



Manna Works

Uplifting News About A Caring Community

Summer 2026

Dear friends of Manna,

At Manna, we know that hunger and food insecurity are more than words—they are daily realities for neighbors in our community. While the terms are often used interchangeably, they describe different experiences. Feeding America describes food insecurity as “when people can’t access the food they need to live their fullest lives.” The USDA defines hunger as “an individual-level physiological condition that may result from prolonged food insecurity and manifests as discomfort, weakness, or illness.”

Because both food insecurity and hunger exist in the North Penn community, Manna has continued to strengthen and expand our food programs so that neighbors can find support in the ways that work best for them. We distribute to-go meals seven days a week, serve hot sit-down meals four days a week, welcome guests to shop in person at Manna’s Market 18.5 hours a week, and offer Online Market Hub order pickups 19 hours a week.

Even with these expanded services, we know that some neighbors still face barriers to getting the food they need. Recently, while staffing Manna’s informational booth at a community outreach event, an elderly client approached me, and we greeted each other with a hug. She quietly shared that getting to Manna is very difficult and that, at times, she and her roommate run out of food. When I told her that home delivery of online orders was scheduled to begin in August, she apologized and explained that she did not have a way to order online. I assured her that Manna would help her place an order and make sure groceries could be delivered to her home.

That promise is at the heart of Manna’s 10-year campaign: A North Penn Where No One Is Hungry. We believe every person in our community deserves access to the food and resources they need to thrive. With your support, Manna can continue building a stronger, more accessible food system for every neighbor who needs us. Together, this goal is within reach. Thank you for caring—and for helping make it possible.

With gratitude,

Suzan

Suzan Neiger Gould
Executive Director



*Manna board member Gabriel Nesmith, right,
and executive director Suzan Neiger Gould*

12-MONTH GROWTH AND IMPACT OF MANNA’S FOOD PROGRAMS

July 1, 2025 – June 30, 2026
vs. July 1, 2024 – June 30, 2025



MANNA’S KITCHEN

To-go Meals and Sit-down
Meals Provided Increased 5%

- This year: 166,545
- Last year: 158,292



MANNA’S MARKET AND MANNA’S ONLINE MARKET HUB

Pounds of Groceries
Distributed Increased 13%

- This year: 742,987
- Last year: 658,980

Visits to Manna’s Market and
Manna’s Online Market Hub
Increased 15%

- This year: 18,690
- Last year: 16,227

People Served Increased 11%

- This year: 2,191
households comprised of
6,231 people
- Last year: 1,943
households comprised of
5,610 people



GIVE NOW!

Scan this QR code
or use the Remittance
Envelope.

Manna on Main Street is committed to ending hunger in the North Penn region by providing food, fulfilling social service and education needs, and conducting community outreach. Through a food pantry and soup kitchen, emergency financial aid, counseling and referrals, and education opportunities, we serve those in need with the hope “that everyone might be fed.”

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Manna's Market Continues to Grow

We have implemented two key changes recently at Manna's Market in an effort to continue to increase access and dignity for the people we serve. Manna's Market offers in-person shopping for groceries twice per month for any household living in Montgomery County.

We have expanded hours in Manna's Market, adding 6.5 more hours every week, a 50% percent increase. We're now open 18.5 hour per week, allowing us to serve nearly 300 households a week, up from 200 with our old hours. With this change, Manna's Market is open more hours than almost any other food pantry in the region, and we now offer in-person shopping on both Monday and Wednesday evenings and on Saturday to provide more flexibility for our shoppers.

More recently, we implemented a simple new Market procedure that provides significantly more predictability and dignity for shoppers. They can now go online and select a

specific time for their visit to Manna's Market and can even select a time that's 1-2 days in advance. Previously, shoppers needed to sign up as early as 6am to get their name on the list to shop that day, and sometimes needed to wait 1-2 hours before shopping. If the list was full, they needed to try to sign up the next day. It was an imperfect system that we knew we wanted to change, but didn't have a viable alternative.

For months, Manna staff invested countless hours with our Market software vendor, SmartChoice, to develop an innovative solution that can be

used in food pantries across the country. Now, most clients can arrive, shop and leave within 30 minutes rather than 1-2 hours. This process mirrors what shoppers experience when submitting and picking up an online order of groceries from Manna's Online Market Hub. A simple procedural change can make a world of difference for the people we serve.



Staff from Second Chance Last Opportunity, a nonprofit organization in Sarasota, Florida, visited Manna to learn about our programs. We spent almost an entire day together. Thank you to former Manna board member Steve Zenuh, right, for the connection with SCLO.



Some 5th and 6th graders from York Avenue Elementary School visited Manna's Online Market Hub. They got a tour of the Hub and saw how we utilize food donations.

Manna has identified funding and sources for halal meat and other halal food, ensuring it is consistently available for our Muslim shoppers.

