

Annual Report



Fiscal Year 2007

How Manna Fights Hunger

Manna strives to end hunger through multiple venues. Manna's principle programs are:

Family Food Distribution

Families and individuals can pick up a three-to-five day supply of perishable and shelf-stable food at one of twelve Montgomery County locations. Clients may come to Manna once a month, and all clients are referred to Manna by non-profit organizations, schools, doctors, employee assistance programs, faith-based organizations, and social workers.

Nonprofit Organizations

Manna provides food to dozens

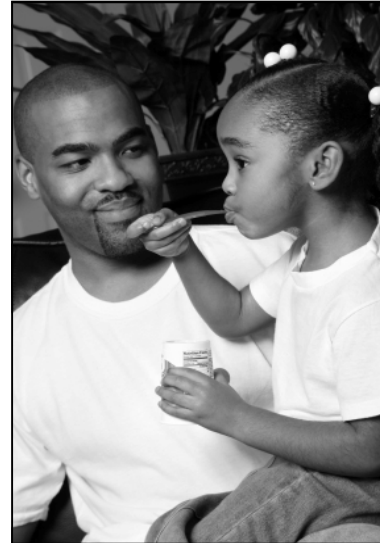
of emergency shelters, group homes, soup kitchens, and food pantries so they can spend their resources on addressing the root causes of hunger.

Smart Sacks

Elementary school children receive a backpack filled with kid-friendly food to eat on the weekends when there are no school breakfasts and lunches.

Bread Drops

Each week, Manna delivers bread to sixteen low-income community centers and apartment complexes.



From the Chairman & Executive Director



If I am not for myself, who will be for me? But if I am only for myself, who am I? If not now, when?"

Hillel, Ethics of the Fathers, 1:14

For almost two years I've had the honor of being the Board Chair of Manna Food. During that time, we've distributed nearly 4 million pounds of food and have established record growth in revenue. I'd like to take this opportunity to thank

everybody in the organization — our executive director and her amazing staff, all of our wonderful volunteers who understand a community can't exist if they are "only for themselves," and the board members I have had the honor of working with.

We look forward to the day when the need for Manna is obsolete, but until then remain committed to our vision of eradicating hunger in Montgomery County.

Jeff Miller, Chairman



Each day in countless ways, I'm reminded that Montgomery County is a singularly special place where

men, women, and even children demonstrate unflagging support and authentic concern for our neighbors at-risk of hunger. I feel fortunate to work with such extraordinary people to serve the community where I grew up and where I now raise my own children.

Amy Gabala, Executive Director

Manna Food Center
614 Lofstrand Lane
Rockville, MD 20850
301-424-1130 info@mannafood.org
www.mannafood.org
CFC # 23028 United Way # 8846

Inside

- An appreciation of the many people and organizations who fight hunger and feed hope everyday
- Who and how we helped in FY07

A Board of Directors That Cares

Manna's diverse, energetic board of directors provides governance to Manna. Representing many facets of Montgomery County, the eighteen-member board raises funds, advises staff, does strategic planning, and ensures financial accountability.

Officers FY 2007

Chairman
Jeffrey Miller
Action International
Vice Chair
Judith Palfrey
Shopping Portals

Treasurer
Shondra Jenkins
Sodexo
Secretary
Marla Caplon
MCPS Food Service

Directors FY 2007

Barry Barth
Advocacy Institute
David Benway
Winston's Chimney
Geoffrey Becker
Library of Congress
James A. Borger
BDO Seidman LLP
Susan Freiman
MCPS
Stefan Hoenicke
Citibank

Gerry Hudson-Martin
Marriott International
Wendy Johnson-Taylor
NIH
Marcie Lovett
Organized by Marcie
Ken Pins
Retired Journalist
Char Rosnick
Cong. Chris Van Hollen
Robert Stern
Sodexo
Ellen Teller
FRAC
Mary Wendeln
Retired
Craig Zucker
State Comptroller Office
Amy G. Gabala
Executive Director

