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...and more!

# Manna Works

UPLIFTING NEWS ABOUT A CARING COMMUNITY

SPRING/SUMMER 2017

## "Sometimes Life Throws Us a Curveball"

Sometimes life throws us a curveball. No one knows this better than Michelle.\* Michelle and her two sons, both young adults, live together in a small apartment. Since 2012, they've had to rely on Manna's Market to get through difficult months. Unfortunately, this spring Michelle's son, Nick, was in and out of the hospital for a medical illness. As a result, he missed several days of work and fell short on meeting their monthly rent. On top of Nick's illness, his car, which he relies on to get to and from work broke down. This



was more than Michelle could take. You see, Michelle and her two boys were sharing one car, scraping to save enough money for needed car repairs. And sadly, Michelle's parents and brother had passed away a few years back leaving Michelle with no family to turn to for support. So Michelle turned to Manna on Main Street for help. Because of the support of our generous community, Manna was able to come to Michelle's aid with food and emergency financial aid paid directly to her landlord, which helped her avoid late fees and get her car repaired. 🙏

\*Name changed for privacy.

*Manna is here for Michelle and her family, and thousands of others who have nowhere else to go, because of your caring, dedicated support. Your generosity is felt far and wide in our community, lifting up our neighbors in their time of need, sparking hope for a better tomorrow. On behalf of our clients, our deepest "thank you" for your financial gift. Please send your gift today in the enclosed envelope.*

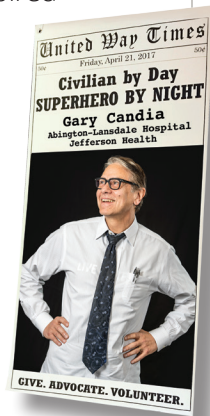


Manna on Main Street is committed to ending hunger in the North Penn region by providing food, fulfilling social service and education needs, and conducting community outreach. Through a food pantry and soup kitchen, emergency financial aid, counseling and referrals, and education opportunities, we serve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



## Who Needs Marvel's Superheroes When We Have Our Own?

Suzan Neiger Gould, Manna's Executive Director and Dr. Gary Candia, CEO of Abington-Lansdale Hospital Jefferson Health, and sits on Manna's board were two of 10 superheroes selected by the North Penn United Way honored on April 21, 2017. This year's theme was "Superheroes United", a high-spirited, superhero-inspired event that raised vital dollars to support North Penn United Way's efforts to make a measurable difference in the lives of local residents in the North Penn and Indian Valley region. Suzan and Gary were selected for their untiring work building awareness of our community needs in the area of Safety Net Services, to help improve lives of our neighbors. We are so proud of you Suzan and Gary! 🙏



 **manna**  
on main street  
Ending Hunger, Building Community, Transforming Lives

#StillonMainStreet



606 E Main Street, Suite 1001  
Lansdale, PA 19446

215.855.5454

"(Serving meals) gives me the opportunity to directly interact with Manna's clients, several of whom I've gotten to know over the past 3 years. I do enjoy catching up with them. Now that Manna shares a lobby with the YMCA, I enjoy seeing some of the clients I've gotten to know as they wait for Manna to open."

- Manna Volunteer

# Volunteers - Manna's Heart & Soul

## DATES TO REMEMBER

### BRIDGES OUT OF POVERTY WORKSHOPS

July 13, 1-4 pm

Aug 5, 9-12 pm

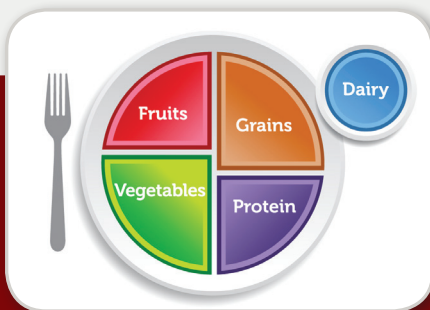
Sep 12, 9-12 pm

### LOCATION:


**North Penn Commons**

To register, contact Manna's Client Services Manager, Nadja Mummery: [nadja@mannanmain.org](mailto:nadja@mannanmain.org) or 215-855-5454, ext 16.

