



## Fighting Hunger and Feeding Hope in Montgomery County since 1983



This past year, 1,373 clients participated in Nutrition Educator Lindsey Seegers' 148 healthy eating workshops and grocery store tours.

# FY2015 ANNUAL REPORT

Manna Food Center is Montgomery County's largest and most far-reaching provider of food assistance. Serving as both a food bank and a food pantry, we are at the **center** of our community's fight against hunger. Since our founding in 1983, Manna has always met our neighbors' requests for services. We continue this tradition of being a **reliable, well-resourced, and hospitable "thread" in the social safety net** for the vulnerable among us: the elderly, the disabled, individuals and families in crisis that require a supplement of nutritious food. We want our programs to be a reflection of the quality of our relationships, not solely the number of transactions we complete or the pounds of food we distribute. Hunger is among the most unjust challenges confronting society and one that requires a collective response from many stakeholders. Thank you for being part of our work.

Check out our newly refreshed website to learn more: [www.mannafood.org](http://www.mannafood.org)  
Follow our work throughout the year on Facebook and Twitter.

Dear Friends,

Fiscal Year 2015 marked a tremendous time of growth and change at Manna Food Center. Our Executive Director, Jackie DeCarlo, celebrated her first complete fiscal year at the helm, having come aboard towards the end of 2013. Manna's Board and staff have focused on being more effective and innovative, driven by our mission as the largest organization in Montgomery County working to end hunger and promote prosperity for all in our community.

Our three biggest accomplishments for this year included:

1. Opening our **Choice Pantry with Colesville Presbyterian Church**, to introduce a new model of food distribution and to personalize the experience for our clients.
2. Leading Montgomery County's **Community Food Rescue** network to help food donors reduce waste. This initiative also allows Manna to assist fellow agencies feed more neighbors through training and technological innovations.
3. Strengthening our **Community Partnerships** to leverage resources across Montgomery County, because no one agency alone can end hunger.

However, our work is not done. Did you know that according to the 2012 Self-Sufficiency Standard, **it costs approximately \$83,000 for a four-person family (two working parents, a preschooler and a school-age child) to afford the basic necessities in the County?** This high cost of living contributes to an estimated **77,780 Montgomery County residents experiencing food insecurity each year.** Manna recognizes the impact of these unfortunate trends, and serves an increasing number of our neighbors each year. In order to meet this increase, *we need updated facilities, better transportation to recover and deliver food, and more robust technology that allows data-driven decisions in support of our work throughout the County.*

The need is now and the situation complex. We are working hard to promote prosperity and are thankful for our volunteers and donors who have provided thousands of hours and generous financial assistance in support of our mission. **Please continue with us in the fight against hunger.**

Best Regards,

*Nancy Williams*

Nancy Williams  
Board Chair

*Jackie DeCarlo*

Jackie DeCarlo  
Executive Director



## Manna Food Center BOARD OF DIRECTORS

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Vice President,  
DecisionPath Consulting

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**Carla Krivak**

Administrative Patent  
Judge, Patent Trial and  
Appeal Board

### Past Chair:

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IT Consultant

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Legal Counsel, Public  
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Outreach Representative,  
Office of Congresswoman  
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### Avner Skolnik

CEO, Response Tech

### Wendy Smith, RD, LDN

Sodexo, Inc

***Fighting Hunger and Feeding Hope in Montgomery County***



## MANNA'S IMPACT IN FY2015

Manna's community impact is extensive, and we are only able to achieve success with the help of over **13,500 volunteers**, **25 staff**, and **5,100 individual donors**, **corporate sponsors**, **funders**, and **community partners**.

- In FY2015 we served **38,637 people** and **shared 3.78 million pounds of food**. Manna's services ensure that as many as **11,000 families** who are experiencing poverty and food insecurity will receive essential nutrition to help them break the cycle of hunger.
- Through our Karen Goldberg Smart Sacks program, Manna provided food for weekend meals to **2,358 elementary school students** at **60 elementary schools** each Friday during the 2014-2015 school year.

### New Pantry offers Choice and Hospitality

Manna listens to those we serve by promoting and analyzing data regarding food insecurity, and advocating for new practices in the food assistance sector. The choice pantry model reflects these efforts to distribute food in a more intentional way. **44% of clients surveyed prefer the ability to choose some of their own foods.** This finding motivated the creation of a **Choice Pantry in partnership with our friends at Colesville Presbyterian Church**. The recently piloted Choice Pantry pairs the client with a "Shopping Assistant" to help the shopper navigate through the pantry and make decisions based on family size and health needs.

**In FY2015, 124 families benefited from this program. We anticipate more than 450 visits in FY2016, if funding allows us to launch another site.** Additional choice pantries will ensure that families can select from a variety of foods that are most appropriate for individual health status, preference, and cooking ability.

Most importantly, a choice model elevates the dignity of each individual and allows for a more community-centered yet personalized experience. A recent shopper described Manna's Choice Pantry in this way: "...this place makes me feel so good about myself. Everything here is so real. I am not just getting food to eat, but food I really need and will use."



