

## **MORE FOOD, MORE MONEY, MORE SITES, MORE CLIENTS, AND MORE NEED**

### INSIDE

- HEARTFELT APPRECIATION TO OUR SUPPORTERS
- FINANCIAL REPORT AND PROGRAM STATISTICS
- DESIGNATE MANNA IN YOUR UNITED WAY, CFC, AND OTHER WORKPLACE CAMPAIGNS. DESIGNATION # 8846
- JOIN THE FUN AT THE FANNIE MAE HELP THE HOMELESS WALKATHON

The FY2006 story of Manna Food Center is pretty simple: It's the story of more. With your help, we set records for the number of clients served, the pounds of food collected from food drives and individual donations, and the amount of money raised. On behalf of the nearly 2,000 families we serve, thank you for your generosity and commitment to fighting hunger and feeding hope.

Please indulge us for a moment while we discuss some of our accomplishments of FY06. We hope you share our pride in these successes, because you are a significant part of each win in the fight against hunger.

- ◆ Partnering with MCT Federal Credit Union and Summit Hall Elementary, Manna inaugurated a program called Smart Sacks through which hungry children receive a backpack full of kid-friendly food to sustain them on the weekends. As hard as it is to believe, these children had little or no food to eat on the weekends, and because a full stomach is a prerequisite for academic success, Smart Sacks is helping nourish not just bodies but minds.
- ◆ Manna started a new program to deliver food to three low-income apartment complexes located in Gaithersburg, Silver Spring, and Takoma Park. For many of the residents, lack of transportation was an insurmountable barrier to getting the food they needed at either our Rockville warehouse or satellite sites. With the active participation of the staff, volunteers, and residents of Seneca Heights, Tanglewood, and Franklin Apartments, 250 families each month receive the food they very much need.
- ◆ Wheaton had long been an underserved area, and in November, Manna opened a well-received Tuesday evening satellite site at the Catholic Charities Community Center on Georgia Avenue.
- ◆ To improve customer service and ensure food safety, Manna embarked on a continuing education program for staff underwritten by the Carl M. Freeman Foundation.
- ◆ So many of you gave generously to our annual Thanksgiving Hunger Fund Drive, and the Kids Helping Kids, Yom Kippur, and Boy Scouts Food Drives collected record amounts of food. An enormous thank you to all of you who contributed food and funds to Manna.

Our challenge now is to build on these successes. We don't want you to simply be a one-time friend of Manna; we want to create long-term partnerships with the individuals, corporations, faith-based organizations, schools, and community groups that raise food and funds for Manna. Manna's exceptional growth and success this past year is a tribute to these partnerships.

Every time you volunteer, donate food, or make a financial contribution, you and Manna make an important gain in the fight against hunger. We appreciate your bighearted support during this past fiscal year and thank you in advance for partnering with us in the future to provide the food our hungry neighbors need.



Members of the Association of Builders and Contractors sort food

### MARCO AND JULIE, A TYPICAL MANNA FAMILY

Marco and Julie live in Silver Spring with their second grade son and four-year old daughter. Marco is a full-time construction worker who earns \$11.50 an hour, and his wife earns \$7.50 an hour as a full-time cashier. Together they make about \$40,000 annually and consider themselves luckier than most because Julie's company pays for half of their health care plan.

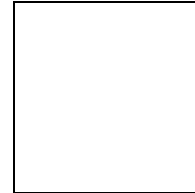
Their monthly expenses are:

- ◆ Rent on a two-bedroom apartment: \$1,200
- ◆ Insurance and car note for a 2001 Honda Accord: \$280
- ◆ Telephone and utilities: \$175
- ◆ Pre-school and after-school child care: \$500
- ◆ Gasoline: \$150
- ◆ Their portion of their health care premium: \$300
- ◆ Payroll, state, and federal taxes: \$650

Before Marco and Julie have bought a gallon of milk, a winter coat, or school supplies, they have spent \$3,255 of their monthly income of \$3,333. With only \$78 left to purchase food and other essentials, Marco and Julie count on Manna Food Center to help make ends meet.

## "I GAVE AT THE OFFICE"

Does your office hold a United Way, CFC, Montgomery Alliance or workplace charitable campaign? Many do, and you can conveniently support Manna by designating your contribution to Manna Food Center. Workplace donations make up a significant portion of our revenue. Because we generally only receive donations that are specifically donated to Manna, it is important that you write 'Manna Food Center' and our designation number '8846' on your pledge card. Thank you in advance for your support.