*Dear Manna
Food Center,

I hope you use
this \$15
wisely. I
saved it up
from my
allowance. I
am 7 years
old.*

From, Tyler

Spending Donations Prudently

Income		Expenses	
Montgomery County Govt.	187,310	Salaries	347,922
Cities:Rockville/Gaithersburg	44,150	Benefits/Payroll Taxes	48,251
Maryland/Federal Govt.	89,722	Warehouse/Food Storage	105,433
Individuals	73,762	Food Collection & Distribution	96,181
Faith-Based Organizations	25,784	Accounting/Insurance/Fees	21,922
Corporations	48,385	Office/Postage/Printing	17,260
Foundations	79,250	Capital Expenditures	5,057
Workplace Campaigns	88,904	Other	8,049
Thanksgiving Hunger Drive	67,866	Total	650,075
Miller Fund	11,061		
Other	7,314		
Total	723,508	<i>If you'd like to see a copy of Manna's audited financial statements, please call Manna at 301-424-1130.</i>	

Manna is delighted that it was able to add \$73,433 to its reserve fund. It is recommended that nonprofit organizations have three-to-six months worth of funds in reserve, and this year, thanks to the community's generosity, Manna was able to make significant strides toward achieving this important goal.

A Fun Fundraiser with Infusion



Bring your friends and family to the inaugural **Infusion Hot Sauce Festival at Strathmore Hall, Sunday, September 30 from 12:00 to 7:00**. "Eat for the Hungry" with the Barbecue Battle and Chicken Wing Cook-Off; proceeds will benefit Manna Food Center. Tickets are \$15 and can be purchased at www.infusionhotsauce.com or www.strathmore.org. Come and enjoy a fabulous concert and fabulous food at the Infusion Hot Sauce Festival.

Our Indispensable Volunteers

In FY07, volunteers gave 22,837 hours of their valuable time to pack boxes and backpacks, sort food, collect produce from farmers markets, plan fundraising events, process referrals, conduct food drives and perform hundreds of other critical tasks. In fact, so many magnificent volunteers bestow their time and talent that Manna essentially doubles its staff when volunteer hours are included.

There probably isn't enough paper in Rockville to list all of our incredible volunteers, but we did want to take a moment to thank those volunteers who have made a notable commitment to giving of themselves to fight hunger with Manna.

Individuals

Sonia Bennett
 Frances Byrd
 Stephen Cain
 Dottie Chanil
 Mary Charbonneau
 Evelyn Chan
 Jane Coe
 Wendy Faxon
 Mary Fehlig
 Mindy Felinton
 Jim Fenton
 Karen Helfert
 Marcie Lovett
 Donald Schuessler
 Nan Van Sickle*
 Marilyn Simonds
 Lyn Tanenholtz
 Donna Jo Williams
 Sheila Wolpert

* Manna Food Center's Volunteer of the Year

Groups

Adat Shalom
 B'Nai Israel
 Cedar Lane Unitarian Church
 Church
 EU Services
 King Farm



Kol Shalom
 MCT Federal Credit Union
 Montgomery Village Kiwanis Club
 Oakdale-Emory United Methodist Church
 Olney Lions Club
 Order of the Eastern Star
 Potomac-Bethesda Rotary Club
 Redland Baptist Church
 Rockville Jaycees
 Tilden Woods
 Tzu-Chi Foundation
 WEEV/Montgomery County Volunteer Ctr.

I am honored to serve on a board that is so focused on meeting the needs of folks who go to bed hungry.

*James Berger
 Board Member*

You Can Fight Hunger & Feed Hope

We depend upon your support to help our neighbors in need. Will you send your generous tax-deductible contribution today? Your support will help Manna provide food to 500 families and 500 elementary school children each week. Your contribution will truly make a difference in the life of a hungry family.