### Every Manna client has a story....

*In 2009, Gary was diagnosed with late stage kidney disease. Due to his illness, he was on dialysis and could no longer steadily work. Without health insurance or any income, Gary began accessing Manna's services to ensure he had adequate nutrition. He was able to receive a kidney transplant, and has since been gainfully employed. Now Gary donates food to Manna and promotes Manna through his social network as an essential organization for those in need of support.*

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## MANNA'S IMPACT IN FY2015



[www.communityfoodrescue.org](http://www.communityfoodrescue.org)

### Community Food Rescue Network Launches

In Montgomery County, 246,000 tons (23%) of all solid waste is food waste while approximately 79,000-81,000 (8%) of residents do not always know where and how they will receive their next meal. Inspired by the Food Recovery Network at the University of Maryland, the Montgomery County Council appointed a Food Recovery Task Force in 2013. The group established goals for building the capacity of agencies to rescue more food and feed more neighbors through a coordinated system, now known as Community Food Rescue (CFR). **The goal of CFR is to increase the amount of food rescued by 20% in the next year.** Working with the Montgomery County Food Council, Manna coordinates CFR, mobilizing more than two dozen agencies, deploying technology, activating a core peer group of "Rescue Recruiters", and training volunteer food runners to rescue and deliver food to families and individuals experiencing hunger. **This model provides new solutions to hunger while working with a network of partners, including Bethesda Green, Central Farm Markets, Family Services Inc, Full Plate Ventures, Montgomery Countryside Alliance, Olney Farmers Market, Peninsula Food Runners and Rainbow Community Development Center.** Start-up funding has been largely provided by the Montgomery County Department of Health and Human Services.

### How You Can Get Involved in Community Food Rescue

**Sign up to be a Volunteer Food Runner!** People with vehicles, good driving records, and auto insurance are encouraged to join our volunteer food runner corps and transport donated food from businesses to recipient food assistance agencies. This is a great opportunity for individuals, families, civic, or faith-based groups.

For details and to sign up to participate occasionally or regularly, visit [www.communityfoodrescue.org](http://www.communityfoodrescue.org)

### Partnerships Enhance Our Reach

We have all heard the phrase, "it takes a village," but Manna takes this ethos to heart. **As of 2014, nearly 185,000 Montgomery County residents were living in poverty or identified as working poor.** In order to reach those in need Manna partners with hundreds of community organizations, referral partners, elementary schools, businesses, and donors to leverage the resources and competencies of each. We aim to be that rare organization that builds synergies and a collaborative spirit toward assisting our neighbors in achieving self-sufficiency. Working with the Montgomery County Coalition for the Homeless (MCCH) **we reach almost 200 neighbors transitioning into permanent housing annually.** MCCH notes, "Partnership with Manna is a lifeline to our clients as they transition to permanent housing, and Manna's leadership of food rescue efforts increases our ability at MCCH to provide emergency food at our shelters." By positioning ourselves as leaders on such initiatives as Community Food Rescue, Choice Pantry, Smart Sacks and Montgomery County Food Council, Manna seeks to use the strengths from a variety of stakeholders, including those experiencing hunger, to create solutions and promote prosperity.

**\$6,499,439**

Estimated dollar value of food collected by Manna

**34.5**

Full-Time Employee equivalent volunteer contributions

**\$1,011,980**

Value of volunteer service provided

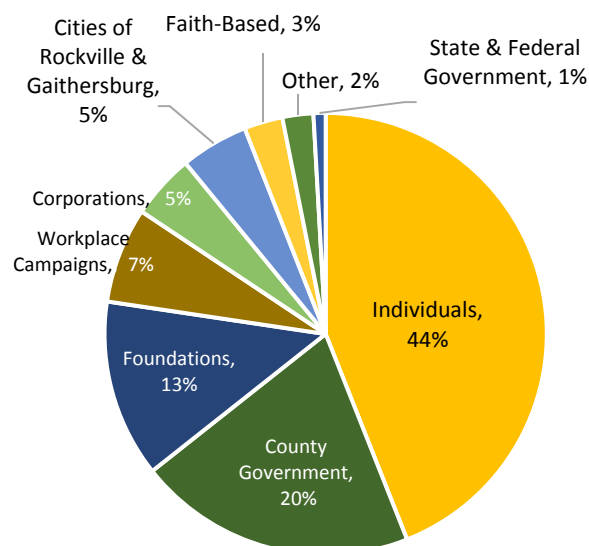
***Fighting Hunger and Feeding Hope in Montgomery County***

## MANNA'S FINANCIAL YEAR IN REVIEW

Manna served 38,637 individuals in FY2015 thanks to the generous support of our community through financial donations, food drives, in-kind goods and services, and 71,518 hours volunteered. We leveraged our resources to the greatest extent possible thanks to food, funds, and friends. Manna also contracted with a professional accounting firm, further strengthening our financial management and stewardship of community donations.

### Audited Financial Statements

Support and Revenue	
Individuals	\$951,906
Montgomery County Government	\$438,951
Workplace Campaigns	\$166,309
Foundations	\$280,880
Corporations	\$101,848
Faith-Based Organizations	\$60,842
Cities of Rockville and Gaithersburg	\$107,030
Other	\$48,903
<b>TOTAL REVENUE AND SUPPORT</b>	<b>\$2,156,669</b>
In-Kind Food Contributions (LBS)	
Rescue/Grocer/Capital Area FB	2,248,418
Community Donations	822,609
Emergency Food Program	294,930
Purchased Food	272,059
Farm/Farmers Market	142,015
<b>TOTAL FOOD DONATIONS</b>	<b>3,780,031 lbs</b>
Expenses	
Salaries	\$997,347
Benefits/Payroll Taxes	\$195,042
Warehouse/Food Storage	\$229,860
Food Collection and Distribution	\$523,551
Accounting/Insurance/Fees	\$96,747
Office/Postage/Printing	\$86,330
Other	\$46,081
<b>TOTAL EXPENSES</b>	<b>\$2,174,958</b>



**FY2015 Income**

In FY2015, the Manna Board approved the strategic investment of reserve funds to increase our programmatic and operational capacity.