Our United Way and Combined Federal Campaign Designation Number is:

**# 8846**

## JOIN THE THOUSANDS OF HELP THE HOMELESS WALKATHON PARTICIPANTS ON NOVEMBER 18

On Saturday, November 18, your family can join thousands of others in the 19<sup>th</sup> annual Fannie Mae Help the Homeless Walkathon.

The 5K walkathon around the National Mall raises money for Manna Food Center and more than 200 other nonprofit organizations. By choosing Manna Food Center on your registration form, you can make sure your support helps feed our hungry neighbors in Montgomery County.

Since the Help the Homeless Walkathon began in 1988, it has raised more than \$54 million for the homeless, including more than \$7 million last year.

If at least 100 people walk for Manna on November 18<sup>th</sup>, we earn a bonus of \$2,000. If 250 people walk for Manna, we can earn a bonus of \$5,000. So gather your friends and family members, colleagues and kids to enjoy a lovely autumn morning doing good and having fun.

Registration is just \$15 for those 25 and younger, \$25 for those over age 25. Manna receives every penny that you donate. Visit [www.helpthehomelessdc.org](http://www.helpthehomelessdc.org) to register. You can also call Manna at 301-424-1130, and we'll mail you a registration form. Please don't forget to select Manna as your beneficiary agency.



# THANK YOU TO OUR MANY SUPPORTERS

An enormous and heartfelt thank you to the thousands of people and organizations who generously helped to fight hunger and feed hope with Manna Food Center in FY2006. We wish we had enough room to list everyone. Please find listed below those who donated more than \$200 or 250 pounds of food; we apologize if we inadvertently forgot to list you. Please contact us at your convenience so that we can update our records and personally thank you for supporting Manna.

## Individuals

Agarwal, Pavan & Priya  
Akman, Allan & Janet  
Ames, Margaret  
Amos, Harold and Lori  
Becker, Geoffrey and Leslie  
Beckman, Gretchen  
Bender, Bruce and Susan  
Benway, David & Carla  
Bernot, John and Michele  
Blackmon-Hall, Sima  
Boehner, Elizabeth  
Borger, James & Christine  
Boyd, Richard  
Bresler, Faye  
Brown, Marika  
Callender, Fern and Clive  
Castiglione-Cataldo, Ann  
Chilton, Allan  
Christenson, David  
Clarke, Christine  
Clemons, Danielle  
Clogg, Milton and Alice  
Clough, Hank  
Coerver, Katie  
Courie, Kathleen H.  
Davies, William & Marsha  
Crissman, John & Louise  
Demeo, Sarah  
Dessureau, Eugene & Miriam  
Doerrman, Glenn & Linda  
Dooley, Sharon  
Douglas, C.  
Easterling, Bennet & Dorothy  
Drummond, Rob & Miller, Lori  
Edwards, Deborah  
Edwards, Stephen & Donna  
Eisen, Rich & Markowitz, Joy  
Emerson, Ruth  
Feinberg, Kenneth & Diane  
Fischer, Gerald & Marlene  
Ford, Gary & Ebb, Nancy  
Fraiture, Tara  
Frangos, Virginia  
Freiman, Susan  
Gabala, Amy & Alfred  
Garfinkle, Philip & Jenny  
Gaynes, Jeffrey & Elaine  
Gebler, Tom & Hillary  
Ginsburg, Rhoda  
Goba, Tom & Magdalia  
Golden, Thomas & Dorothy  
Goldenberg, E.  
Goral, Angela  
Grassick, Keith & Mary  
Gravette, Jr., Calvin  
Gross, Dora  
Gudelsky, Judah  
Hale, Arlene