\$ _____ \$1,000 \$500 \$250 \$100 \$50 \$25

Name _____

Address _____

City _____ **State** _____ **Zip** _____

Email _____ **Phone** _____

Thank you very much for your support.

Our Dedicated Staff (as of September 2007)

A nonprofit organization is only as successful as its staff is talented. Luckily, Manna's staff is not only extraordinarily good at what they do, but they are also remarkably committed to fighting hunger.

Amy G. Gabala,
Executive Director
Angela Whitmal,
Administrative Director

Donnell Foreman,
Dir., Food Distribution
Tim Lanigan,
Dir., Food Collection
Karen Goldberg,
Smart Sacks Manager
Barbara Budd Smith,
Client Referrals
Blanche Hall,
Food Distribution
Grace Mercado,
Food Distribution

Victor Rojas,
Food Distribution
Guillermo Chavez,
Driver
Erika Ferreras,
Driver
William Mallory,
Driver
Glenn Jackson,
Warehouse
Rick Dyson
Warehouse



Smart Sacks Partners and Schools

Through Manna's innovative program, hungry elementary school children receive a backpack full of kid-friendly, nutritious food on Fridays so they have food on the weekends when there are no school meals to fill empty stomachs. Partner organizations provide the volunteers and Manna, the food. In FY08, fifteen to twenty schools will be Smart Sacks Schools.

FY07 Smart Sacks Partners and Schools

Adventist Rehabilitation Hospital (Rosemont ES)
Carl M. Freeman Companies (Olney ES/Belmont ES)
Choice Hotels (New Hampshire ES/Oakview ES)
Fox Chapel PTA (Fox Chapel ES)
MCT Federal Credit Union (Summit Hall ES)
Rolling Terrace PTA (Rolling Terrace ES)

Joining Smart Sacks in FY08 (to date)

Blair High School (Piney Branch ES)
Calvert Group (East Silver Spring ES)
EU Services (Maryvale ES)
Sodexo (Washington Grove ES)
Storage Village/White Flint Self-Storage
(Viers Mill ES)
United Health Group (Gaithersburg ES)

Our Nonprofit and Community Partners

In FY07, by partnering with these nonprofit organizations, Manna was able to provide nearly one million meals to people working to hard to improve their lives. It is our privilege to work with these first-rate agencies.

Adventist Community Services
ARC of Mont. County
Avery House
Bethesda Cares
Bethesda House

Betty Ann Krahnke Ctr.
Carroll House
Chase Partners Shelter
CMMC Community-Based Shelter
Community Vision
Crossways Community
CSAAC
Faith Community Baptist Church
Hannah's Aftercare and Rehabilitation
Head Injury Rehabilitation & Referral Services
Helping Hands Shelter
Lawrence Court House

The Lord's Table
Men's Emergency Shelter
Montgomery County Family Center
National Center for Children and Families
On Our Own
Outpatient Addiction Services
Rainbow Place
Salvation Army
Shepherd's Table
Sophia House
Stepping Stones Shelter
Wells Robertson House

Bread Drops

Carroll Avenue Center
Emory Grove Res. Ctr.
Georgian Court Apts.
Gwen Coffield Comm.Ctr.
Lincoln Park Comm. Ctr.
Paddington Sq. Apts.
Park Montgomery Apts.
Rock Creek Terrace Apts.
St. Camillus Church
Shady Grove Apts.
Stewartown Apts.
Tanglewood Apts.
Up County Comm. Ctr.
Wash. Sq. Smith Center
Willows Apts.

Our Generous Grocery Stores & Wholesalers

Every week day, Manna's trucks visit more than two dozen supermarkets that donate food that, as we like to say, may not be sellable but definitely is edible. Because of their generosity, our clients enjoy produce, bread, chicken, deli, milk, yogurt, pastries, and other nutritious and delicious food.

