LEGACY CLUB

Our Legacy Club is a group of generous donors who have named Mama's Kitchen as a charitable beneficiary in their estate planning.

Members of the Legacy Club receive an array of benefits, ranging from our donor newsletter and annual report to meetings with key Mama's Kitchen leaders and invitations to special events and seminars.

Thank you to our dedicated supporters who have committed to leaving a legacy through Mama's Kitchen by including our organization in their estate planning. We gratefully recognize your commitment to the future of Mama's Kitchen and our impact throughout San Diego.

Blair Alexander & Dan Belair
 Alice Alperin*
 Lisa I. Amparan
 John Anguiano
 Thomas Bell
 Catherine Boyer
 Robert Brisick*
 Tim Brouillette
 Jack Bungay
 Gene Burkard*
 Rosemary Bybee*
 Gloria Lee Campbell*
 Roy L. Carlson
 Heather Chisholm-Chait
 Tim Chisser
 Leslie Cohen*
 Alberto R. Cortés
 Linda Cory Allen
 Charles Cotton*
 William Daiber*
 Rick Dallin
 Thomas J. D'Amico
 John Davis
 Jim Dexter
 Roger Joseph Duby*
 Richard Farrar*
 Philip Flick*
 Gary Fox & Cliff Cox
 Lynda Fox*
 Ortis Furches*
 George Garrison*
 Marcy J. Goldstone
 Renee Gonsalves
 Joan Goodwin*
 Howard Guidry
 Edward S. Hand
 Cynthia Haney*
 Stanley C. Harazim

George Hecht
 David Henbest
 Walter Henn*
 Charles Higgins
 Leroy Holloway*
 Carrie H. Holmes*
 Carol L. Holt*
 William Hughes*
 Gary A. Humbracht
 Nancy Janus
 Diane M. Johnson
 James Kerr
 Marion Kolesnikoff*
 Joan Kroc*
 Peter Lawthers
 Harold Leifer*
 Leonard L. Lenz*
 Judy A. Lidstrom
 Matt LoPinto
 Ray Lubecki
 Leslie Maltman*
 Betty Jean Marchant*
 Faith A. Maybury
 John McCarthy
 Francis McKinnon*
 Bruce McLean
 N. Byron Metts*
 Gail Ann Michaels*
 Michael Molino
 Richard Moore & Lorna
 Christensen
 Roger Moser*
 Laurie D. Munday
 Franklin Neuberger*
 Jerry R Nott*
 William Piles*
 Adrian Plante
 John M. Prosen

Elizabeth M. Reukauf*
 David G. Ricks
 Jeffrey Robers
 Charles Robertson*
 Leonard Rosen
 Shirley Rosen
 Andrew S. Rosenberg
 Frances Russell
 Gerald Sasek*
 Stuart Schwartz &
 Karl Peterson
 Brenda & Steven Schick
 Ralph Seewald Jr. *
 Jeffrey D. Shorn* & Charles S.
 Kaminski
 Steven E. Singleton
 John Slaman*
 Barbara Stark
 Helen & Quinton Stokes
 Randall J. Sulzer
 Russel John Taylor*
 William Tench
 Josephine P. Toledo
 Mark Wagner*
 Scott U. Walls & Gregory A.
 Lommen
 Brian D. Weathersbee
 Roger S. Werbeck
 Valarie Westberg
 Jeffrey White*
 Mitchell J. Williamson
 Rocky M. Wood
 Richard Wyckoff*
 Ken Robert Young*
 The James Ziegler Fund at the
 San Diego Foundation

*In loving memoriam

OUR VOLUNTEERS

Whether cooking in our kitchen, delivering meals, answering client calls, or another critical role – our hundreds of volunteers are the life source of Mama’s Kitchen’s impact and growth.



LIFETIME ACHIEVEMENT AWARD
.....
John McCarthy

VOLUNTEERS OF THE YEAR

Don Giaquinto
April Heinze

CORPORATE
SAIC

500+
Hours of Service
Aylene Alvarez
Ellen Baum
Richard Moore
Patricia Pasquill

250 - 499
Hours of Service
Gary Allard
Robert Brum
Mike Carter
Juan Castillo
Alejandro Castillo
Linda Cook
Kaye Durant
Ron Fichter
April Heinze
Ira Levingston
John McCarthy
Rafael Molina

Marcy Montag
Ron Newcomer
Jaime Nixon
Barbara Plute
Dianne Rodriguez
Robert Rosenberger
Bradley Zerwas

100 - 249
Hours of Service
Oscar Alvarez
Judy Bee
Elayne Berman
Jim Blevins
Michael Bloomberg
Brendalie Cabacungan
Betty Carlos
Robin Chiki
Candace Claar
Carlos Clark
Carol Cross

