



Annual Report

2023

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.



2023 A Year in Review

Founder & Executive
Director:

Lisa McNaney

Board of Directors:

Board Chair, Sue Bayer
Treasurer, Jennifer Geranen
Secretary, April Vaughn
Shabazz
Alison Negrin
Chuck Deckert



Culinary Angels had another incredible year in 2023. We doubled our meal delivery frequency throughout the five cities of the Tri-Valley and are impacting close to 3,730 healthy meals annually.

- Increased meal deliveries to 3,730, up 29% from 2022.
- Recipients and caregivers enjoyed 3827 pints of soup, an increase of 23% over 2022.
- Bone broth distribution increased by 26% over 2022.
- Increased our volunteer family and utilized 150 active volunteers.
- Optimized the health and safety of our volunteers.
- Farmers Market program contributed 547 pounds of produce for a total value of \$3,516.
- Moved to weekly meal distribution, doubling amount of food prepared each week.
- Trained new leads in shopping and meal bagging. Added a new soup team.
- Increased volunteer efficiency by the addition of a new meal tray sealing machine.

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
Fremont Bank
Joan and Lynn Seppula

CORPORATE DONORS

County of Alameda
Community Health & Education
Foundation (CHEF)
Kaiser Permanente
Stanford – ValleyCare

TOP GIVERS

Virginia Schuler
Sue and Steve Springer
Kathy and Bill Pedrini
Julia and Brian Emrich
St. Charles Borromeo

What Makes Culinary Angels so Unique



We Provide Nutrient Rich Meals

We are a conscientious organization providing organic, high quality and locally sourced 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 Nutrition Education Program, we 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 provide practical nutrition education to those affected by cancer. From how to access and use healthy ingredients, maximize foods' properties and flavor, and why this has a positive impact on 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 of eating properly. They give their time freely and have a desire to make a difference and lighten the load of a recipient and their caregiver.

Operational Highlights



Strategic Planning

Culinary Angels' year began with a series of strategic planning meetings based around transitioning our meal delivery program from bi-monthly to weekly for all of our recipients. Much time and thought were put into preparing for this transition beginning with what changes were essential to making this a success.

Volunteer Restructuring

We began with overhauling the volunteer schedule to accommodate the increased workload. We also reimagined the day to day kitchen duties to allow for maximum efficiency, which included moving soup production from Tuesday to Monday to free up the stove space needed to cook for twice as many recipients. This change increased the Monday workload to the degree that we added a second lead shift to allow our leads to split the shift so as not to burn anyone out. Additionally, more kitchen supplies and equipment were purchased to handle the increased meal numbers.



We redesigned our shopper's duties and added a second shopping Lead to the program. One change, to take some of the pressure off of our shoppers, was establishing a partnership with C & L Produce out of Oakland, CA. They have become a valuable resource for high quality organic produce, while alleviating the responsibility of our shoppers hunting for pounds of organic vegetables each week.

We added volunteer shifts to our plating, bagging, and delivery teams to support the increase. We also purchased a new meal tray sealing machine to allow for more timely and efficient meal packaging.

From our Amazing Chef

Going to work each day and knowing that we are helping people in need is a special feeling. The people that I work with day in and day out feel like family. That became clear to me recently when we were on our holiday break and I realized that I missed them and couldn't wait to get back to work. I look forward to seeing what the future brings.

Bill Zeigler



“After 15 months as the Head Chef/Operations Manager, I have to say that the work I do with Culinary Angels continues to fill my soul with love and joy.”

2023 was a landmark year for Culinary angels as we transitioned from delivering our healthy, nutrient rich meals, soups, and broths on a bi-monthly basis to weekly. Our amazing volunteers stepped up to the task and we are now able to provide each of our recipients and their caregivers with 4 meals per month as they navigate their cancer journey.

We continue to work with the organic gardens at Sunflower Hill, Clare's Fare, and Fertile Groundworks who provide us with a bounty of donated produce on a weekly basis. These donations are an integral part of our menu planning and meal preparation.

During each weekly cooking cycle, I work closely with our on Staff Dietician to ensure that our menus and ingredients align with our nutritional guidelines. We've been exploring various cuisines in an effort to keep things fresh and exciting for our recipients.

Each day in the kitchen, I am filled with joy and a sense of purpose. It's a special feeling knowing that you're doing a job that you know is making a difference in the lives of people going through a challenging time.

The thing I enjoy most about being a part of the Culinary Angels team is the opportunity to work so closely with our amazing volunteers. They are truly the heart and soul of the operation.

