

**We have a ReFreshing charity for this year's AICP's annual conference philanthropy's efforts. It's:**

# mama's kitchen

*Please read below the history, mission, and all what Mama's Kitchen offers in the San Diego area. You can also visit their website to learn even more about Mama's Kitchen at <https://www.mamaskitchen.org>.*



## ***What We Do***

With the tremendous support from our caring community, we prepare and deliver nutritious meals for our neighbors struggling with AIDS or cancer who are too sick to shop and cook for themselves. Together with hundreds of volunteers, businesses, and community supporters, Mama's Kitchen strives to help our clients stay healthy, preserve their dignity, and keep their families together by providing free, culturally appropriate home-delivered meals, along with pantry services and nutrition education.

## ***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 for the Future***

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

## ***History***

Mama's Kitchen was established in 1990 by a San Diego caregiver who was deeply concerned about her neighbors suffering from the AIDS epidemic. Over time, she formed a group of volunteers to cook and deliver free meals to individuals 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 suffering were receiving one of their most basic rights – nutritious food. Since then, we have used our experience with AIDS nutrition to replicate our Home-Delivered Meal Service program for other critically ill populations.

As our organization has grown, Mama's Kitchen has constantly evolved. In 2004, we opened Mama's Pantry, a food pantry for low-income HIV+ residents. In 2006, we expanded our meal delivery to include those affected by cancer. In 2018, we began home-delivering meals to clients with type 2 diabetes and congestive heart failure. On September 30<sup>th</sup>, 2019, we celebrated the delivery of our nine millionth meal.

Beyond receiving medically tailored meals, our clients receive one-on-one nutrition counseling. We strive to provide clients with both the food and the knowledge they need for their best possible health outcomes. In addition to these long-term services, we provide Emergency Food Assistance to HIV+ San Diego residents experiencing a sudden need for groceries. Each Emergency Food Assistance grocery bag provides the equivalent of 21 meals.

2020 marks the 30<sup>th</sup> anniversary of Mama's Kitchen. 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.

Our *Home-Delivered Meal Service* provides free home deliveries of three nutritional meals a day, for every day of the week.

### **Programs**

- Home-Delivered Meals Service
- AIDS Nutrition Program
- Cancer Nutrition Program
- Children's Nutrition Program
- Congestive Heart Failure Pilot Program
- Type 2 Diabetes Nutrition Program
- Chronic Kidney Disease Pilot Nutrition Program
- Pantry Service
- HIV Emergency Food Assistance
- Medical Nutrition Therapy

*Tommy is 3 years old and was diagnosed with brain cancer. His mom is a single mother, raising four kids with no income. Mama's Kitchen stepped in to feed Tommy's family so that his mom can concentrate on taking care of him and her other kids.*

Mama's Kitchen is committed to fighting critical illnesses through the power of nutrition. Our Home-Delivered Meal Service is the only service in San Diego County delivering breakfast, lunch and dinner to people affected by HIV, cancer, heart disease, type 2 diabetes and chronic kidney disease who are mentally or physically unable to prepare meals as a result of their diagnosis. Meals are provided for every day of the year, on a county-wide basis, free of charge.

Clients must be referred to Mama's Kitchen by their case manager or health care provider to qualify for meal delivery services.

Meals are delivered on Tuesdays and Fridays within a 2-hour delivery window arranged with the client. Mama's Kitchen has a six-week menu cycle which includes breakfast, lunch, dinner and snacks. The menu follows the American Dietetic Association recommendations and is approved by a Registered Dietitian. We offer 19 menu variations to meet clients' individual nutritional needs, such as low salt, diabetic, lactose free, vegetarian and soft.

## What our Partners Are Saying

“Mama’s Kitchen is a LIFESAVER! So many patients and their families have stress relieved. Many of our patients live alone and cannot cook at all so this is the only way they get any kind of food.”

### **-Fernando, Mama’s Kitchen Healthcare Partner**

“Mama’s Kitchen has been a godsend for my client who initially was resistant to adhering to a healthy diabetic diet. She states that she now understands the benefits of vegetables and fruits in helping to control blood sugars. She is less inclined to eat whatever is available in the refrigerator because she has healthy foods already prepared for her.”

### **-Jessica, Mama’s Kitchen Healthcare Partner**



#### Success Story

Rhonda lives alone with her dog in a senior living complex. Her goal at the beginning of our program was to lower her A1C level from 8.1% and to feel better overall, especially when taking her dog for walks. Rhonda had just suffered from a bout of early kidney disease. Rhonda is now eating 100% of Mama’s Kitchen meals and really enjoys the nutrition education sessions. She is especially focused on eating high-fiber meals, checking her blood sugar regularly, taking her medication and being sure to schedule doctor’s appointments. Now, her A1C has lowered to 7.4% and recent labs show improvements to her kidney health. Rhonda recently shared, **“I feel so much better with Mama’s Kitchen, I have more energy and the food is so tasty!”**

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