Home Delivery Program Set for Launch

Manna staff have spent the last several months planning and preparing to launch the next phase of operations at Manna's Online Market Hub: home delivery of groceries.

Our plan is to launch home delivery in August.

The goal of Manna's home delivery program is to further break down barriers to food access for people struggling with food insecurity and to literally meet people where they are – at home.

The Hub expanded Manna's provision of online ordering and curbside pickup of groceries. Since opening in September 2024, online ordering has grown by 50%. Each month, we now fulfill roughly the same number of online orders and in-person shopping visits – about 750 each, for a combined total of over 1,500 grocery visits every month. In fact, that is

about twice as many grocery visits compared to spring 2022, when we launched Manna's 10-year Campaign: A North Penn Where No One Is Hungry. In April 2026, we set a record for number of grocery visits in a month at 1,700, which is 18% higher than a year ago.

Currently, both in-person shopping at Manna's Market and online ordering and pickup at Manna's Online Market Hub require people to come to Manna for food. With home delivery, eligible clients can order online and have their groceries delivered directly to their home at no cost. We will start small and build from there.

No matter whether someone has a disability, chronic illness, transportation issue, low income, or other barrier, we are working to ensure that food is accessible to all people in need in the North Penn region.

More people than ever shop for groceries at Manna – even more than during COVID. We consistently serve around 1,000 households per month right now, while the highest we recorded during COVID was 865 households, a 16% increase. We continue to see increasing demand for food, despite the SNAP crisis having come and gone, as changes to SNAP and Medicaid go into effect and as the rising costs of food, fuel and housing continue to force households to make difficult choices about how to spend limited income.



Manna executive director Suzan Neiger Gould spoke on May 31 at the 150th anniversary of St. John's United Church of Christ in Lansdale. Manna was founded in the basement of St. John's in 1981 and was located in a building adjacent to the church until 2012.

Manna's Community Garden Grows Food for Clients of Manna Programs

Manna's Community Garden, located on the campus of North Penn Commons, has produced several hundred pounds of fresh produce in recent summers. This year, the garden is poised for even more growth as Manna has hired a part-time garden manager, Sam Cover.

With the help of Manna community partners and volunteers, we have planted our garden full of vegetables and herbs. With input from clients and staff of Manna's Kitchen and Manna's Market, we chose our planting to reflect the diverse food needs of our community. Vegetables include cucumbers, hot and sweet peppers, eggplants, okra and tomatoes. We have also planted basil, sage, lemongrass, oregano, dill, parsley and thyme. These vegetables and herbs are healthy, culturally appropriate items that help us more wholistically serve all people in need as identified in our 10-year Campaign.

As of June, Manna's garden now includes a pollinator bed and community-accessible herb planters.



Manna's garden manager Sam Cover, right, and Manna volunteers plant vegetables and herbs in Manna's community garden to be used in Manna programs. The garden is located on the campus of North Penn Commons in Lansdale.

Changes to the North Penn Commons lobby

In June, several changes were implemented in the lobby of North Penn Commons, the building in which Manna on Main Street is located.

The changes were the result of decisions made by the North Penn Commons Condo Association Board of Directors, which is comprised of representatives from the North Penn YMCA and Advanced Living Communities. (Advanced Living Communities is the owner of the 60 apartment homes for seniors located above Manna on Main Street and SPARK Senior Center.)

One change is the installation of partitions in the lobby. Upon entering the lobby, everyone visiting Manna will now go to the left of the lobby welcome desk and proceed past Manna's Common Grounds Café to the Manna reception desk.

Alongside the changes that have been made to the lobby, Manna is making adjustments to our space, including creating more comfortable waiting areas for Manna programs, Common Grounds Café, and socializing.



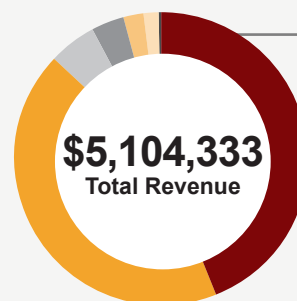
This is a view of Manna's waiting area after changes were made to the North Penn Commons lobby.

Read more and give feedback on the changes.



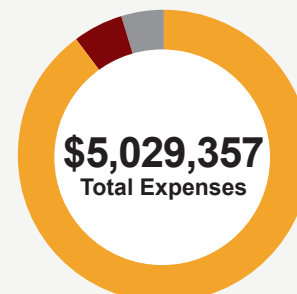
Manna Fiscal Year 2024-2025 Revenue and Expenses

Manna is proud of our fiscal stewardship, and is grateful for the incredible generosity this community shows Manna, as evidenced through contributions. Here is a breakdown of our revenue and expenses from October 1, 2024 to September 30, 2025 (FY 2024-2025).