To view a copy of Manna's complete audited financial statements and 990, visit our website at [www.mannafood.org](http://www.mannafood.org).

### In-Kind Supporters

We are appreciative of the in-kind donations of services that help Manna multiply our efforts in the community.

Burness	Jeff Miller Consulting Alliance
Clark Construction Group	Pillar Construction
Community Support Services, Inc.	Pillsbury Winthrop Shaw Pittman LLP
Gene's Johns	Power Design Incorporated
Intentional Philanthropy	Response Tech

Special thanks to Dtp photography and Henry Winokur for contributing photographs to this report.

***Fighting Hunger and Feeding Hope in Montgomery County***

## MANNA'S SUPPORTERS

We are grateful for the many hours of service and financial support our dedicated, committed, and caring Board of Directors, volunteers, funding and organizational partners provided in FY2015. Your commitment to our mission showcases the support needed to solve the problem of hunger. This list reflects a portion of those who supported us this year. **Manna's income in FY2015 was comprised of contributions from over 5,100 generous financial supporters. THANK YOU!**

### \$25,000 and above

- William S. Abell Foundation
- Montgomery County Dept of Health & Human Services
- City of Gaithersburg
- City of Rockville
- William P. Roberts, III
- State of Maryland
- TD Charitable Foundation
- Wolpoff Family Foundation

### \$10,000-\$24,999

- William E. Cross Foundation, Inc.
- Jared & Irene Drescher
- Harris Family Foundation
- Richard E. & Nancy P. Marriott Foundation, Inc.
- Mead Family Foundation
- Music For Food
- Neighbors in Need Montgomery Fund
- Otsuka America Pharmaceutical, Inc.
- Sanders Foundation
- Sodexo Foundation, Inc.
- Stuart & Joy Stein

### \$5,000-\$9,999

- AARP Foundation
- The Carmax Foundation
- Margaret Chao & Tso-An Yu
- Charlton Consulting Group, Inc.
- Colesville Presbyterian Church
- Elks Lodge No. 15
- The Carl M. Freeman Foundation
- GE Capital
- Philip L. Graham Fund
- Mr. and Mrs. Andrew Kales
- Matthew Keene
- Richard & Linda Matheny
- Daniel Mudd
- Osher at Johns Hopkins University
- James Pearson & Linda Pickle
- Anderson & Margery Phillips
- Nathaniel & Ravidia Preston
- Kenneth Ranney & Elizabeth Formentini
- Alice Shaver Foundation

- Temple Beth Ami
- Wegmans

### \$2,500-\$4,999

- 3M Foundation
- Asbury Communities, Inc.
- Andrew & Barbara Benson
- The Berman Foundation
- Bethesda Chevy Chase Rotary Foundation
- The Bureau of National Affairs
- Chinese Culture and Community Service Center, Inc.
- Church of the Redeemer
- The Comcast Foundation
- Daly Computers, Inc.
- Henry and Ama Darko
- Dixon Hughes Goodman Foundation
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- Food Lion Charitable Foundation
- Liran Gordon
- Harry Gudelsky Enterprises, LLC
- Judith Heimann
- Glass Jacobson
- Jewish Federation of Palm Beach County
- Katzman Family Foundation
- The Carol and Richard Klinkner Charitable Fund
- John & Marilyn Kuray
- Legal & General America
- Lindner Family Foundation
- Patrick Mahon & Margaret Binns
- N. James & Ellen Myerberg
- Joe Oppenheimer & Joann Smith
- Arthur & Marga Pasternak
- Prince Philanthropies Foundation
- Thaddeus Rattley
- Cheryl Rose
- Aarti Savani
- Self Storage White Flint
- Share Our Strength
- The Sidgmore Family Foundation
- George & Ann Sigal
- Silver Spring Presbyterian Church

- St. Francis Episcopal Church
- Scott & Debra VanDemark
- Mary Jo Veverka
- Wellpoint Foundation
- William & Terry Witowsky

### \$1,000-\$2,499

- The 1966 Charitable Trust
- Bryan Aaron
- David & Mary Abe
- Abundant Grace Farm
- Aldon Management
- Michael & Leen Alewynse
- Elena Alvarez
- Nasrin Amirtahmaseb & Mehrdad Dastouri
- Amy Anders
- AT&T Government Solutions
- Robert Atlas & Gloria Paul
- Nilo Avila
- Robert & Leslie Ball
- Lauren Beauch
- Nancy Bechanan
- Harry & Susan Belin
- Victoria Bell
- Joseph Bellomy
- Mitchell Berliner
- Joshua Blaustein
- Robert & Susan Bodansky
- Marcia Bond
- Thomas Bowersox & Christine Shreve
- Joy Boyle
- Sidney & Phyllis Bresler
- The Bresler Foundation
- William Brock & Kathy McGown
- Samuel & Gail Broder
- Mark Bronfman
- Stanley & Katharine Brown
- Patricia Bryant
- Bullis School
- Renee & Courtney Burke
- Martin & Annette Burns
- Daniel Cantor & Amanda Waugh
- Eileen Carr
- David & Patricia Cash
- CBIZ, Inc.
- Steven Chad
- Chloris Cheng
- Phyllis & Pweh Chock
- Donald & Linda Christoferson