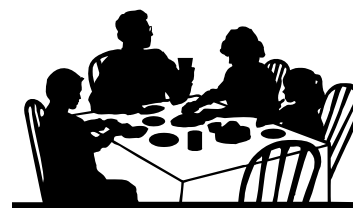
Henry, Peter & Leigh  
Herdt, J. Robert & Krista  
Hickey, J. Patrick and Frances  
Howard, Edward & Eleanor  
Hundemer, Robert & Rose Marie  
Hussong, William  
Iafolla, A. Kimberly & Timothy  
Kasinitz, Barry & Evans, Carla  
Kean, John & Ruth  
Keiser, John & Zorina  
Kelly, Eugene & Christine  
Kim, Janie  
Kleiner, Rhonda  
Klinkner, Richard & Carol  
Kofsky, Alexandra  
Kornemann, Kris  
Kosatka, Art & O'Hara, Maureen  
Kosmach, David  
Kosteeka, Pam  
Lawrey, Milton & Nettie  
Lecours, Richard  
Levy, Holli & Michael  
Litman, Arnold  
Lucas, George & Gloria  
Malone, John & Jean  
Margolis, Morris  
Marshall, Mary Jane  
Matathias, Daniel & Amy  
Mcananey, Kevin &  
McCabe, Catherine  
McKay, Roberta  
Melamed, Jacob  
Mercer, Duke & Sandra  
Mills, Bonnie  
Monroy, Lucie  
Moore, Anita  
Moran, Dennis & Kathleen  
Myles, Lee-Ellen  
Needhammer, Earl & Nancy  
Nicosia Family  
Nolan, Laurence  
Nussbaum, Ernest  
Nuterangelo, Brian  
Osnos, David & Glenna  
Pamnani, Matilal  
Paup, Jerry & Shelly  
Paul, Ronald  
Pfeifer, Albin & Hermina  
Powers, Anne  
Rosen, Adrienne  
Ratti, Jean & Ricardo  
Prokop, George & Barbara  
Rosenbaum, Robert & Sara  
Rowe, Kenneth  
Rucker, Marcia  
Salamat, Bahman & Kathy  
Satterfield, Phyllis  
Schaffer, Paul  
Scharf, William & Barbara

Schmitz, Robert & Held, Gale  
Schwartz, Herman  
Seamens, Terry & Joyce  
Seils, Carl  
Seljos, Mildred  
Shaw, Stephen & Sandra  
Sher, Steven & Anita  
Siller, Arlene & Steve  
Smith, Joann  
Spatz, Ian & Orlansky, Karen  
Stahl, Shirley  
Stern, Helen  
Subramanian, Stephanie  
Summers, Betty & Edward  
Thibodeau, Joseph & Helen  
Towne, David  
Trimmingham, Joan  
Tschiltz, Nancy  
Tufaro, Richard & Helen  
Vause, Linda & James  
Wagner, Jeff  
Wagner, Shannon  
Wessel, Dorothy  
Weidner, Arthur  
Wiltshire, Joseph  
Winder, John & Mary Lou

Harbor  
Herbert Hoover  
Highland View  
Holton-Arms  
James Daly  
Jewish Day  
John Poole  
Jones Lane  
Julius West  
Kennedy  
Kingswood  
Lakewood  
Longview School  
Lucy Barnsley  
Luxmanor  
Magruder  
Mark Twain  
McLean  
Muslim Community  
North Bethesda  
North Chevy Chase  
Oakland Terrace  
Pyle  
Robert Frost  
Rock Creek Valley  
Rock Terrace  
Rock View  
Rosa Parks  
Rosemary Hills  
Seneca Valley  
Shady Grove  
Sligo  
St. Elizabeth  
St. Francis Episcopal  
St. Jane DeChantal  
Stonegate  
Strawberry Knolls  
Thurgood Marshall  
Tilden  
Twinbrook  
Viers Mill  
Walt Whitman  
Walter Johnson  
Watkins Mills  
Wayside  
Westland  
Whetstone  
White Oak  
William Tyler Page  
Wood  
Wootton

## Schools

Ashburton  
Avalon  
Bannockburn  
Beall  
Benjamin Baneker  
Beverly Farms  
Bradley Hills  
Briggs Chaney  
Brooke Grove  
Bullis  
Burning Tree  
Cabin John  
Candlewood  
Cannon Road  
Carderock Springs  
Carl Sandburg Center  
Chevy Chase  
Christa McAuliffe  
Cloverly  
College Gardens  
Connelly  
Fallsmead  
Farmland  
Flower Valley  
Forest Oak  
Fox Chapel  
Germantown  
Glen Haven  
Green Acres



# WITH GRATITUDE TO THE GENEROUS, FABULOUS FOOD INDUSTRY OF MONTGOMERY COUNTY

Every year, nearly half of the food collected by Manna Food Center comes from grocery stores. We're also fortunate to receive donations from a local farm as well as restaurants and catering companies. Without these places, Manna would be hard-pressed to provide clients with bread, produce, dairy products, meat, deli, and other perishable products.