Bloom
Russell Avenue
Wintergreen Plaza

Bottom Dollar
Gaithersburg

FreshGo
Seven Locks Road

Giant Food
Bureau Drive
Falls Road
Flagship
Flower Hill Way
Fox Chapel
Friendship Heights
Goshen Road
Hungerford Road
Kentlands Boulevard
Leaman Falls Road
Middlebrook Road
Montgomery Village
Nellesville
Old Georgetown Road
Olney/Georgia Ave.
Tuckerman Lane
Watkins Mill
Wooton Parkway

Harris Teeter
Route 28

My Organic Market
Parklawn Drive

Roots Market
Georgia Avenue

Safeway
Goshen Road
Norbeck Road
Randolph Road
Redland Boulevard
Twinbrook

Weis Market
Damascus

Whole Foods Market
Kentlands Boulevard
River Road
Rockville Pike

Manna is grateful to **Pepsi-Cola Bottling, the Sodexo Test Kitchen, and Pepperidge Farm** for donating their products on a regular basis to help feed the hungry.



Fiscal Year 2007 in a Flash

- 📦 Number of Households Served through Regular Food Distribution: 22,046
- 📦 Number of Smart Sacks Distributed to Children: 2,952
- 📦 Pounds of Food Donated by Grocery Stores: 770,849
- 📦 Pounds of Food Donated from the Community: 406,680
- 📦 Pounds of Food Received from the USDA Emergency Food Program: 476,936

Food Distribution Sites

Main Warehouse, Rockville
M—F 12:00 p.m. — 3:00 p.m.

St. Camillus Church, Silver Spring
Monday 2:00 p.m. — 4:00 p.m.

Catholic Charities, Wheaton
Tuesday 5:00 p.m. — 7:00 p.m.

Long Branch Community Center, Silver Spring
Wednesday 5:00 p.m. — 7:00 p.m.

Salvation Army, Germantown
Thursday 2:00 p.m. — 4:00 p.m.

Family Service Agency, Gaithersburg
Thursday 5:00 p.m. — 7:00 p.m.

East County Regional Services Center, Colesville
Friday 2:00 p.m. — 4:00 p.m.

Apartment Delivery Sites
Franklin Apartments
Olney Towne Center Apartments
Paddington Square Apartments
Seneca Heights Apartments
Tanglewood Apartments

*Give at the Office.
Designate Manna in your Workplace Campaign*

**CFC #23028
United Way
#8846**



Without the thousands of individuals, community groups, corporations, schools, and others who donate both food and funds, Manna would not be able to feed our hungry neighbors. The following people and organizations contributed at least \$250 or 250 pounds of food last year; we only wish we had sufficient space to thank everyone because we treasure every donation, large or small. Every donor has our heartfelt appreciation.

Individuals

Abe, David K.
 Akman, Allan/Janet
 Altrichter, Frank
 Amos, Harold Ross
 Applebaum, Barry
 Armour, Aaron/Kimberly
 Baer, Susan/Jack
 Barth, Barry
 Bassoff, Russell/Mary
 Becker, Geoff
 Beers, John/Flora
 Bell, Victoria
 Bernot, John/Michele
 Berry, J. Daniel/Patricia
 Borger, James/Christine
 Boswell, Gary/Kelly
 Brilliant, Franca
 Brownstein, Ronald
 Butler, John/Elinor
 Butrica, Barbara
 Callender, Fern/Clive
 Caplon, Marla
 Castiglione-Cataldo, Ann
 Clough, Hank
 Cohen, Benjamin
 Cohen, Linda Lee
 Coppley, Jackson
 Courie, Kathleen H.
 Cowdrey, Rob/Elizabeth
 Crissman, John M/Louise
 Dahbour, Salam
 Danielsson, Eva
 Dolan, Thomas/Rhonda
 Drummond, Robert
 Durham, Deborah
 Evans, Carla
 Fatheree, James/Richelle
 Feinstein Family Fund
 Ferguson, Vivian
 Fischer, Gerald
 Formentini, Elizabeth
 Fox, Elaine
 Frangos, Virginia
 Freiman, Susan
 Friedman, Stephen
 Fulton, Teresa/Michael
 Gabala, Amy/Alfred
 Garfinkle, Philip/Jenny
 Gates, Catherine/Bret
 Gaynes, Jeffrey/Elaine
 Gebler, Tom
 Golden, Thomas/Dorothy