- Church of The Redeemer
- Clarus Group LLC
- Candice & Carry Clough
- Charles & Sara Coe
- James & Shelby Collier
- Frank Comer & Lisa Kreppel
- George & Yvonne Coyle
- Edmund & Leslie Cronin
- CSG Enterprise, L.P.
- Sabine Dahm
- Bruce Davidson & Wendy Root
- Dayspring Church
- DecisionPath Consulting
- Beverly Deppen
- Mark & Shari Director
- Graham Dower & Sheila Cheston
- DRS Signal Solutions, Inc.
- Paul Durand & Joyce Whang
- Ralph S. & Frances R. Dweck Family Foundation
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- Susan & Charles Edson
- Robert & Debra Ekman
- Episcopal Church of Our Savior
- Olugbenga & Cara Erinle
- Ernest Laks Trust
- Exxon Mobil Corporation
- Merle Fabian
- Joseph & Nivia Facundo
- Faith United Methodist Church
- Abraham & Susan Fannoney
- Roger & Katherine Feintheil Charitable Fund
- Larry & Kathryn Fisher
- Lawrence Fogel-Bublick
- Robert & Dorothy Fontana
- Gary Ford & Nancy Ebb
- Diane Fox
- Jeffrey & Inga Frank
- Dana M. Franklin
- Jeffrey & Debra Fredman
- Milton Friedman & Natalya Davidov
- James & Nicole Fry
- Garden Club of College Gardens
- Michael & Linda Garrett
- Garrett & Smith Companies

- Steve Geimann & Carol Sadler
- David Gersch
- The Gira Family
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- Jennifer Hosman & Jen Ttee
- James Houton
- Edward & Eleanor Howard
- Paul & Diane Howden
- Michelle Hsu
- David & Sally Hunt
- The Hwang Foundation
- Steven & Victoria Ingraham
- Inter-Faith Chapel Mission Committee
- Karl Irikura
- Lee & Elizabeth Isaacson
- Kenneth & Debbie Jaffe
- Pauline Jakobsberg
- Jeff Miller Consulting Alliance
- Joel Family Charitable Fund
- Kathryn Jones
- Jordan Pence Memorial Fund
- Douglas Kadmas
- Ralph & Catherine Kahn
- Brian Katulis
- Jonathan & Eileen Kay
- Robert & Shirley Keller
- Sugarloaf Mountain Works, Inc.

***Fighting Hunger and Feeding Hope in Montgomery County***



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### \$500-\$999

- AAMC
- Peter Adams
- Isaac Afrangui
- Adnan Ahmed
- Allan & Janet Akman
- Edith Allison
- American Endowment Foundation
- Elaine Amir
- Harold & Lori Amos
- Arne Anderson & Jennifer Cece
- Aaron Armour & Kimberly Gay-Armour
- Joseph H. Austry III
- Douglas Bailey
- Kyle & Elizabeth Barbehenn
- The Bargain Box Thrift & Consignment Shop
- Robert & Janet Barnard