**FreshGo**

Seven Locks Road

**Food Lion**

Russell Avenue  
Wintergreen Plaza

**Frost School Garden**

**Giant Food**

Bureau Drive  
Falls Road  
Flower Hill Way  
Goshen Road  
Kentlands Boulevard  
Leaman Falls Road  
Middlebrook Road

N. Frederick Road  
Fox Chapel/N. Frederick Rd.  
Rockville Pike  
Old Georgetown Road  
Tuckerman Lane  
Watkins Mill Road  
Wooton Parkway

**High Point Farms**

Frederick Road

**KFC**

Frederick Road

**Red Lobster**

Shady Grove Road

**Red Wiggler Farm**

**Safeway**

Goshen Road  
Norbeck Road  
Redland Boulevard  
Twinbrook

**Weis Market**

Ridge Road

**Whole Foods Market**

Kentlands Boulevard  
River Road  
Rockville Pike



## OUR DEEPEST APPRECIATION TO THESE FANTASTIC FOUNDATIONS WHO SUPPORT MANNA

Foundation grants provide noteworthy general operating support to Manna as well as funding for special projects including purchasing a new forklift and opening new satellite sites. We are honored to partner with these private, corporate, and community foundations.

William S. Abell Foundation  
Eugene B. Casey Foundation  
Clark-Winchcole Foundation  
The Community Foundation of the National Capital Area  
Episcopal Diocese of Washington  
Evangelical Lutheran Church in America

Carl M. Freeman Foundation  
Philip L. Graham Fund  
Jewish Youth Philanthropy Institute (JYPI)  
Richard E. & Nancy P. Marriott Foundation  
Eugene and Agnes E. Meyer Foundation

The Montgomery County Community Foundation  
Louis H. Shaman Charitable Foundation  
Takoma Foundation  
Venable Foundation



## WE ARE PROUD OF OUR NON-PROFIT PARTNERS

Each year, Manna distributes thousands of pounds of free food to local non-profit agencies so they can spend their limited funds on programs such as job training, housing assistance, drug treatment, preventing homelessness, etc., that deal with the root causes of hunger.

Adventist Community Services  
ARC of Montgomery County  
Bethesda Cares  
Bethesda House  
Betty Ann Krahnke Center  
Carroll House  
Community Based Shelter  
Community Ministries of Rockville  
Community Support for Autistic Adults & Children  
Community Support Services  
Community Vision  
Crossway Community

Faith Community Baptist Church Food Pantry  
Forcey Methodist Church  
Hannah Aftercare  
Helping Hands Shelter  
Head Injury Rehabilitation Services  
Lawrence Court Halfway House  
Montgomery Ave. Women's Shelter  
MC Coalition for the Homeless  
Muslim Inter Community Network  
National Ctr. for Children & Families  
Outpatient Addiction Services  
Rainbow Place

Rockville HELP  
Salvation Army  
Sharp Street United Methodist Food Bank  
Shepherd's Table  
Silver Spring HELP  
Sophia House  
Stepping Stones Shelter  
Sustaining Word Ministries Pantry  
The Lord's Table



## VITAL STATS

**21,914**  
Families Served  
in FY2006

**10%**  
Increase in  
Families Served  
FY2005 to  
FY2006

**1,964,270**  
Pounds of Food  
Collected

**26 million**  
Pounds of Food  
Distributed since  
1983

**15%**  
Increase in Food  
Donations from  
the Community  
and from Food  
Drives FY2005  
to FY2006

**23,264**  
Number of Hours  
Volunteers  
Given to Fight  
Hunger in  
FY2006

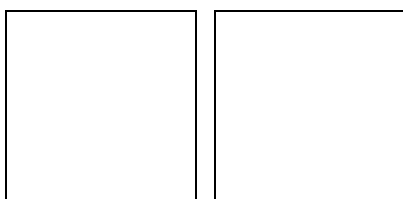
**25%**  
Percentage of  
MCPS students  
at-risk of hunger

**\$65,000**  
Income needed  
for a family of  
four to be Self-  
Sufficient in  
Montgomery  
County.

## A STUPENDOUS STAFF

(as of September 1, 2006)

