

Culinary Angels

Annual Report 2021

Culinary Angels

4435 First Street #142

Livermore, CA 94551

culinaryangels.org

501(c)(3) Tax ID #84-2906765

Culinary Angels Philosophy:

Our volunteers are trained to cook with as many organic ingredients as possible and focus on nutrient-rich, plant-based, seasonal ingredients.

Emphasis is placed on using cruciferous vegetables, sea vegetables and homemade broths in our soups.

Culinary Angels believes this will help promote health, wellness, and hope to people who are compromised by their challenge.

Mission Statement

To be the Tri-Valley's leading provider of local, organic, nutrient-rich meals and nutrition education to those going through a cancer challenge as well as to their caregivers.

Vision Statement

To inspire healthier communities by providing nutritional meals and other resources to those experiencing cancer to more fully support their healing journey.



2021 A YEAR IN REVIEW

Founder & Executive
Director:

Lisa McNaney

Board of Directors:

Board Chair, Lynn Monica
Treasurer, Candace Plevyak
Secretary, Sue Bayer
Lisa McNaney
April Vaughn Shabazz
TJ Spencer
Marie Stapleton



Twenty twenty-one was an incredible year for Culinary Angels. We expanded to two additional delivery areas, increased both our recipient and volunteer numbers and moved our kitchen operations.

- Increased our meal counts by over 40%
- Increased our volunteer family and utilized 135 active volunteers
- Optimized the health and safety of our volunteers
- Moved from our kitchen in Livermore to a new state-of-the-art commercial kitchen at Sunflower Hill's Irby Ranch in Pleasanton
- Broadened our delivery reach by adding San Ramon and Danville communities for delivery
- Cultivated two local farm partnerships with Clare's Fare and Fluorescent Farm.

Valued Supporters and Partners



Thank you to our valued supporters who allowed us to not only purchase kitchen equipment and utensils but also funded weeks of meals for our deserving recipients throughout the Tri-Valley

TOP EVENT DONORS

Top Con
Patelco
Stanford - ValleyCare
Heritage Bank

CORPORATE DONORS

Patelco
County of Alameda
Community Health &
Education Foundation (CHEF)
The Changebox Foundation
Forty Niners Football

TOP GIVERS

Heidi & Rich Herbert
Peter & Laura Yozzo
Beth & Sblend Sblendorio
Suzann & Larry Cabling
Jeff & Karie Kmetz
Anna Richards

What makes Culinary Angels so unique...



WE PROVIDE NUTRITIENT RICH MEALS

We are a conscientious and deliberate organization providing organic, high quality, locally sourced, mindful meals to support both the patient and their caregiver. We provide nutritionally rich meals that are designed to fortify the bodies of individuals with cancer as they go through their own unique cancer experience.

WE EDUCATE

Through our Nutritional Empowerment Program, we will educate, inform and encourage our recipients, caregivers, and the caregiver community about the power of food as a crucial element in their healing journey. We will provide practical nutrition education, applicable to a broad spectrum of audience, from how to access and use healthy ingredients to maximize their properties and flavor, and why this has a positive impact on their quality of life.

WE ACT LOCALLY AND ARE GLOBALLY CONSCIOUS

Culinary Angels recognizes that one powerful way to support our local economy is through our food choices. Partnering with local farmers and choosing seasonal and organic produce improves the overall health of communities and our neighbors. It also builds relationships that not only nourish those locally but supports those globally.

WE HAVE EXTRAORDINARY VOLUNTEERS

Many of our volunteers have been touched by cancer and have experienced the challenge to eat properly. They give freely of their time and desire to make a difference or lighten the load of a recipient and whoever is providing care for them.

Operational Highlights



- Culinary Angels' year began with a significant move forward when we moved from our kitchen in Livermore, that we opened in 2016, to a new state-of-the-art, commercial kitchen at Sunflower Hills' Irby Ranch in Pleasanton, California. We cooked, plated and delivered our first meals there on January 6, 2021.
- We broadened our delivery reach to include the communities of San Ramon and Danville, along with existing cities of Livermore, Pleasanton and Dublin. The areas along the 680 corridor now make up approximately 57% of our delivered meals.
- We optimized the health and safety of our volunteers by adding multiple shifts to allow for fewer volunteers in the kitchen at the same time. We also created a "Safe to Return" document to help with Covid challenges.
- We digitized the onboarding and compliance process and added the Compliance Coordinator role to streamline the process for new volunteers. We conducted Zoom meetings for new volunteers to give them an overview and introduction to Culinary Angels.
- All leadership roles have been cross-trained to eliminate any interruption of our services. In addition, we created six more lead roles to help make coverage easier and smoother, when needed.
- In August of 2021, we were honored to host a dinner based on our culinary philosophy for the Rotary Club of Livermore, thus expanding our base of followers and donors.
- One December holiday meal consisted of a record-breaking 124 meals to our entire recipient family. This was accomplished with support from Patelco Credit Union and over 50% of our volunteers.

From our
Amazing
Chef...

Claudia
Castillo Holley



Tremendous excitement surrounded the opening of our new kitchen space which took place amidst the challenges of a global pandemic. Accomplishing this included implementing and monitoring the highest standards of food and personal safety we had ever known. This unprecedented learning curve brought us endless opportunities to solidify both the strong foundation and clear intention of our meal program focused on quality ingredients and efficient processes.

We continued our partnership with Fertile Groundworks and Sunflower Hill, but also added two local farms, Clare's Fare and Fluorescent Farm, who both follow sustainable organic and/or regenerative farming practices. In addition, we began an invaluable partnership with the Livermore Farmers Market, implementing a bi-weekly donation drive which provided access to a broader range of fresh, organic, seasonal and local produce. The added benefit was a greater presence in a community we serve.



The ability to acquire greatly needed kitchen equipment and utensils was accomplished in large part by the generous grants we received from Pleasanton and Livermore Rotary Clubs.

2021 Impact Review

Annual Operating Budget: \$167,300

Year over Year Growth: 2020-2021

Total Meals: 57% increase

Total Broth: 65% increase

Total Soups: 49%

Total Deliveries: 46%

Annual Impact:

- Number of Protein Meals: 2256
- Number of Vegetarian Meals: 530
- Number of Broths: 2180
- Number of Meal Deliveries: 1393
- Number of Recipients + Caregivers: 116



Our outlook for the future is bright...

As Culinary Angels' Board Chair I am extremely grateful for our amazing ED, board, staff, volunteers and donors. I am honored to be part of this wonderful organization which provides needed nutritional support to individuals facing cancer challenges and their caregivers, positively impacting their lives and the community.

Lynn Monica

We are very much looking forward to increasing our recipient growth by more than 40% in 2022. Efforts will include identifying additional medical partners and cancer support groups to help build our awareness in currently underserved communities.

We are eager to secure medical endorsements from prominent local doctors who support our program and philosophy.

In addition, we will be launching a Nutrition Education Program for our recipients and their caregiver. This effort will help sustain and maintain a person's wellness after their cancer challenge by providing them with educational resources on our website, in our delivery bags, and through cooking classes. Our objectives are to help people learn where to source local, organic and seasonal food, to dispel the myth that organic is more expensive than conventional, and to learn how to cook with these beautiful ingredients so that a person's immune system continues to be supported.