***Fighting Hunger and Feeding Hope in Montgomery County***

## MANNA'S SUPPORTERS

- |   |  |  |   |   |
|---|--|--|---|---|
| <ul style="list-style-type: none"> <li>▪ Christopher &amp; Teresa Heslin</li> <li>▪ John &amp; Sharon Heyob</li> <li>▪ Jane Highsaw</li> <li>▪ Edward Himmelfarb</li> <li>▪ Ronald Hirschhorn</li> <li>▪ Steve Hittman</li> <li>▪ William Hole &amp; Penny Passikoff</li> <li>▪ Matthew Holtzman</li> <li>▪ Holy Trinity Particular Ukrainian Catholic Church</li> <li>▪ Samuel &amp; Elaine Hope</li> <li>▪ Arlene Howard</li> <li>▪ Van &amp; Linda Hubbard</li> <li>▪ Ellen Hudson</li> <li>▪ John Hudson &amp; Jean Happ Hudson</li> <li>▪ Richard &amp; Karen Huff</li> <li>▪ Hughes UMC</li> <li>▪ Rosemary Humes</li> <li>▪ Barbara Huntley</li> <li>▪ Timothy &amp; A. Kimberly lafolla</li> <li>▪ Keith Jacobson &amp; Katherine Michaelian</li> <li>▪ Tom Jameson</li> <li>▪ Jay Jefferson</li> <li>▪ Fred Johnsen &amp; Karen Brinkmann</li> <li>▪ Cynthia &amp; Gordon Johnston</li> <li>▪ James Jordan</li> <li>▪ Kuriacose &amp; Tara Joseph</li> <li>▪ JustGive.org</li> <li>▪ Marc Kahn &amp; Jeanie Krieger Kahn</li> <li>▪ David &amp; Pamela Kanstoroom</li> <li>▪ Roger &amp; Luanne Karr</li> <li>▪ Barry Kasinitz &amp; Carla Evans</li> <li>▪ Susan Kassell &amp; Lee Schwab</li> <li>▪ Audrey Katz</li> <li>▪ John &amp; Zorina Keiser</li> <li>▪ Kensington Baptist Church</li> <li>▪ Kensington Parkwood ES</li> <li>▪ Keilow King</li> <li>▪ William &amp; Rosalind King</li> <li>▪ Kirby Family Fund</li> <li>▪ Edwin Kisiel</li> <li>▪ Miles &amp; Gloria Kitzler</li> <li>▪ Kiwanis Foundation of Rockville</li> <li>▪ Richard Kolb</li> <li>▪ Lewis Kreisler</li> <li>▪ Paul Kriedeman &amp; Sarah Werner</li> <li>▪ Sandy Kronsberg</li> <li>▪ Daniel Kulpinski</li> <li>▪ Valerie Kunsman</li> <li>▪ Alan &amp; Carole Kuritzky</li> <li>▪ Matthew &amp; Christine Kurkjian</li> </ul> | <ul style="list-style-type: none"> <li>▪ Paul Lauria &amp; Ellen Boule-Lauria</li> <li>▪ Clara Le</li> <li>▪ Blair Learn</li> <li>▪ Joseph Lederman &amp; Vida Yazdi</li> <li>▪ Richard Levine &amp; Wendy Krasner</li> <li>▪ Aaron Llanso</li> <li>▪ Lutheran Church of St. Andrew</li> <li>▪ John &amp; Fabia Mahoney</li> <li>▪ David &amp; Susan Malcolm</li> <li>▪ John &amp; Jean Malone</li> <li>▪ Brian Maranville</li> <li>▪ The Marcia &amp; Thomas Airis Mem. Charitable Gift Fund</li> <li>▪ Morris &amp; Nancy Margolis</li> <li>▪ Lauren Markley</li> <li>▪ Mary Jane Marshall</li> <li>▪ Rose Marie Martinez</li> <li>▪ Robert Matthews &amp; Mary Penxa</li> <li>▪ Francis &amp; Judith Mayer</li> <li>▪ Michael Mazerov &amp; Andrea Levere</li> <li>▪ Michelle McLean</li> <li>▪ Media Central</li> <li>▪ Merrill Lynch</li> <li>▪ Ralph &amp; Janet Meyer</li> <li>▪ Sarah Anne Milholen</li> <li>▪ Florence Kate Millar &amp; Emma Shelton</li> <li>▪ Alan Miller &amp; Susan O'Hara</li> <li>▪ H. Clay Miller, III</li> <li>▪ Joel Miller &amp; Julia Hatch Miller</li> <li>▪ Kevin Mills</li> <li>▪ Steven &amp; Suzanne Mintz</li> <li>▪ Charles &amp; Sherrie Mitchell</li> <li>▪ Kris &amp; Laura Moen</li> <li>▪ Nina Mojiri-Azad</li> <li>▪ Forest &amp; Maxine Montgomery</li> <li>▪ Amanda Nelson</li> <li>▪ Carl Nelson &amp; Linda Horton</li> <li>▪ James &amp; Marla Nix</li> <li>▪ Laurence Nolan</li> <li>▪ Timothy Notley &amp; Lisa Gillespie</li> <li>▪ William &amp; Frances Novelli</li> <li>▪ James Oliver</li> <li>▪ Robert &amp; Rosanne Olson</li> <li>▪ Aaron Oser &amp; Liz Lauren-Oser</li> <li>▪ David &amp; Glenna Osnos</li> <li>▪ Wallis Parnell</li> <li>▪ The Partan Foudation</li> <li>▪ Phyllida Paterson</li> <li>▪ Thomas Pavel &amp; Jennifer Hodge-Pavel</li> </ul> | <ul style="list-style-type: none"> <li>▪ Craig &amp; Denise Pernick</li> <li>▪ Sue Pierce</li> <li>▪ Potomac United Methodist Church</li> <li>▪ Propp Family Foundation</li> <li>▪ R.W. Borchardt Consulting, LLC</li> <li>▪ Pam Rader</li> <li>▪ Sohail Rana</li> <li>▪ David &amp; Barbara Rhoads</li> <li>▪ Steven Riley &amp; Julia Cates</li> <li>▪ John Rizzo</li> <li>▪ The Robert Benson Myer Jr. Foundation Inc.