REVENUE

- Contributions and grants: **\$2,238,432**
- In-kind donations: **\$2,211,857**
- Program services, net direct costs: **\$266,367**
- Special events, net: **\$177,138**
- Government grants: **\$117,901**
- Net investment return: **\$92,262**
- Other income: **\$376**



EXPENSES

- Program Services: **\$4,522,370 (90%)**
- Administrative: **\$269,332 (5%)**
- Fundraising: **\$237,655 (5%)**



14,000

MEALS PER MONTH

Manna's Kitchen continues to consistently serve over **14,000 meals per month**, which is **THREE TIMES** as many compared to the spring of 2022, when we launched our **10-year Campaign: A North Penn Where No One Is Hungry**. Our to-go meal program alone provides 500+ meals every day to anyone in need, no questions asked.

10 years of common grounds

On November 28, 2016, eight trainees arrived for the first day of the first cohort of a new workforce development program at Manna on Main Street. On August 10, 2026, we will welcome Cohort 50. For 10 years, with only a brief six-month closure in 2020 due to COVID-19, Common Grounds Training Program has provided free foodservice training to adults who face barriers to employment. We are so proud of the work our teams have done since 2016 and can't wait to see what the next 10 years bring!

253 PARTICIPANTS **167** GRADUATES **49** COHORTS

50,000+ HOURS OF TRAINING COMPLETED **944,600** CONTRACT MEALS PREPARED



**COMMON GROUNDS
TRAINING PROGRAM IMPACT**
July 1, 2025 to June 30, 2026
27 PARTICIPANTS • 22 GRADUATES

Q&A with a Common Grounds Graduate

Aida Saad joined the Common Grounds Training Program after hearing about it from her sister Phateama, who graduated with Cohort 42 last year. Aida completed the program as part of Cohort 48 in May and was hired for a two-week internship in Manna's Common Grounds Café to help with the transition between cohorts.



What was your favorite part about Common Grounds?

Getting to know all the chefs and all the people that work with us! Everybody makes you feel so welcome. Everyone is so patient with you and wants you to succeed and be the best you can be. It's a nice feeling to walk into.

What was the hardest part about Common Grounds?

The hardest part was going through the mock interviews and learning how to be confident in yourself. In your day-to-day life, confidence doesn't come easily, but here they make it easy for you. They show you how to be confident in yourself.

What is something you've learned about yourself?

I learned that I'm a very strong person and I can do anything I set my mind to. And I work very well with others!

What would you tell someone who is thinking about joining the program?

It is your first step in the right direction! If they do it, they will not regret it, it will be one of the best choices they have made in a very long time. If they join this program, they're going to fall in love with it, and it will be very hard to say goodbye.

How was the internship different than the training program?

Internship was amazing! It showed me discipline and how to help others learn. How to manage a café. How to have other people depend on you for certain knowledge. With more responsibility on your shoulders, people look up to you for assistance and guidance, and you know how to guide them because you were trained well.

What's next for you now that you've completed your internship?

I'm interviewing with North Penn School District for a Transportation and Service Technician.

All the best to Aida, wherever she lands!



**BUILDING SKILLS.
CREATING OPPORTUNITIES.**
Learn more about Common Grounds.





North Penn Commons
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Lansdale, PA 19446



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WHAT IS NEEDED

In addition to financial donations and new volunteers, Manna is always in need of donations of food and other essential household items. To see a list of what we need most, scan this QR code:

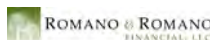


Thank You to Our Grant Funders!

- Afzal Family Foundation
- Bank of America Charitable Foundation
- Capital One
- Connelly Foundation
- Dolfinger-McMahon Foundation
- Enterprise Holdings Foundation
- Genuardi Family Foundation
- Holman Enterprises
- Independence Foundation
- Leo and Peggy Pierce Family Foundation
- Lindback Foundation
- Merck Foundation
- Montgomery County Foundation
- Penn Community Bank Foundation
- Rbiii Foundation
- SEI Cares Fund
- Starbucks Foundation
- Stratton Foundation
- Suburban Development Council
- TD Bank Charitable Foundation
- The Philadelphia Foundation
- Todi Foundation
- Triumph Group, Inc.
- United Way of Greater Philadelphia and Southern New Jersey
- Univest Financial
- VNA Foundation of Greater North Penn
- W.W. Smith Charitable Trust
- Walmart Foundation
- Wawa Foundation
- Windmill Foundation
- WSFS CARES Foundation

Thank You to Our 15th Annual Race to End Hunger Sponsors

Manna's 15th Annual Race to End Hunger was held Saturday, April 25, 2026. It was a **record-breaking event as 615 people registered to participate, over 65 people volunteered** on race day and **64 sponsors** supported the race. Together, we **raised over \$174,000 for Manna**, a new record! We are always amazed at and grateful for the support of our community. Thank you for running, walking, volunteering, cheering, sponsoring and fundraising!



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