mama's kitchen

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 2024-2025

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

891,417 TOTAL NUMBER OF MEALS SERVED TO 3,019 UNIQUE CLIENTS

HIV Nutrition Program

168,765 meals

299 clients

Cancer Nutrition Program

220,563 meals

810 clients

Diabetes Nutrition Program

136,926 meals

561 clients

Congestive Heart Failure Nutrition Program

138,691 meals

427 clients

Chronic Kidney Disease Nutrition Program

181,197 meals

584 clients

Other Critical Illnesses

45,275 meals

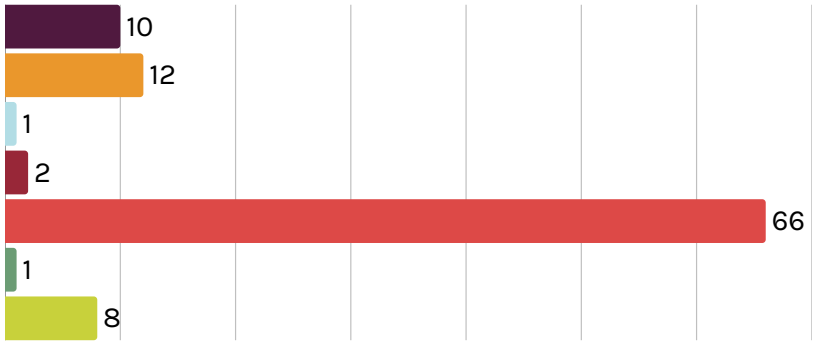
338 clients

Client Demographics

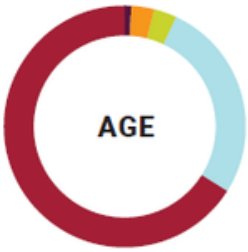
ETHNICITY

Hispanic or Latino	35%
Not Hispanic or Latino	65%

RACE



Asian	10%
Black	12%
Native American Indian, Indigenous peoples, or Alaska Native	1%
Native Hawaiian or NHOPI	2%
White	66%
Multiracial (Individuals that identify as two or more races)	1%
Chose not to respond	8%



0-5	1%
6-17	3%
18-35	3%
36-59	27%
60+	66%

Female	49%
Male	51%
Non-Binary/Gender Fluid/ Gender Queer/Transgender	<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: April Heinze

Ms. Heinze retired from the County of San Diego in July 2020 after 13 years of local government service. In 2022, Ms. Heinze joined the board of Mama's Kitchen, helping ensure that our neighbors living with critical illnesses receive home-delivered, medically tailored meals to improve their health outcomes.

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.

President Elect / Vice President: Jennifer "Jenny" Grodberg PhD, RAC-US

Jennifer Grodberg, PhD, RAC-US (Jenny) spent over 31 years in the pharmaceutical industry, including over 21 years in regulatory affairs. She served 10 years as chair for the San Diego Regulatory Affairs Network Mentoring Program and 4 years on the SDRAN Board of Directors as Vice President, Mentoring Program. Jenny has served on the Board of Mama's Kitchen since 2022. Mama's Kitchen's mission to improve the health of chronically ill San Diegans by providing medically tailored meals wonderfully dovetails with her lifelong commitment to developing new approaches to treating disease.

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.

Secretary: Andrew Rosenberg

Andrew has been volunteering with Mama's Kitchen since 2009, having been introduced to Mama's during his tenure on the board of directors of the San Diego Gay Men's Chorus. Andrew is very passionate and dedicated to Mama's Kitchen and our mission, joining the board of directors in 2016 and serving for 6 years in various leadership positions, including Secretary and Treasurer. After a one-year hiatus, Andrew returned to the board in 2022. "I am very excited to be back on the board. Mama's Kitchen is an amazing organization that enhances and changes people's lives every day and I am proud and thrilled to be able to contribute."