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# Manna Works

UPLIFTING NEWS ABOUT A CARING COMMUNITY

SPRING/SUMMER 2018



## Not Sure How Much Time She Has Left

In January 2016, Chrissy\* was diagnosed with brain cancer and her life changed in an instant. Several surgeries and many rounds of chemotherapy later, Chrissy is still battling her illness without success. She has been unable to return to work, and every day is a struggle for Chrissy, her husband, and three teenage sons. With medical bills mounting, Chrissy's family found themselves in need of food and financial aid for the first time in their lives. Because of the generosity of our donors, Manna was able to provide financial assistance for Chrissy's mortgage and electric bill paid directly to the providers. Her family was also eligible to shop in Manna's Market and are now relieved to have a place to turn to for food support. Chrissy is not sure how much time she has left with her family, but is grateful for the assistance she and her family have received from the community.



*Chrissy is not sure how much time she has left with her family, but is grateful for the assistance she and her family have received from the community.*

Chrissy is just one of over 78,500 individuals in Montgomery County who are struggling to put food on their tables and pay bills. Many, like Chrissy, do not know where to turn and come to Manna for help. Manna provides critical food aid to increase food security including emergency financial aid and new jobs skills

training, thereby offering hope, health and wellness to our community. 🍷

*\*Name changed for privacy.*

**Thank you for making a difference.**

Please use the self-enclosed envelope to send your gift today. You can also give online at [mannaonmain.org/give-money/donate-now](http://mannaonmain.org/give-money/donate-now)

## What's New at Manna?

### Manna's Market Offers Shopping Options: Online and Kiosk Ordering

Manna's Market shoppers have convenient shopping options including kiosk and online to shop for their free, healthy groceries. With online shopping, there is no line, no wait! The online shopping option provides a valued convenience for working families and individuals who have difficulty shopping during regular market hours. It is especially helpful for seniors who reside in North Penn Commons. When shoppers place their orders online, our volunteers bag the order for pick-up. This is all made available through the SmartChoice platform installed in June 2017. SmartChoice also incentivizes healthy food selections through the MyPlate shopping model, a key feature of this delivery platform.

Shoppers can access the online shopping option through [www.smartchoice.life/mannaonmain](http://www.smartchoice.life/mannaonmain) (ID and Pin are required for eligible shoppers.) Check out the instructional video at: [www.youtube.com/watch?v=3Qns3S2XRIs](https://www.youtube.com/watch?v=3Qns3S2XRIs)

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."

606 E Main Street, Suite 1001 | Lansdale, PA 19446 | 215.855.5454

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on main street

Ending Hunger, Building Community, Transforming Lives



## VOLUNTEER HIGHLIGHT

Manna is so fortunate to have compassionate volunteers who give their time to support our vision "that everyone might be fed."



When Manna is tight on volunteers, we are especially grateful to those who come to our aid on short notice to fill service needs. Tom Dertouzou is one such volunteer. Tom frequently jumps in to help out for our weekday morning meal in Manna's Kitchen so that clients are served and Manna's operations go smoothly. Our deepest thanks for Tom's generosity of time.

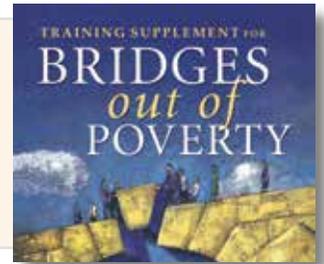
## VOLUNTEER DIRECTOR ON MATERNITY LEAVE

Volunteer Director, Meg Currie Teoh will be on maternity leave for the summer. In her absence, Janet Lutz will be coming on board as Interim Volunteer Manager until Meg returns after Labor Day. Janet is terrific and we greatly appreciate her stepping in!

## So Long, But Not Goodbye

It is with mixed emotions that I write these words as beginnings require endings. I've had the privilege of serving as the Development Director for Manna since January 2015 and it has been a great pleasure. I've learned much and met wonderful folks inside and outside of Manna's walls who have inspired me with their generosity and kindness whom I will miss. I have accepted the position of Executive Director for GOAL Project, whose mission is to provide addiction treatment and prevention education based in Lancaster County. Manna is doing wonderful work in our community and truly, you - our supporters, make it possible. Thank you! May God bless you. Paige Harker

## Bridges out of Poverty Trainings - NEW Training Dates!



Together, WE CAN! But in order to create a sustainable solution to help individuals move from poverty to self-sufficiency and build sustainable, healthy communities, we need to better understand what individuals living in poverty experience. **Bridges out of Poverty** is a unique training program that shifts the way we understand and approach poverty. Participants explore values, systems, and strategies for addressing poverty as an individual, a community member, and as a Manna supporter.

Join us in learning how we can all partner together to end poverty in the North Penn community! If you are interested in signing up for a future training session, please visit our website for dates and to register. For questions contact Nadja Mummery: [nadja@mannaonmain.org](mailto:nadja@mannaonmain.org) or 215-855-5454, ext 16.

"As a volunteer in the community, this information gives me more insight and sensitivity."

**UPCOMING TRAININGS:**

- Monday, July 16, 1-4pm
- Thursday, August 16, 9-12pm
- Monday, September 10, 1-4pm
- Monday, October 8, 1-4pm
- Thursday, November 8, 9-12pm

\* All trainings are held at Manna on Main Street in North Penn Commons

## North Penn Region Summer Meal Program June 21 - August 17, 2018



The North Penn School District and Manna on Main Street are coordinating partners in this important program so that children in our community have access to free, nutritious meals when school is out. Also known locally as Grab 'n Go, Manna is one of the Summer Food Service Program sites. *Manna will distribute meals at North Penn Commons between June 21 to August 17 each Monday, Tuesday, Thursday, and Friday, 12:45-3:45pm and Wednesday, 9-11am.*

sponsor, preparing meals to be served at community locations, and on the go, through a neighborhood mobile meal van. Ages 1-18 are welcome! Look for the mobile meal van in your neighborhood.