</li> <li>▪ Bruce &amp; Terri Robertson</li> <li>▪ Rockville Assembly of God</li> <li>▪ Stephen Rose &amp; Charlotte Word</li> <li>▪ Jeffrey &amp; Sara Rosen</li> <li>▪ Michael Rosman &amp; Jessica Kasten</li> <li>▪ Michael &amp; Char Rosnick</li> <li>▪ Vivian Rosskamm</li> <li>▪ Steven &amp; Robin Rotter</li> <li>▪ Don &amp; Marilyn Rouse</li> <li>▪ Thomas &amp; Gwen Rowe</li> <li>▪ Sage Yoga</li> <li>▪ Saint-Gobain Corporation Foundation</li> <li>▪ Andrene Samuels-Townsen</li> <li>▪ Sandy Spring Bank</li> <li>▪ Daniel &amp; Kim Sapphire</li> <li>▪ Phyllis Satterfield</li> <li>▪ Duane Schmidt &amp; Christine Daily</li> <li>▪ Rachelle Schofield</li> <li>▪ Laurence &amp; Susan Schor</li> <li>▪ Jay Schwarz</li> <li>▪ Security Investors, LLC</li> <li>▪ Jurgen Seidel &amp; Aleen Rothschild-Seidel</li> <li>▪ Steven Sharpe &amp; D. Schonzeit</li> <li>▪ Carolyn Shawaker</li> <li>▪ Minetta &amp; Gene Shearer</li> <li>▪ Ramsey &amp; Sandy Shehadeh</li> <li>▪ William Shipp</li> <li>▪ Arthur Silver &amp; Robin Ritterhoff</li> <li>▪ Candace Smith</li> <li>▪ Karl &amp; Beverly Snow</li> <li>▪ Kutlu &amp; Mary Somel</li> <li>▪ Karen Somers</li> <li>▪ St. Patrick's Catholic Church</li> <li>▪ St. Paul's United Methodist Church</li> <li>▪ James &amp; Elizabeth Steel</li> <li>▪ Chris Stewart</li> <li>▪ Robert Storz &amp; Susan Schafer</li> </ul> | <ul style="list-style-type: none"> <li>▪ Sugarloaf Congregation of Unitarian Universalists</li> <li>▪ Peter Susser</li> <li>▪ Jody &amp; Paul Sweet</li> <li>▪ Yuesun Tang</li> <li>▪ John-Paul Taylor</li> <li>▪ Victoria Taylor</li> <li>▪ David Thomas</li> <li>▪ Grant &amp; Sharon Thompson</li> <li>▪ Town of Chevy Chase</li> <li>▪ Trenton Tyler</li> <li>▪ Rebecca Umhofer</li> <li>▪ M.J. &amp; Delma Van Winkle</li> <li>▪ Elise Vernick</li> <li>▪ Thomas &amp; Margaret Waite</li> <li>▪ David Walker &amp; Rebecca Holmberg</li> <li>▪ Seth and Gail Warner</li> <li>▪ Rita Warpeha</li> <li>▪ Washington Business Alliance</li> <li>▪ Ronald Watkins &amp; Cathleen Shannon</li> <li>▪ Linda Weeks</li> <li>▪ Thomas &amp; Janice Welch</li> <li>▪ Kendra Wells</li> <li>▪ Jonathan &amp; Jennifer Wenk</li> <li>▪ Ann Wild</li> <li>▪ Sara Wilensky &amp; Patricia Manha</li> <li>▪ Ellen &amp; Mark Williams</li> <li>▪ Nancy &amp; Stephen Williams</li> <li>▪ John &amp; Mary Lou Winder</li> <li>▪ Amy &amp; Mark Wolf</li> <li>▪ Woman's Club of Bethesda</li> <li>▪ Woman's Club of Potomac</li> <li>▪ Joseph &amp; Susan Wyderko</li> <li>▪ Ronald Yucas</li> <li>▪ Christopher Zammarelli &amp; Jennifer Berktoold</li> <li>▪ Mark Zweig</li> </ul> | <ul style="list-style-type: none"> <li>▪ Bullis School</li> <li>▪ Cabin John MS</li> <li>▪ Cal Ripken Collegiate Baseball League</li> <li>▪ Calvary Evangelical Lutheran Church</li> <li>▪ Cannon Road ES</li> <li>▪ Capital Area Food Bank</li> <li>▪ Central Farm Markets</li> <li>▪ Century Distributors</li> <li>▪ Charles E. Smith Jewish Day School</li> <li>▪ Saul Chavez</li> <li>▪ Christ the Servant Lutheran Church</li> <li>▪ City of Rockville</li> <li>▪ Clarksburg Farmers' Market</li> <li>▪ Cloverly ES</li> <li>▪ Coldwell Banker</li> <li>▪ Colesville Presbyterian Church</li> <li>▪ Congregation Beth El</li> <li>▪ Congregation B'nai Tzedek</li> <li>▪ Congregation Har Shalom</li> <li>▪ Costco Wholesale</li> <li>▪ Covenant Church</li> <li>▪ Cub Scouts of America, Montgomery County</li> <li>▪ Dawson's Market</li> <li>▪ Department of Energy</li> <li>▪ Department of Health &amp; Human Services</li> <li>▪ Direct Distribution</li> <li>▪ Drink More Water</li> <li>▪ East Silver Spring ES</li> <li>▪ Faith United Methodist Church</li> <li>▪ FINRA</li> <li>▪ First Fruits Farm</li> <li>▪ Food Lion</li> <li>▪ French International School</li> <li>▪ FTL Custom</li> <li>▪ Gaithersburg MS</li> <li>▪ Galway ES</li> <li>▪ Georgetown Bagelry</li> <li>▪ Georgetown Preparatory School</li> <li>▪ Giant Food</li> <li>▪ Girl Scouts of America, Montgomery County</li> <li>▪ Greek Orthodox Church of St. George</li> <li>▪ Green Acres School</li> <li>▪ Harris Teeter</li> <li>▪ Herbert Hoover MS</li> <li>▪ Hungry Harvest</li> <li>▪ In Christ Washington Congregation</li> <li>▪ Indian Creek Express</li> <li>▪ JBG Companies</li> </ul> |
|---|--|--|---|---|

