

# MAMA'S KITCHEN BOARD OF DIRECTOR OPPORTUNITIES

The Mama's Kitchen Board of Directors are a professionally and culturally diverse group of volunteers dedicated to the oversight and success of Mama's Kitchen





## About Mama's Kitchen

**Mama's Kitchen is San Diego County's largest provider of delivered meals and only local provider of medically tailored meals.**

Mama's Kitchen is a community-driven nonprofit organization that provides medically tailored nutrition to San Diego residents at risk of malnutrition due to critical illnesses such as HIV, cancer, congestive heart failure, type 2 diabetes, and chronic kidney disease. Together with hundreds of volunteers, businesses, and community supporters, Mama's Kitchen helps thousands of community members regain their health, preserve their dignity, and keep their families together by providing medically tailored, home-delivered meals and nutrition education – all at no cost. During three decades of service to the community, we have never turned away an eligible client, and have never charged a fee for our service.

Mama's Kitchen was established in 1990 by a San Diego caregiver who was deeply concerned about her neighbors affected by the AIDS epidemic who were unable to shop for groceries or cook for themselves due to the debilitating effects of AIDS. At the height of the epidemic, when even some hospitals were turning AIDS patients away, our volunteers came together to combat the stigma and ensure that those critically ill were receiving one of their most basic rights – nutritious food.

As our organization has grown, Mama's Kitchen has evolved and expanded our mission to serve other critical illnesses including cancer, congestive heart failure, type 2 diabetes, and chronic kidney disease. Today, we are San Diego County's largest provider of delivered meals, delivering more than 900,000 meals annually. With 95% of our clients living below the poverty level, we are here to make sure no one has to choose between healthy food, housing, and crucial medication.

### **Mama's Kitchen's Chief Executive Officer: Eva Matthews, MPH (she/her)**

Eva has dedicated her career to caring for and advancing community health. She brings over 25 years of public health, non-profit development, and research experience to Mama's Kitchen, with prior roles at Family Health Centers of San Diego, Yale University, and the University of Arizona.





# Number of Meals and Clients Served in Fiscal Year 2022-2023

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

816,920

TOTAL NUMBER OF  
MEALS SERVED TO  
2,536 UNIQUE CLIENTS

## HIV Nutrition Program

189,702 meals  
459 clients

## Cancer Nutrition Program

213,862 meals  
770 clients

## Diabetes Nutrition Program

166,816 meals  
535 clients

## Congestive Heart Failure Nutrition Program

156,570 meals  
505 clients

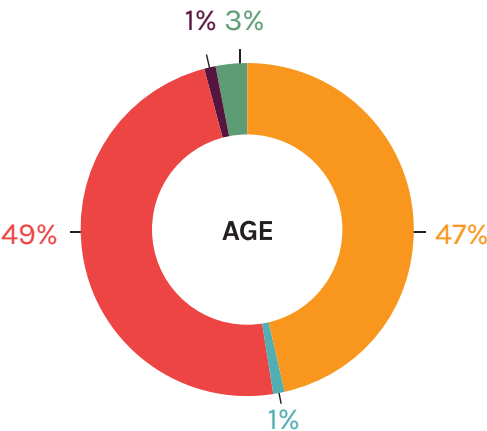
## Chronic Kidney Disease Nutrition Program

100,321 meals  
367 clients

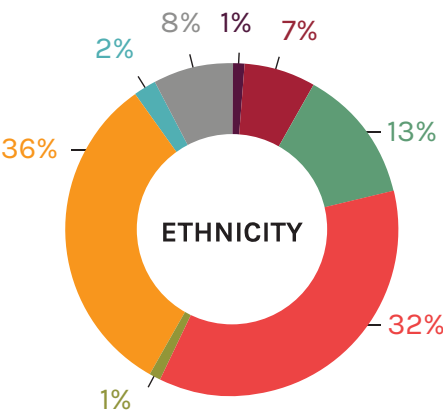
## Other Critical Illnesses

4,005 meals  
32 clients

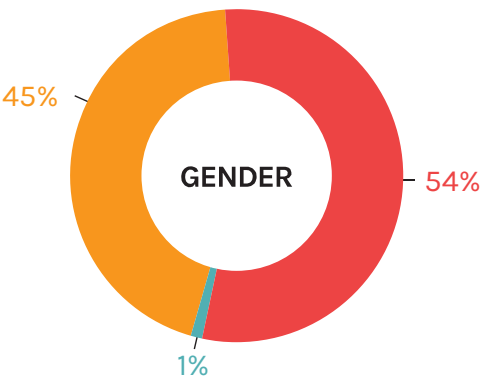
## Client Demographics



65+: 47%  
25-64: 49%  
18-24: 1%  
6-17: 3%  
0-5: 1%



AMERICAN INDIAN/NATIVE AMERICAN: 1%  
ASIAN: 7%  
BLACK/AFRICAN AMERICAN: 13%  
HISPANIC/LATINO: 32%  
MORE THAN ONE RACE: 2%  
OPAC: 1%  
WHITE: 36%  
UNREPORTED: 8%



MALE: 54%  
FEMALE: 45%  
TRANS: 1%

“When you have small kids dependent on you, it’s just pure graciousness to have them not only look out for me, but for my family. There are not too many organizations that can alleviate the huge pressure of meals. To have somebody help you that doesn’t have to help you, that doesn’t even know you. It just really, really means a lot.”