For more information, please visit [mannaonmain.org/north-penn-region-summer-meal-program-site-sign-up/](http://mannaonmain.org/north-penn-region-summer-meal-program-site-sign-up/).

The Summer Food Service Program is a United States Department of Agriculture initiative to ensure that no child goes hungry during the summer. The North Penn School District is our regional



## Common Grounds Food Service Training to Employment Program (Common Grounds)

Since its launch in November 2016, Common Grounds has successfully enrolled six cohorts in this 14-week program, graduated 27 trainees and helped to secure employment or higher education for 18 individuals in the Food and Accommodations sector, one of the largest employers in Montgomery County; other graduates are in the interview process. "We are very pleased with the successes of our graduates in this program's first year, considering the high risk population we serve," says Kristyn DiDominick, Program Director. "Many trainees enrolled in Common Grounds come from difficult pasts of homelessness or housing insecurity, incarceration,

addiction or substance use, mental health challenges, and for all, economic instability." To be eligible for Common Grounds, individuals must live at 300% or below of the poverty level; for a family of four the poverty level is \$25,100.

During this culinary training program, trainees gain not only core culinary skills and knowledge, but also renewed confidence and faith in themselves and hope for their futures. To learn more about Common Grounds and the impact it makes in our community, please visit [mannaonmain.org/about-us/common-grounds-training-program/](http://mannaonmain.org/about-us/common-grounds-training-program/) 



5th Common Grounds Cohort

### READ WHAT ONE OF OUR GRADUATES HAS TO SAY!

"Common Grounds impacted my life on a whole different level. I am beyond excited about the things I achieved through Manna."

## Call Common Grounds Catering For Your Next Catered Event

Common Grounds Catering menu is perfect for morning meetings, company luncheons or special events with distinctive menus. All food is prepared by Manna's culinary team, with menu options that reflect their wide scope of experience. Our chefs work with local producers and purveyors to prepare high quality food as well as provide excellent customer service.

Trainees in the Common Grounds Food Service Training to Employment (Common Grounds) Program help to prepare menus, honing their culinary skills and techniques as they work alongside

Manna's chefs. Common Grounds is a transformational 14-week culinary and work skills program for those in need in our community. All Common Grounds Catering revenue supports the Common Grounds training program and emergency food services of Manna on Main Street, helping us to more deeply fulfill our mission "that everyone might be fed."

Browse the Common Grounds Catering Menu at [mannaonmain.org/about-us/common-grounds-catering](http://mannaonmain.org/about-us/common-grounds-catering) or contact Chef Eli Collins at [eli@mannaonmain.org](mailto:eli@mannaonmain.org) to discuss special menu options.   
Requests require 48 hours notice.

## Manna Installs New Garden at North Penn Commons

We are excited about our newest garden at North Penn Commons (NPC). The garden is located on the easement on the West side of the NPC parking lot. We anticipate the garden will be in full growing stage by the time you read these words and we will have a bountiful harvest. We invite Advanced Living residents, clients and volunteers and their children to participate. For more information contact [garden@mannaonmain.org](mailto:garden@mannaonmain.org)



## 2017 CORPORATE CHAMPIONS

### TRAILBLAZERS

Clemens Family Corporation  
Merck & Company, Inc.  
SEI Investments Company  
Wawa, Inc.  
Wegmans Food Markets, Inc.

### MOVERS AND SHAKERS

Dorman Products, Inc.  
Genuardi's Family Markets, L.P.  
GIANT Food Stores, LLC  
ITW Engineered Polymers  
Pfizer, Inc.



Bring this coupon with you for a **FREE delicious, home baked cookie** the next time you are at North Penn Commons!



Cafe revenues support the Common Grounds training program whose mission is to help graduates find sustainable employment.





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on main street

**ENDING HUNGER**  
**BUILDING COMMUNITY**  
**TRANSFORMING LIVES**

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## HUNGER DOES NOT TAKE A VACATION

For an up-to-the minute list of items in need, go to: [mannaonmain.org/give-food/what-is-needed/](http://mannaonmain.org/give-food/what-is-needed/).



Please consider donating low salt/low sugar and whole grain items.



## 12TH ANNUAL FLORENCE NIGHTINGALE CHALLENGE LAUNCHED ON JUNE 1, 2018



The Florence Nightingale Challenge (FNC) is a friendly competition among area businesses to raise money for Manna through company fundraisers. In the spirit of Florence Nightingale, a celebrated social reformer, local companies can host fun, creative

fundraisers to help neighbors in need. When you participate in the FNC, Manna will help promote it on our social media, and our media sponsor, The Reporter, will help promote the fundraiser. A Manna representative can be available at your event. It is a meaningful way to engage your employees and customers, boosting morale and esprit de corps. Whether you raise \$10 or \$10,000, every penny makes a difference for a struggling individual in our community.

To view who is participating, visit [mannaonmain.org/give-money/florence-nightingale-challenge/](http://mannaonmain.org/give-money/florence-nightingale-challenge/)

## Fiscal Year Stats

Last year, we...

- **Distributed 514,562 pounds of food** through Manna's Market serving **2,644 individuals** or **926 households**;
- **Served 41,897 meals** in our soup kitchen;
- **Distributed \$119,244 in financial aid aid**, to 394 struggling households going through a crisis paid directly to the service providers;
- **Educated 42 individuals** through 179 one-on-one mentorship classes;
- **Helped 11 find employment or enroll in higher education.**

*Thank you for making a difference with Manna.*

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