Amy Gabala, Executive Director  
Donnell Foreman, Operations Director  
Angela Whitmal, Administrative Director  
Barbara Smith, Client Administrator  
Francisco Lopez, Driver  
Bill Mallory, Driver  
Zedebeiah Moore, Driver  
Guillermo Chavez, Driver  
Blanche Hall, Food Distribution  
Grace Mercado, Food Distribution  
Erika Ferraras, Food Distribution  
Victor Rojas, Warehouse Staff  
Leon "Jackie" Baker, Warehouse Staff



*Staff members Erica Ferraras and Bill Mallory unload and prepare perishable food donated by local supermarkets to distribute to clients.*

## A BRILLIANT BOARD OF DIRECTORS

### President

Jeffrey Miller, Action International

### Vice President

Judith Palfrey, Shopping Portals

### Secretary

Shondra Jenkins, Sodexo

### Treasurer

Deborah L. Edwards, Academy Health

### DIRECTORS FY 2006

Barry Barth, Advocacy Institute  
David Benway, Bethesda Naval Hospital  
Geoffrey Becker, Library of Congress  
James A. Borger, BDO Seidman LLP  
Kay Farley, National Ctr. for State Courts  
Susan Freiman, MCPS  
Stefan Hoenicke, M&T Bank  
Ellen Teller, Food Research & Action Ctr.  
Mary Wendeln, Advocate & Social Activist  
Amy G. Gabala, Manna Food Center

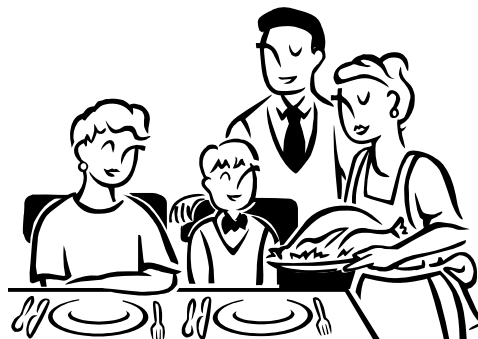
## OUR VERSATILE VOLUNTEERS

### Office, Warehouse and Food Distribution Volunteers

Tommy Bellafiore  
Dottie Chanil  
Mary Charbonneau  
Lou Crissman  
Jane Coe  
Wendy Faxon  
Jim Fenton  
Rich Galen  
Karen Helfert  
Marcie Lovett  
Michael MacNeill  
Earl Needhammer  
Ken Pins  
Donald Schuessler  
Terry and Joyce Seamens  
Marilyn Simonds  
Nan Van Sickle  
McClellan "Mac" Walther  
Donna Jo Williams

### Box Packing Groups

Adat Shalom  
B'nai Israel  
Cedar Lane Unitarian  
Church of the Redeemer  
EU Services  
Family Volunteer Day  
King Farm  
Kol Shalom  
MCT Federal Credit Union  
Montgomery Village Kiwanis  
Oakland-Emory United Methodist  
Olney Lions Club  
Potomac-Bethesda Rotary Club  
Redland Baptist Church  
Rockville Jaycees  
Tilden Woods



# THE ESSENCE OF HOW WE FIGHT HUNGER AND FEED HOPE IN MONTGOMERY COUNTY

Manna Food Center collects and distributes two million pounds of food a year. Here are the many ways that Manna gets the food you donate to your neighbors who need it.

◆ **Manna distributes a three-to-five day supply of food to referred individuals and families at seven different locations:**

**Rockville—Main Office**

614 Lofstrand Lane  
Monday—Friday 12:00pm to 3:00pm  
(Office Hours: 8:00am to 4:00pm)

**Silver Spring—Long Branch Center**

8700 Piney Branch Road  
Wednesday 5:00pm to 7:00pm

**Silver Spring—St. Camillus Church**

1600 Camillus Drive  
Monday 2:00pm to 4:00pm

**Germantown—Salvation Army**

20021 Aircraft Drive  
Thursday 2:00pm to 4:00pm

**Gaithersburg—Family Service Agency**

602 E. Diamond Avenue  
Thursday 5:00pm to 7:00pm

**Colesville—East County Regional Services Center**

3300 Briggs Chaney Road  
Friday 2:00pm to 4:00pm

**Wheaton—Catholic Charities Community Center**

12247 Georgia Avenue  
Tuesday, 5:00pm to 7:00pm

◆ **Manna delivers a three-to-five day supply of food to referred residents of three low-income apartments — Franklin, Tanglewood, and Seneca Heights Apartments.**