– NIKOLE  
Cancer Nutrition Program Client

## The Role of a Board of Directors

The Board of Directors plays a critical role in the success of Mama's Kitchen as a nonprofit organization. Its members are elected volunteers who steer the organization towards a sustainable future by adopting sound, ethical, and compliant governance and financial management policies, as well as by making sure the organization has adequate resources to advance its mission.

### Board Members Support the Overall Mission by:

- Working with Mama's Kitchen CEO and leadership staff to plan and guide the strategic direction of the organization
- Acting as a Mama's Kitchen ambassador to the broader community and within their network
- Identifying and stewarding prospects, resources, and partnership opportunities to advance the organization's operations and mission
- Assisting with planning of outreach, fundraising and other events

## Board Committees and Their Roles

### Governance:

Assists with recruitment and onboarding of members, reviews and updates proposal of bylaws, and improves board function

### Development:

Assists in fundraising, donor cultivation, and board campaign efforts

### Finance:

Reviews monthly financials, provides financial oversight, and reviews/presents annual budget to the board

### Audit:

Works with outside auditing firm to review, approve, and present annual audit to board



### Board President: Jeannie Posner

Jeannie is a highly experienced financial and operations executive having worked in the nonprofit and private sectors.

Jeannie was drawn to Mama's Kitchen because the organization's message is so clear — nutrition is basic to everyone's life and imperative to those who are homebound battling chronic disease and illness. "I am proud to be a member of the Board of Mama's Kitchen, an organization that helps people every day and is consistently expanding its reach to those that need it."

## Who Should Join the Mama's Kitchen Board of Directors?

Our board members are leaders and champions who can best represent and advocate for the diverse population we serve. Each member brings knowledge, skills, background, and community representation that supports our ability to serve our community. Community members interested in using their unique skills and background to make a significant and lasting impact on the health of thousands of individuals and the entire community as a whole are a perfect fit to join our board.

### Key Reasons to Become a Board Member:

- Give back to your local community and build health equity
- Be part of building a legacy
- Support local efforts benefiting those affected by HIV, cancer, diabetes, heart disease, or kidney disease
- Gain meaningful new connections
- Transfer your professional skills to the Board of Directors; but, more importantly, develop new leadership skills and achievements

### What Will Be Expected of Me?

Board members' contributions come from three main areas:

#### **Talent:**

We seek board members with various professional and personal backgrounds to dedicate their talent to further the mission of Mama's Kitchen.

#### **Time:**

Our board members serve two consecutive, three-year terms. In addition, board members serve on a committee of their choice during their time as a board member, and committees generally meet monthly. Directors in leadership positions, including committee chairs and members of the Executive Committee, will have additional time commitments. Board members attend our annual fundraising events and participate in donor stewardship activities throughout the year.

#### **Treasure:**

We encourage our board members to make and/or secure financial contributions that are meaningful to them.



#### **Vice President and President Elect: Michael Horn**

Michael owns and manages a company involved in the export of food products worldwide. After completing his MBA, he had a career in business management in large food companies and eventually started his own company. He has been involved with Mama's Kitchen since 2013, is starting his 8th year on the Board of Directors, and has been a volunteer driver delivering meals to Mama's Kitchen clients for 9 years. He is passionate about Mama's Kitchen's mission to improve the lives of people vulnerable to critical illnesses through nutrition.



## What is the Application Process?

The application process can take one to two months depending on committee and board meeting schedules. Mama's Kitchen believes it is imperative to our mission for our board members to have an understanding of our work and the population we serve. Therefore, it is highly encouraged to volunteer with our organization prior to joining the board. First-time board members are also encouraged and welcome to first gain experience and insight by joining a Mama's Kitchen Committee.

## Timeline

- STEP 1: Meet with the CEO to discuss your interest in serving on the board
- STEP 2: Volunteer in the Kitchen or deliver meals to better understand the mission (this step is optional but highly encouraged)
- STEP 3: Complete board member and volunteer applications
- STEP 4: Interview with the Governance Committee
- STEP 5: Vote by the full Board of Directors

## How to Start the Process

Send your name and a brief summary of why you would like to serve on the Mama's Kitchen Board of Directors to [boardinterest@mamaskitchen.org](mailto:boardinterest@mamaskitchen.org).



### Secretary: Fadoua Chafik

Fadoua Chafik is a Product Manager and a Semiconductor Technologist with 18 years of international experience in world-class semiconductor technology R&D and Wireless Chips Product management.

Fadoua has served on the board of Mama's Kitchen since March 2020, driven by her belief in "Food is Medicine" and her dedication to ensuring every patient has access to nutritious food with dignity.

Fadoua is passionate about Diversity, Equity and Inclusion. She serves as a co-chair of Women@Google San Diego and was the president of Qualcomm Women.