Goldschein, Max
 Grassick, Keith/Mary
 Grimes, Seth
 Groban, Mark
 Gudelsky, Judah
 Harrison, Todd
 Herdt, Jean/Krista
 Herndon, Terry/Mary
 Howard, Ed/Eleanor
 Hudson-Martin, Gerry
 Oliver, Rhonda
 Hundemer, Robert/Rose
 Hurdle, Ken
 Iafolla, Kim/Timothy
 Jacobs-Brooks, Paula
 Johnson-Taylor, Wendy
 Johnson-Taylor, Wendy
 Kamerow, Douglas/Celia
 Kasnitz, Barry
 Kauffman, Marta
 Kay, Marlene
 Keene, Matthew

McCartin, Thomas
 McHugh, Maureen
 Melamed, Jacob
 Mercer, Duke/Sandra
 Meyer, Susan/Robert
 Mellen, Elizabeth
 Millar, Florence Kate
 Miller, Jeff
 Miller, Lori
 Myerberg, James/Ellen
 Nicosia Family
 Nolan, Laurence
 Osnos, David/Glenna
 Palfrey, Judith
 Pankopf, David
 Parnell, Wallis
 Pfeifer, Albin/Hermina
 Pollard, Patricia
 Prokop, George/Barbara
 Richman, Charles
 Robertson, Thomas

Sher, Steven/Anita
 Shirley, Robert Ross
 Sholinsky, Phyllis
 Skloff, Michael
 Silverstein, Cynthia
 Sloane, Hillary
 Smalley, Mark
 Smith, Joann
 Soisson, Kevin
 Spatz, Ian
 Orlansky, Karen
 Steinhart, Sheryl
 Stern, Robert
 Sullivan, Francis/Diana
 Swyler, Ellen Diane
 Towne, David
 Traynor, Kate
 Treankler, Lester
 Weidner, Arthur
 Wiltshire, Joseph/Jackie
 Winder, John/Mary Lou



Keiser, John/Zorina
 King, Charles/Jean
 Kline, Bradford/Theresa
 Klinkner, Richard/Carol
 Kumar, Ajit/Joan
 Lawrey, Tom/Nettie
 Lederman, Joseph/Vida
 Lindsay, R. Kevin
 Loudon, John/Katherine
 Luckey, James/Heather
 Magin, Jennifer/Robert
 Moglia, Lori
 Margolis, Morris
 Marshall, Eric

Rosenbaum, Robert/Sara
 Rosenblum, Bruce/Lori
 Rosnick Family
 Rotter, Steven
 Roznowski, Steph./Kath.
 Salamat, Bahman/Kathy
 Schaffer, Paul
 Scheinberg, Debra
 Schmidt, Elizabeth
 Schreck, Lewis/Susan
 Schwartz, Herman
 Seljos, Mildred/Lloyd
 Sheetz, Charles/Margaret
 Shelton, Emma

Corporations and Local Governments

ABC Metro Washington
 Academy of Music
 Adventist Health Care
 Adventist Rehab Hospital
 America's Charities
 Animal Well Care
 Aventura
 Banner Life Insurance
 Beco Management
 Big Train Baseball
 Bio Reliance
 Cameron Sales Markets
 Capital Bank, NA.
 Century Distributors
 City of Gaithersburg
 City of Rockville
 City of Takoma Park
 Commerce Bank
 Curves
 DC Metrognomes
 Delicias Bakery
 EU Services
 FASEB
 Federated Dept. Stores
 Fisher Bio Services
 Fitness Express
 Food & Drug Admin.
 Food Lion
 Gavett and Datt, P.C.