Carol Cross
Janet Dixon
Carol Dreyer
Laura Feldman
Anthony Flores-García
Matthew Foley
Sharman French
David Friedman
Kirk Garrod
Rhonda Gibson
David Grube
John Guinto
Cindy Hiort
Calvin Lida
Sonia Infante Cruz
Ming Jeong
Nui Jeong
Patricia Karstein
Jason Keyes
Julia LaMothe
Michael Ledwein
Eileen Marks
Lissette Mcinnis
Jonathan McMullen
Pryce Moore
Robin Moss
Veronica Najera
Vang Ngo
Tien Nguyen
Amy Nisen
Antonio Perez
Monica Reinicke
Cyril Reinicke
Mike Ritter
Valeria Rodriguez
Andrew Rosenberg
Mark Rosenberg
Renato Salazar
Andy Salcido
Judi Schlebecker
Graham Speaker
Ancel Thompson
Suzanne Thompson
Cheryl Weldon
Roger Werbeck
Kelly Wing

50 - 99
Hours of Service

Fedra Adams
Tony Alfino
Zeyad Alshalchi
Cari Arn
Milo Barton

Stacy Benbarka
Claudia Bender
Theodore Berz
Ronda Bingham
Sandra Bourdette
Rob Bridges
Duc Bui
Clemente Cervantes-
Palomares
John Chavez
Brad Clayton
Adam Corey
Lee Coursey
Barbara Crawford
Andrea Davis
Kevin Day
Sheddy Deal
Jason DeFay
Jeffrey Dunlap
Kelly Eifler
Joel Eilerts
Kip Foster
Bruce George
Mike Goodrich
Derryl Hadley
Jerome Hall
Bobbi Harwood
Erick Haswell
Lisa Hatfield
Mike Horn
Marie Kastner
Rye-Ji Kim
Thomas Kwan
Jaime Lee
Robin Lee
Gregory Lommen
Alen Loubier
Sean Loughran
Myra Lousteau
Jovelle Magapan
Mark Mandel
Meg McCue
Philip McDonough
Romaine McFarlane
David Mears
Michelle Nguyen
Nancy Novotny
William Olson
Michelle Ooi
Margaret O'Rourke
Jonathan Ortiz
Kenneth Pahkim
Lily Patel
Kim Paul

Alan Paul
Amy Perez
Fritz Pierre
Josh Preciado
Samantha Prieto
Kortney Purtell
Jeffrey Robers
Bob Rocchi
Jasmine Rock-Mathurin
Beth Ruch
Zac Shira
Barbara Siesel
Sharon Simpson
Nathanial Skinner
Stephen Smith
Elizabeth Tellez
Bob Terris
Mary Thompson
Alan Vanden Avond
Scott Walls
John Walsh
Margie Watkins
Patrick Zaccaria

25 - 49
Hours of Service

Mohammad Abou Abbas
Gus Aburto
Sarah Ahern
Larry Ambrose
Chantal Angyal
Steph Bongiorno
Kathy Bowles
Timothy Brouillette
Christopher Cacioppo
Caron Calabrese
Bruce Calkins
Ted Callam
Gianna Carpenter
Miguel Casian
Diego Castro
Devyn Conover
Ronilo Cruz
Kenny D'Arigo
Pamela De Leon Aguilera
Jeffrey Dean
Troy Dewitt
Bill Driscoll
Kayla Duncan
Linda Durr
Kristen Earle
Dulvi Escalera Abad
Deyi Feng
Cole Gasper

Phil Gauthier
 Oscar Guerra
 Molly Guo
 Sara Ha
 Rick Hensley
 Gary Hess
 Angelica Hurtado
 Natalie Jackson
 Paul Jacquemain
 Shari Juster
 Patricia Kaepernick
 Abhishek Kalapatapu
 Scott Lawry
 Adam Lovell
 Ami Lovell
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 Emilio Vazquez Torres
 Michele Vela
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 Rudy Whitley
 Luna Williams
 Gail Wilson
 Tara Wolf
 Jim Wong