2023 Impact Review

Year over Year Growth: 2022-2023

Total Meals: 29% increase

Total Broth: 26% increase

Total Soups: 23%

Total Deliveries: 29%

Annual Impact

Number of Protein Meals: 3075

Number of Vegetarian Meals: 656

Number of Broths: 2681

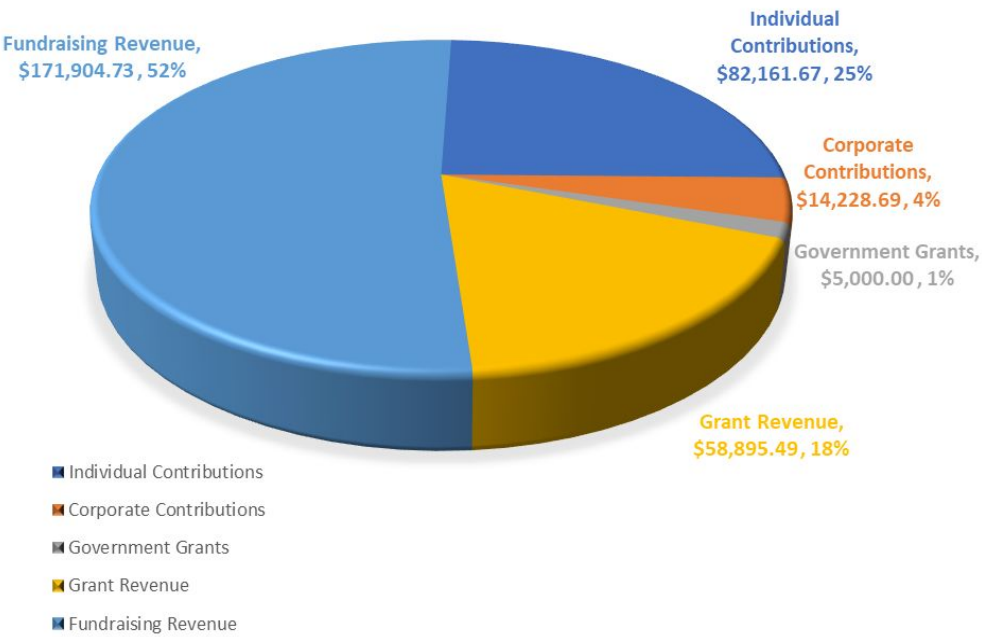
Number of Meal Deliveries: 3731

Number of Recipients + Caregivers: 116

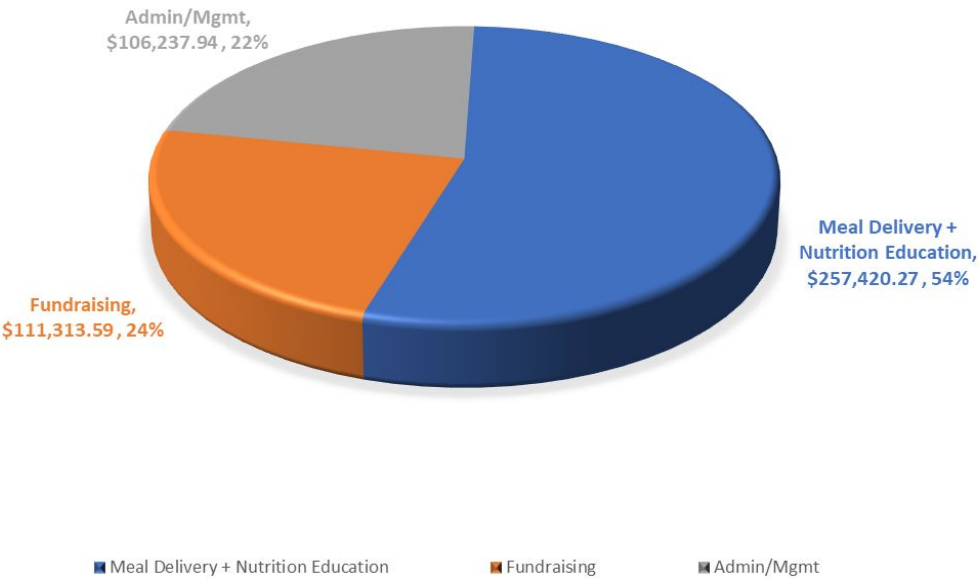


2023 Funding Sources and Allocations

2023 FUNDING SOURCES



HOW WE SPENT EACH DOLLAR IN 2023



Our Future is Bright:

- Increase Partnerships
- Increase Recipient Meal Impact
- Increase Awareness of Nutrition Education

We are very much looking forward to increasing our meal program by more than 40% in 2024.

Efforts will include identifying additional cancer resource partners and alliances to help build our awareness in additional communities.

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

“On behalf of the Culinary Angel’s Board, I would like to express my sincere appreciation to the individuals that make this organization successful.

We are blessed to have an intrepid Executive Director, a supportive staff, hard-working volunteers and Board members, and loyal donors.

It is no easy feat to double both the output of meals and the delivery of those meals which provide important nutritional support to both those going through cancer treatment and their caregivers.

The impact of this partnership is profound for our recipients and for the individuals at Culinary Angels and our greater community. We all know, we do better together.”

***Sue Bayer,
Board Chair***

