

MANNA WORKS



Uplifting News About a Caring Community



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Spring 2013

Our Gratitude for a Generous Community

As I go about my day, I hear the harmonious sounds of Manna all around me. Volunteers and staff warmly greet guests coming in for a meal, the door buzzer sounds as someone arrives with a food donation, and volunteers happily chat as they sort and stock cans in our pantry. These are the sounds of a community taking care of its most vulnerable neighbors with joy, respect and compassion.

Our work together that “everyone might be fed” has seen tremendous growth this past year at 713 W. Main Street. In our commercial kitchen, we are able to efficiently use your generous food and financial donations to prepare a record number of delicious, healthy meals. With the support of our volunteers and community food drives, we are able to serve more households in our pantry and provide an increased average of 50 pounds of food per pantry visit. Utilizing the expertise of our volunteers and partner agencies, we are able to offer clients more education opportunities, providing job training, financial planning, nutrition and wellness classes to help individuals achieve more sustainable life options.

All that we do is possible because of the generous gifts from our community, whether given in time, food or financial donations. Our team takes the trust that you place in us when you contribute as a sacred trust, working diligently to carefully use your resources on behalf of Manna’s clients. Through your gifts, we will continue to feed all who come through our door with the welcome sounds of service and support.

With gratitude,
Suzan Neiger Gould
Executive Director



Miraculous Moments

When we first met Saa and Oretha, they had been struggling for awhile. Saa had been sick for five years, and was waiting for a kidney transplant; he couldn’t find a donor. Eventually he was too sick to work. Oretha worked when she could, but the jobs were sporadic due to caretaking. With two children at home, the money she earned didn’t last long. Oretha came to Manna for help, and started shopping in our food pantry each month. Her family stayed with friends as they struggled to afford their own apartment. The days were becoming very difficult.

But then...Saa’s doctor found a donor! A woman in California was donating her kidney in honor of her step-father who needed a transplant but for whom she wasn’t a match. Miraculously, Oretha was a match for this woman’s step-father! They could each donate their kidneys to help save their loved ones.

The medical expenses were significant. Manna called area churches for help, and with the support of several congregations, raised part of Saa and Oretha’s rent for their new apartment so that they could have enough to cover the medical bills. The surgeries were a success! Today, Saa, Oretha and their children are doing well. They hope to be back on their feet next month.

With the support of so many in our community, extraordinary moments like this are possible. When asked to share her story, Oretha was thrilled. She hopes that others will feel empowered to get involved and help those in need. She knows the change that is possible when this community comes together.

Teens Take the Lead!

Youth ages 13-17 are invited to join Manna’s summer cooking program! Gain culinary and leadership skills, with all dishes served in Manna’s soup kitchen. Our Food Service Manager, Sonya, will lead three, two-week sessions between 1:00-3:30pm at Manna.

Session One: July 9, 10, 11, 16, 17 and 18

Session Two: July 23, 24, 25, 30, 31 and August 1

Session Three: August 20, 21, 22, 27, 28 and 29

Register: Please contact Anthony,
anthony@mannaonmain.org

Cost: \$50.00



Volunteer Talents



In addition to the 100 volunteers who serve with us each week in our kitchen and pantry, we are honored to have 15 volunteers lead our new education series! Each month, they come together to develop curricula and facilitate job training and financial planning classes. Since this series began in December, we have offered five classes with 43 participants! Three individuals have already secured jobs and several more have interviews. Our budgeting and banking classes have been very popular, with participants greatly appreciating the opportunity to learn how to shop on a budget and save money.

In addition to the information and expertise shared, these volunteers dedicate extra time and care to help individuals get back on their feet. Many volunteers will meet with a client three or four times to help review a resume or prepare for a job interview. Others will spend their Saturday afternoon at Manna helping class members look for jobs online. They go above and beyond! We are grateful for their commitment. Together, we hope to lift individuals up beyond hunger to self-sustaining opportunities!

If you would like to volunteer for these classes, please contact Anthony: Anthony@mannanonmain.org. We welcome your service!

Buy One, Donate One!

The next time you're at the grocery store shopping for one of these items, please consider buying an extra to donate to Manna. Buy one, donate one! You can keep our pantry stocked during these busy spring and summer months.

- ✓ Peanut butter & jelly
- ✓ Healthy cereals
- ✓ 100% juice
- ✓ Canned fruits
- ✓ Canned meats
- ✓ Pasta sauce
- ✓ Baby food, formula & diapers
- ✓ Rice
- ✓ Canned soups



We love fresh vegetable and fruit donations! If your green thumb has grown extra to spare, please consider donating some of your garden goods to Manna.