◆ **Manna distributes bread to sixteen low-income communities each week.**

◆ **Manna distributes backpacks full of kid-friendly food to hungry elementary school children at Summit Hall Elementary School.**

◆ **Manna gives thousands of pounds of free food to emergency shelters, group homes, soup kitchens, and food pantries.**

## THE FOOD WE NEED THE MOST

We are grateful for the incredible variety of food that is donated to Manna, but we especially need the following to ensure we offer our clients a well-balanced selection of nutritious food:

- ◆ Cereal
- ◆ Peanut Butter
- ◆ Pasta
- ◆ Rice
- ◆ Tomato Sauce
- ◆ Tuna Fish
- ◆ Beans
- ◆ Baby Food
- ◆ Canned Fruit & Vegetables
- ◆ Soup
- ◆ Canned Pasta
- ◆ Mac & Cheese
- ◆ Shelf-Stable Milk

**Thank you!**

## FINANCIAL REPORT FY2006

After running a deficit last fiscal year, Manna is pleased to note its finances were in the black in FY2006 due to the generous financial support of the community. Below are the income and expenses for 7/1/05 to 6/30/06.

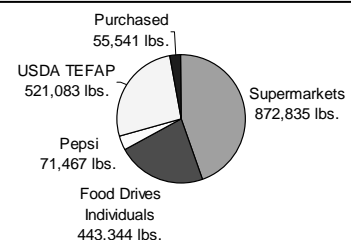
### INCOME

Montgomery County Govt.	\$ 158,792
Cities of Rockville/Gaithersburg	41,266
USDA/TEFAP/MEFP	67,047
Faith-Based Community Corporations	34,192
Foundation Grants	14,639
Individuals	143,065
Thanksgiving Hunger Drive	76,256
Workplace Campaigns	41,963
Other	60,878
<b>Total Income</b>	<b>\$ 642,709</b>

### EXPENSES

Salaries	\$ 335,514
Benefits/Payroll Taxes	51,661
Warehouse Expenses	86,373
Food Collection/Distribution	84,674
Accounting/Insurance/Fees	21,264
Postage/Phone/Printing	6,825
Office Expenses	13,586
Misc.	5,160
<b>Total Expenses</b>	<b>\$ 605,057</b>

### The Source Of Manna's Food FY2006



For a copy of our audit or IRS Form 990, please contact Manna Food Center at 301-424-1130 or [info@mannafood.org](mailto:info@mannafood.org). Thank you.

**Manna Food Center**  
614 Lofstrand Lane  
Rockville, MD 20850  
PHONE:  
301-424-1130  
FAX:  
301-294-7968  
E-MAIL:  
info@mannafood.org

Visit us on the Web  
[www.mannafood.org](http://www.mannafood.org)

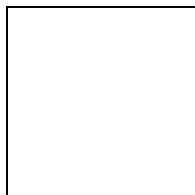
### **A LITTLE ICE CREAM & KINDNESS = A LOT OF HELP**

This summer, a recently divorced woman who had also suffered an injury that prevented her from working came to our Rockville facility to pick up her boxes of food. There was a small line, so one of the Manna volunteers gave the client's young daughter an ice cream sandwich. (One of the supermarkets had donated a few boxes of ice cream treats that day.)

The little girl's whole face brightened as she turned to her mother and exclaimed, "Mommy, this is the first ice cream I've had since you lost your job!"

"Thank you so much," the mother whispered as she hugged the volunteer. "You don't know what a difference this food makes. And bless you for the ice cream for my girl. I don't have money for extras and look how happy she is. Thank you"

We thank the Montgomery County Dept. of Health and Human Services and the USDA TEFAP program for their support. Manna is a 501(c)(3) organization registered with the State of Maryland.



614 Lofstrand Lane  
Rockville, MD 20850

Non-Profit Org.  
U.S. Postage  
PAID  
Permit #3362  
Rockville, MD  
20850

## **FIGHT HUNGER AND FEED HOPE**

We depend upon your support to help us feed those in need. Your support is more critical than ever. During FY2006, Manna experienced an extraordinary 10% increase in the number of households requesting food. Please send your generous tax-deductible contribution today so that Manna can continue to serve those in need as demand continues to rise.

\$ \_\_\_\_\_     \$500     \$250     \$100     \$50     \$25

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

***Thank you very much for your support!***