1 - 24
Hours of Service
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 Ardelan Abdulla
 Leticia Abrego
 Kevin Adams
 Britt Ader
 Jason Adkins
 Elliot Adler
 Rodel Agpaoa
 Amanda Alfaro
 Diane Allen
 Charlie Ames
 Richard Amparo
 Gail Anderson
 Chad Anderson
 Paul Angelos
 John Anguiano
 Daniel Apodaca
 Ann Asaro
 Kevin Atto
 Jennifer Austin
 Vida Badiie
 Nina Badiie
 Mary Balbuena
 Nabi Barak
 Katryel Barkow
 Leslie Barranco
 Gabrielle Beebee
 Analisa Benedetto
 Sheryl Benitez
 Patti Bonilla
 Dianne Borgwardt
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 LaShanda Brittian
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 Arturo Campos
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 Tanner Caty
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 Anne Chatin
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Sheryl Chesivoir
 Irena Chiang
 Gavin Chiodini
 Jill Chiodini
 Noah Chisholm
 Younha Choi
 Chad Chrisman
 Lorna Christensen
 Linda Chung
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 Sherry Cohen-Richards
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 Kevin Crilly
 Maria Crisp
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 Steve Dobbins
 Averie Dodds
 Gio Dolce
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 Toni Duran
 Joanna Duron
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Laura Handler	Michael McCluskey	Judith Ravetti
Ryan Haringa	Rob McCullough	Sean Redmond
Brittany Harris	Colt Mcewen	Dennis Regan
Rachelle Hart	Jane McKahan-Jones	Erin Reilly
Marta Hawkins	Raymundo Medina	Ellie Rest
Ricky Horvath	Sorobabel Melgoza	Dave Ricks
Dom Houston	Charles Meltzer	Jessica Riedinger
Verenna Huerta	Celia Melvin	Carol Robertson
Jim Hush	Mark Miller	Harrison Robinson
Kalen Hutchinson	Meredith Minerich	Dennis Roccaforte
Elena Huynh	Kali Mistry	Rosy Roccaforte
Antoinette Ines	Beth Monaco	Salvador Rodriguez
Roseann Iovine	Mike Moore	Calvin Rogers
Barry Ishikawa	Christian Moro	Mark Rogers
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Shaily Jariwala	Katy Murphy	Rigoberto Ruiz
Brynn Jennings	Mary Murphy-Clagett	Megan Ryu
Judy Jeong	Donald Allan Nepomuceno	Jennifer Sadoski
Daniel Jervis	Dang Nguyen	Vic Salazar
Martha Jimenez	John Nicaastro	Nestor Salcedo
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Greg Johnson	Annette Noa	Johanna Sankar
Melissa Johnson	Ellen Nolan	Marilen Santos
Jen Jordan	Marty Norman	Gene Scalco
Javed Khan	Trish North	Chris Sessions
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 Caitlin Wright
 Allen Young
 Melinda Yozamp
 Adam Zweig



Volunteering at Mama’s Kitchen allows you to be part of something larger than yourself. You get to fill a role that is critical to a community member’s survival. When you deliver meals, you not only become connected with clients - you become an extended part of their family. I will never forget the heartfelt, and sometimes tearful, “thank you’s” I receive on a Thanksgiving or Christmas Day delivery.

Monica Reinicke



It’s heartwarming being able to make connections with some of my long-term delivery clients and see the difference I can help make in their lives. Volunteering with Mama’s Kitchen is a great way to give back to the community while helping people who really need assistance.

Lee Coursey



Volunteering at Mama’s Kitchen enriches the soul and gives clarity to your own personal struggles. Knowing that I am involved in helping people who need support through their illness is a great light in my life.

Ron Newcomer

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Staff Accountant

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Bilingual Client Services
Coordinator

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Delivery Driver

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Bilingual Community
Outreach

Stephanie Boyd (she/her)
Registered Dietitian
Nutritionist

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Cook & Dishwasher

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Engagement Coordinator

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Operations & Facilities
Coordinator

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Outreach Coordinator

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Meal Services Specialist

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Cook & Dishwasher

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Delivery Driver

Joanna Gozalez (she/her)
Bilingual Client Services
Coordinator

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Director of Client Services

Noemi Huerta (she/her)
Director of Client Services

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Coordinator

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Dietitian Nutritionist

Carolina Martinez (she/her)
Bilingual Intake Specialist

Jason Martini (he/him)
Executive Chef

Tanya Morales (she/her)
Bilingual Registered
Dietitian Nutritionist

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Sous Chef

Chris Nolan (she/her)
Director of Strategic
Initiatives

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Chief Operating Officer

Frank Pulido (he/him)
Delivery Driver

Lorenzo Ricardo (he/him)
Cook & Dishwasher

Sandra Sanchez (she/her)
Bilingual Client Services
Assistant

DeAndre Simmons (he/him)
Operations & Staging
Specialist

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We couldn't do
this without you.

mama's **kitchen**

Mama's Kitchen acknowledges that our facility is on the unceded, ancestral, traditional, and contemporary land of the Kumeyaay People.

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