LANSDALE FARMERS' MARKET.

Happy 5th Anniversary to the Lansdale Farmers' Market, opening this season on May 18th! Each Saturday, from 9am – 1pm, stop by Railroad Ave to shop for local, fresh foods and artisan crafts. We'll see you there!

We love our volunteers!

On April 18th, Manna hosted our annual Volunteer Appreciation Night to celebrate the extraordinary service of the 1,500 community members who volunteer at Manna each year. Here are just a few of the faces of our incredible volunteer crew.



Save the Date: October 5, 2013

3rd Annual 5K Race & 1 Mile Fun Run

Knapp Elementary School
8:00am Fun Run | 8:30am 5K



Join the Race to Help End Hunger in the North Penn Region!

Mark your calendar now for a great race to help the hungry in our community. Bring your family and friends for the post-race pancake breakfast and returning community favorite, our shopping cart challenge!



Race Website: www.mannaonmain.org/news/5k-race

For **Race Sponsorship Opportunities** please contact Kristyn: kristyn@mannaonmain.org, 215-855-5454, ext 14.
Photo by Tony Di Domizio, Lansdale Patch

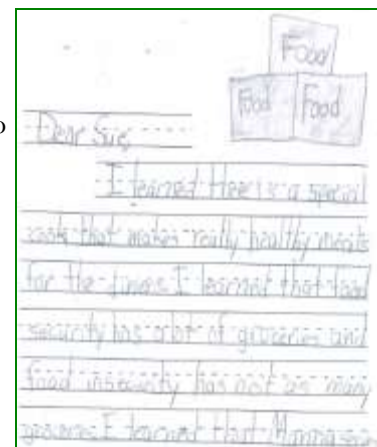
Amazing Kids!



Cub Pack 399 joined Manna to make healthy snack bags for the North Penn Valley Boys & Girls Club. We had a great time to-

gether and made over 500 snack bags. Thanks, Cub Pack 399!

United Friends School is collecting food for Manna and invited us to visit to discuss how students can help fight hunger in our community. We received such wonderful thank you notes with great plans to help others in need. Thank you, UFS!



Inspiring Gifts

He often eats in our soup kitchen, and appreciates the good food and kind service of our volunteers. When he gets up to go, he may offer a quarter or a \$1 for the meal; whatever he has in his pocket.

Although our meals are free, we are honored to accept these donations, as so many who dine with us want to give what they have to help others in need.



She called to ask if we accepted frozen food donations. We were grateful for her call, and welcomed this gift to our pantry.

When she arrived later in the afternoon with a car full of frozen goods, we were deeply touched by her generosity. She quietly explained that we had helped her in the past when she needed food, and she wanted to give back. As she signed our food donation form, she smiled and hugged our staff. This was a very special gift!

The Challenge Is On!

Thank you to the 35 businesses that have joined our 2013-2014 Florence Nightingale Challenge, a friendly fundraising competition to support Manna's emergency services. Please visit www.mannaonmain.org/get-involved/florence-nightingale-challenge to support their upcoming fundraisers for Manna, from facebook campaigns to community events to raffles, jewelry shows, bake sales and more. These businesses have stepped up to the challenge of helping to end hunger in our community. We deeply appreciate their support!

This Challenge is open year-round, with the winning businesses announced in April 2014. If your business would like to get involved, please contact Kristyn, kristyn@mannaonmain.org.

Our deep thanks to our Challenge Media Sponsor, The Reporter! Special thanks to our Honorary Challenge Chairs and current Champions, Merck Sharp & Dohme Federal Credit Union and Villari's Self Defense Center.





Manna on Main Street ... that everyone might be fed

MANNA WORKS

Spring 2013

Manna on Main Street
215-855-5454
www.MannaOnMain.org
Manna@MannaOnMain.org

Staff:
Nancy Day: Food Service Aid
Kristyn DiDominick: Program & Development Coordinator
Arleen Godshall: Financial Coordinator
Suzan Neiger Gould: Executive Director
Scott Lukens: Building Assistant
Teri Martin: Assistant Case Manager
Julie McCabe: Events & Food Outreach Manager
Nadja Mummery: Client Services Manager
Sonya Pendleton: Food Service Manager
Anthony Tarzia: Volunteer & Community Outreach Associate



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Helpers at Manna on Main Street ...

... are special. They serve the community in a variety of ways. They cook, serve meals, stock shelves and so much more. Some contribute as much as three hours a day; others contribute three hours a year. We respect and appreciate whatever time you can give. Please call Manna on Main Street at 215-855-5454 to learn how to share your special gifts with the community.