GWAHU
 GWU Biostatics Center
 Healthy Directions
 High Point Farm
 Host Hotels & Resorts
 Howard Hughes Med Inst.
 Insurance Associates
 ISS Services
 ISS, Inc.
 John J. Kirlin, Inc.
 Kaiser Permanente
 Legal & General America
 Lockheed Martin
 Long and Foster
 Lydia Wealth Mgmt.
 MC Dept. Health and
 Human Services
 MCT Fed. Credit Union
 M & T Bank
 M&T Business Coaching
 Macy's
 Marriott International
 Mediatec Publishing
 Medifacts
 Meta-Systems
 Natl Assoc. Letter Carriers
 Paley, Rothman
 Pepsi-Cola Bottling
 PowerMax, Inc.
 Red Wiggler Farm
 Ride-On
 Sams Club
 SAMHSA
 SEIU Local 500
 Shady Grove Hospital
 Shuff's Meat Market
 Sodexho Foundation
 Sodexho, Inc.
 Stepping Stones Shelter
 Superior Dairy
 Village of Friendship Hts.
 Virxsys Corporation
 Walker Supply Co.
 Wellington Condos

Community Groups

Boy Scout Troops
 Corp. Volunteer Council
 CROP Walk
 Dist. 14 Democratic Club
 Farmers & Hunters Feed-
 ing the Hungry
 Girl Scout Troops
 Harvest for the Hungry
 Inst. For Gen. Research
 JCC Day Camp
 Jewish Fed. of Gr. Wash.
 Kiwanis Mont. Village
 Kiwanis Mid County
 Kiwanis N. Bethesda
 Kiwanis Leisure World
 Knights of Columbus
 Leadership Montgomery
 Lions Club of Olney
 Mater Dei Knights of
 Columbus

Moms Club of Potomac
 Moms Club of Rockville
 Montgomery Alliance
 Montgomery Soccer Inc.
 National Council Jewish
 Women
 Order of the Eastern Star
 Potomac Area Newcomers'
 Club
 Rockville Farmers Market
 Salute to the King
 Telecompioneers
 Thanksgiving in Feb.
 Tilden Woods Swim Team
 United Way NCA
 Wooton Rotary Interact
 Club

**Faith-Based
 Organizations**

Ashton United Methodist
 Adat Shalom
 B'nai Israel
 B'nai Tzedek
 Beth El
 Beth Shalom
 Bethesda Jewish Cong
 Bodish Temple
 Brookmont
 Calvary Lutheran
 Cedar Lane Unit.
 Church Of Our Savior
 Colesville Presbyterian
 Concord St Andrew's
 Crusader Lutheran
 Emmanuel Lutheran
 Epworth United Methodist
 Fabrangen Cheder
 Fairhaven Unit. Methodist
 Geneva Presbyterian
 Goshen United Methodist
 Har Shalom
 Hermon Presbyterian
 Holy Resurrection
 Interfaith Chapel
 Jerusalem Mt. Pleasant
 Kehilat Chadasha
 Kehillat Shalom
 Kemp Mill Synagogue
 Kensington Baptist
 Kol Shalom
 Kunzang Palyui Choling
 Machar
 Or Haolam
 Ohr Kodesh
 Potomac Presbyterian
 St. Elizabeth
 St. George
 St. Gregorios Indian Orth.
 St. James Episcopal
 St. Mark's Presbyterian
 St. Mark's Orthodox
 St. Raphael
 St. Rose of Lima
 Shaare Tefilia
 Silver Spring Presbyterian

Temple Beth Ami
 Temple Emanuel
 Temple Shalom
 Tikvat Israel



Twinbrook Baptist
 Twinbrook Community
 UU Church of Rockville
 Washington Hebrew Cong.
 Women Who Care