### Food Donations (1,000 pounds+)

- A&B Seasoning, LLC
- Adat Shalom Congregation
- American Forest and Paper Association
- Arc of Montgomery County
- Asbury Communities, Inc.
- Ashburton ES
- Beth Shalom Congregation
- Bethesda Chevy Chase HS
- Bethesda Co-Op
- Bethesda Jewish Congregation
- B'nai Israel Congregation
- Boy Scouts of America, Montgomery County

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## MANNA'S SUPPORTERS

- Journey's Crossing Congregation
- Judith A. Resnick ES
- Julia Bindeman Suburban Center
- Kids Against Hunger DC Metro
- Kids Helping Kids Campaign
- Kol Shalom Congregation
- KS Kuts
- Lakelands Park MS
- Legal & General America
- Living Faith Lutheran Church
- Lutheran Church of St. Andrew
- Sam Martin
- McLean School of Maryland
- MCPS Nutrition Services
- Mid-Atlantic Federal Credit Union
- Mid-Atlantic Gleaning Network
- Mom's Organic Market
- Montgomery County Master Gardeners
- Montgomery County Muslim Foundation
- Montgomery Faith Fellowship
- Montgomery Soccer Inc.
- Norman's Farm Market
- Northwest HS
- Norwood School
- Olney Farmers & Artists' Market
- Our Lady of Lourdes Catholic Church
- Pillsbury Winthrop Shaw Pittman LLP
- Pine Crest ES
- Poolesville HS
- The Primary Day School
- Quince Orchard HS
- Richard Montgomery HS
- Ride-On Transit
- Roberto Clemente MS
- Rockville Farmers' Market
- Roots Market
- Rose Financial Services
- Safeway
- Saint Mark Presbyterian Church
- SAMHSA
- Sam's Club
- Scenic View Orchard
- Self Storage White Flint
- Tim & Diane Seward
- ShopRite
- Shrine of St. Jude Catholic Church
- Social & Scientific Systems, Inc.
- Sodexo
- Somerset ES
- St. Jane De Chantal Church
- St. Martin of Tours Catholic Church
- St. Mary's Catholic Church
- Sumner Neighborhood
- Temple Beth Ami
- Temple Emanuel
- Temple Shalom
- Thomas S. Wootton HS
- Thomas W. Pyle MS
- Tikvat Israel Congregation
- Tilden Middle School
- Total Refrigeration Service, LLC
- Trader Joe's
- True Buddha Temple Maryland
- Unitarian Universalist Church of Rockville
- USPS
- Village of Martin's Additions
- Walter Johnson HS
- Wegmans
- Westover ES
- Whole Foods Market
- Woodlin ES

### Food Donation Wish List

In the United States processed food products with added sugar and salt are often more affordable than nutrient-rich foods like fruits, vegetables, and whole grains. For this reason those of us with limited budgets find it easier to fill up on calorie-dense food that do not contain the varied nutrients our bodies need.

The suggestions listed below will help guide you in providing the most healthful food donation for our neighbors who need it most.

For tips on organizing a **Food Drive** or to contribute to an **Event** in your community, check out our website: [www.mannafood.org](http://www.mannafood.org)



#### Protein

- Canned tuna/salmon/chicken in water
- Dry or canned beans
- Nut butters
- Dry-roasted or raw nuts and seeds

#### Fruits and Vegetables

- Low-sodium canned vegetables
- Canned tomato products with no added sugar or salt
- Canned fruit (in juice)
- Dried fruit (unsweetened)
- Fruit leather (100% fruit)

#### Grains

- Brown rice, quinoa, buckwheat & other whole grains
- Whole-grain pasta
- Steel cut/Rolled oats & plain instant oatmeal
- Low sugar, high fiber cereals
- Whole grain crackers

#### Additional items

- Boxed milk
- Vegetable, olive, or peanut oils
- Dried herbs & spices
- Tea & coffee
- Baby food & formula

### Every Manna client has a story...

*"Manna is a God send...if it weren't for Manna I don't know what I would do. I have to feed myself and one other person off of \$180 a month. The donations from Manna help us get by and keep us from going hungry." Erin*

***Fighting Hunger and Feeding Hope in Montgomery County***

MANNA’S VOLUNTEERS

These volunteers have provided support to Manna multiple times in FY2015. Many individuals and groups have contributed hundreds of additional hours, totaling 71,518 hours of service. We could not do it without you!

Corporate/Business

- Aronson LLC
- Asbury Communities, Inc.
- Bank of America
- Bloomberg BNA
- Catamaran rx
- CBIZ, Inc.
- CNSI
- Doubletree Hilton Bethesda
- Elanco
- EU Services
- FINRA
- Gaithersburg Marriott
- GE Capital
- Kids Adventures
- Kaiser Permanente
- Legal & General America
- Mid-Atlantic Federal Credit Union
- MARS Symbioscience
- MedImmune
- Medstar Montgomery General
- Morgan Stanley
- NASDAQ
- Qiagen
- Social & Scientific Systems
- Sodexo
- Texas Instruments
- The Insurance Exchange

Community/Association/  
Government/ Civic Groups

- Arc of MC
- Boy Scouts, Webelos, & Cub Scouts of MC
- CSS of Maryland
- Fil-Am Association of Bethesda (FAAB)
- Girl Scouts, Cadettes, Junior Girl Scouts, & Brownies of MC
- Glenstone Foundation
- IPMA - HR MC
- Jack & Jill of Potomac Valley
- King Farm
- Maryland National Capital Park & Planning Commission & Affiliates
- MC Over 40 Active & Social
- MC Volunteer Center
- Medi Volunteers
- Mishkin Group
- NIH Graduate Partnership
- Olney Lions Club
- Potomac Bethesda Rotary Club
- Rockville Chamber of Commerce
- SEEC
- Tilden Woods

- Walter Reed National Military Medical Center
- WMACCA
- Wounded Warriors

Faith-Based

- Adat Shalom Congregation
- B’Nai Israel Congregation
- Church of Christ at Manor Woods
- Cedar Lane Unitarian Universalist Church
- Colesville Presbyterian Church
- Epworth UMC
- First Baptist Church of Rockville
- Grace Church
- HOPE Church
- Indian Orthodox Mission Parish
- Journey’s Crossing
- Kol Shalom
- Magen David Congregation
- MC Church of Christ
- National Presbyterian Church
- Oakdale-Emory UMC
- Our Lady of Good Counsel
- OGSLY
- Redland Baptist Church
- Seneca Creek Community Church
- Temple Beth Ami
- Temple Emanuel

Schools

- Blake HS
- Bullis School
- Clarksburg HS
- Gaithersburg HS
- JF Kennedy HS
- Julius West MS
- Montgomery College
- Northwest HS
- Norwood School
- Richard Montgomery HS
- University of Maryland CIVICUS Living and Learning Program
- University of Maryland College Park
- Watkins Mill HS
- Wootton HS

Core Regular Volunteers

- Debbie Anderson
- Lee Arthur

- Jan Austin
- Victor Barothy
- Terry Baughman
- Joanne Beckish
- Flor Benasayag
- Larry Blaskopf
- Ron Boyd
- Genevieve Callands
- Mary Lou Carter
- Colette Carter
- Ruth Chia
- Hope Christensen
- Jane Meleney Coe
- Wayne Coffey
- Susan Colby
- Cathy Conklin
- Carol Cooper
- Kristi Cruzat
- Steve Debrecht
- Marilu Del Carpio
- Debbie Demske
- Gagan Deol
- Wendy Dowling
- Tom Eagle
- Donna Edwards
- George Eng
- Anne Engel
- Tom Estrin
- Keith Feeney
- Arnold & Laura Feldman
- Mark Feldman
- Larry Fishman
- Janet Fujikawa
- Debbie Gann
- Xianfeng Gao
- Tom Gaynor
- Nathalie Gilfrich
- Sharon Gobel
- Paula Hall
- Jim Hastings
- Julie Heatherly
- Michael Hood
- Daniel Huang
- Guliz Imre
- Pauline Jakobsberg
- Don James
- Bruce Johnson
- Kathi Jones
- Elaine Joselovitz
- Kuriacose Joseph
- Mina Kamazani
- Ann Kennedy
- Mike King
- Carla Krivak
- Sohan Lal
- Mary Lang
- Elise Lavidor
- Yile Li
- Hannah Lipman
- Ray Love
- Doug Mahoney

- Ted Manley
- Tim McDonald
- Andy McLaughlin
- Kathy Mellott
- Gary Metz
- Michele Mui
- Linda Mullinix
- Kevin Murphy
- Nancy Murphy
- Alex Naron
- Cara Navarro
- Julie Nelson
- Richard Nichols
- Janice O’Brien
- Sue O’Hara
- Hwei Ling Ong
- Don Personette
- Alan Poland
- Teri Poux
- Tharini Ramakrishnan
- Michael Richardson
- Karen Rollings
- Jennifer Rossmere
- Gail Rothberg
- Mimi Rottiers
- Lynn Sanvar

- Sharon Seidel
- Rickie Seltzer
- Savithri Selvaraj
- Bernard Silverstein
- Marilyn Simonds
- Gail Singer
- Samantha Steckel
- Tracy Stolove
- Suzu Swagart
- Dean Swanson
- Beth Taylor
- Gary Tominovich
- John Triplett
- Janet Valette
- Craig VanDemark
- Fresia de Haber-Vasquez
- Karen Venit
- Lymaris Viruet
- Jennifer Whelan
- Ahalya Wise
- James Yen
- Terry Yen
- Susan Zaner



Fighting Hunger and Feeding Hope in Montgomery County



MANNA’S VOLUNTEERS AND STAFF

Our Manna Volunteers Make a Difference

Though Manna relies heavily on many volunteers each day, there are those we affectionately dubbed The Regulars. They volunteer in our referral office, with our distribution team, as food sorters/packers and more. Not only do they volunteer during their scheduled shifts but many times they step up when we have last minute cancelations or when staff is out sick. The Regulars, many of which are retirees, between jobs, or empty nesters, contribute an average of 70 hours per day and a whopping 18,000 hours per year. But statistics don’t tell the whole story. The Regulars have an eagerness to help, thoughtful suggestions, and can-do attitude that make them one of our most valuable resources. They are an extraordinary group of people who are an essential part of the Manna team.



Manna Staff

- Michael Carter, Driver
- Jackie DeCarlo, Executive Director
- Jerome Douglass, Driver
- Glenwood Doye, Driver
- Edwin Drijas, Assistant Operations Director
- Blanche Hall, Food Distribution Assistant
- Malori Holloman - Smart Sacks Program Coordinator
- Julio Huacache, Driver
- Stephanie Hubbard, Director of Development
- Cheryl Kollin, CFR Program Manager
- Marie Kozlowski, Volunteer Manager
- Therese Lampe, Development Coordinator
- Yelba Mojica, Referral Office Manager

Current Manna Team

- Marvin Joel Porras, Food Distribution Clerk
- Jamal Ray, Warehouse Supervisor
- Curtis Robinson, Driver
- Tony Robinson, Lead Driver
- Victor Rojas, Warehouse Staff
- Katie Sayago, Development Specialist
- Lindsey Seegers, Nutrition Educator
- Ellie Shutak, Referral Specialist
- Kevin Trostle, Director of Operations
- Jenna Umbriac, Director of Nutrition Programs
- Angela Whitmal, Director of Administration
- Silvia Zelayandia, Referral Assistant

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