Foundations

Carl M. Freeman Found.
 Clark-Winchcole Found.
 Community Foundation of
 the Natl. Capital Area
 Mont. County Community
 Foundation
 Philip L. Graham Fund
 Harris Family Found.
 Carol & Richard Klinkner
 Charitable Fund
 Richard E. & Nancy P.
 Marriott Foundation
 The Meyer Foundation
 Moshman Foundation
 Puffin Foundation
 Shaman Foundation
 Venable Foundation

Schools

Archbishop Carroll HS
 Ashburton ES
 Benjamin Banneker MS
 Beverly Farms ES
 Briggs Chaney MS
 Bright Horizons Child Ctr.
 Bullis School
 Burtonsville ES
 Candlewood ES
 Carl Sandburg School
 Charles E. Smith Jewish
 Day School
 Chevy Chase ES
 Cold Spring ES
 Flower Valley ES
 Forest Oak MS

Foundation School
 Francis Scott Key MS
 The Frost School
 Gaithersburg HS
 Gaithersburg MS
 German School of DC
 Germantown ES
 Goshen ES
 Green Acres School
 Greencastle ES
 Highland ES
 Hebrew Academy
 Holton Arms School
 Hoover MS
 James Daly ES
 James Hubert Blake HS
 John F. Kennedy HS
 John Poole MS
 Kensington Parkwood ES
 Lakelands MS
 Longview School
 Martin Luther King MS
 Maryvale ES
 McLean School
 Mill Creek ES
 MCPS Main Office
 Montgomery Village MS
 Oakland Terrace ES
 Paint Branch HS
 Peppertree Children's Ctr.
 Pine Crest ES
 Piney Branch WS
 Potomac ES
 Ridgeview MS
 Rock Creek Forest ES
 Rock Creek Valley ES
 Rosemont ES
 Seven Locks ES
 Somerset ES
 St. Francis Episcopal
 St Jane de Chantal School
 Stephen Knolls School
 Terrace ES
 Thomas Edison HS
 Thurgood Marshall ES
 Tilden MS
 Viers Mill ES
 Walter Johnson HS
 Watkins Mill HS
 Wayside ES
 Westland MS
 Whetstone ES
 White Oak MS
 Winston Churchill HS
 Wooton HS

**Schools that collected
 the most food per
 capita during the FY07
 Kids Helping Kids Food
 Drive**

Richard Montgomery HS
 Shady Grove MS
 Fallsmead ES
 St. Jane de Chantal

Fighting Hunger and Feeding Hope in Montgomery County




614 Lofstrand Lane
Rockville, MD 20850
301-424-1130
info@mannafood.org
www.mannafood.org

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




Our Neighbors in Need

 In August, Manna received a referral from a caseworker at the Department of Health and Human Services. The caseworker added, "I know you are wonderful to all of your clients, but this one is special. It's for an 18-year-old who has to take care of his brother and sister because his mom tried to commit suicide. The mom is now in the hospital getting treatment. This poor kid was about to start college and instead now has to somehow be a parent to two kids. The mom is coming home soon, but I can only imagine what would have happened to this family if the oldest brother wasn't willing to step up to the plate."

When the family came to Manna's Rockville warehouse to pick up their food, the family expressed their gratitude. "We were down to nothing. Thank you so much for this food. That's one less thing we need to worry about now."

"Actually," replied one of Manna's staff members, "we want to thank you. You've taken on so much; it's really our privilege to be able to help you."

 Also picking up food this summer was a Gaithersburg woman and her young daughter. The mother works as a para-educator during the school year but found she didn't have sufficient money to fill her pantry shelves during the summer break. When she picked up her food at one of our satellite sites, she asked if it would be possible for her and her daughter to volunteer as they wanted to "give back" to Manna. Of course the answer was an unequivocal "yes," and she joined the many current and former clients who volunteer at Manna.