### BOY SCOUTS OF AMERICA FOOD DRIVE November 18




## SmartChoice

This June, Manna's Market is launching **SmartChoice**, a peer-tested software platform that improves Market delivery and inventory management. SmartChoice offers clients multiple ways to access food, including web-based, kiosk and on-site shopping that improves the quality, efficiency and dignity of families' experiences at Manna. SmartChoice incentivizes healthy food selections using the USDA MyPlate model, which integrates nutrition education to help build sustainable healthy eating practices. Go to <http://mannanmain.org/about-us/programs/> for Market updates! 

**W**e love our volunteers! Manna relies on our amazing volunteers to help us deliver our services across our four programs. Where would we be without them? At North Penn Commons, volunteer opportunities continue to expand beyond the core services in the Kitchen and Market, and have grown in scope.

There are now more ways than ever for people to share their talents, including data entry, receptionist, instructional support, inventory/stocking, café service and meal prep. In these roles, volunteers work closely with staff, doing meaningful tasks that directly and indirectly ensure



*"that everyone might be fed."* To make a difference with Manna, volunteers can start by attending an orientation. Two to three orientations are offered monthly, covering the myriad ways volunteers can contribute their knowledge and skills. To sign up, go to <http://mannanmain.org/give-time/how-to-volunteer/> 

## 11th Annual Florence Nightingale Challenge



**T**his year marks the 11th year for the Florence Nightingale Challenge (FNC). The Challenge is an opportunity for local businesses to give back to the community that helped them succeed. The Challenge can be a vehicle to make a difference right in our back yard to end hunger in the North Penn region. The Reporter, Manna's media sponsor, launched the 2017-18 Challenge with a kick-off article in May, 2017 listing the participating companies and the scheduled fundraisers. In the spirit of Florence Nightingale, a celebrated social reformer, we invite community businesses to make an impact for the most vulnerable among us. Whether companies raise \$10 or \$10,000, their support and service make a difference for the lives of those who go hungry in our community.

Each year an awards breakfast is held in late April to recognize the top fundraisers. The following are the results of the 10th Annual Challenge:

### #1 TOP FUNDRAISER:

Dorman Products

### 2ND RUNNER UP FUNDRAISER:


Dr. Drill Instructors, Inc.

### 3RD IT'S A TIE!

Skippack Stylecrafters and Olce Pizza Grille

### MOST CREATIVE AWARD goes to...

Total Body Rehab!

To learn more, contact Paige at [paige@mannanmain.org](mailto:paige@mannanmain.org) 



Representing Dorman Products are Kimberly Cornwell and Lester Kovacs with Lance Davidson (board member) and Suzan Gould (Executive Director)




# NEW: Common Grounds Food Service Training To Employment Program

In Montgomery County, 10% of the population, or more than 80,000 individuals are food insecure. Countywide, 6.6% of people live in poverty, with thousands more living in economic instability. Manna seeks to address the joblessness that fuels this food and economic instability.

The Accommodation and Food Services Industry is a significant County employer, offering career opportunities. By providing a free training program designed for those in poverty, Manna can help transform lives through what we know best: FOOD.

Common Grounds is a 12-week training program that utilizes the national, evidence-based Catalyst Kitchens model. Trainees engage in experiential learning, contributing to food production in Manna's kitchen and Common Grounds café. Classroom instruction in food service and employment competencies furthers skill development, with social services provided based on trainees' needs.

We look forward to sharing employment and year-round outcomes with you at <http://mannaonmain.org/about-us/common-grounds-training-program/>. 



The first Common Grounds graduates and staff. Graduation Date: February 2017

“Common Grounds impacted my life on a whole different level. I am beyond excited about the things I achieved through Manna. The best thing about Common Grounds is that they were open-armed and went to bat for you.”

– CGTP Graduate '17

## Common Grounds Café IS OPEN!

Start your day at the **Common Grounds Café** and make a difference with each purchase.

“Instead of going to Starbucks or Dunkin Donuts to have a breakfast meeting, I went to the Common Grounds Café. It was great to know my dollar helps train someone in need for a fresh start.” – Caring Customer



**FREE DELICIOUS BAKED GOOD**

Redeem when you purchase a drink at the café

**OPEN: 8AM - 1 PM**

Fresh brewed, locally sourced coffee • Tea • Signature quiche du jour  
Homemade muffins and scones • Hearty oatmeal & soups •  
Fresh fruit smoothies • Healthy grab & go snacks

**Why Common Grounds Café!** — Every purchase is invested back in the trainees serving you, creating real opportunities for sustainable change!

NL2017

## In RECOGNITION...

Manna is blessed with a diverse community of supporters who partner with us to carry out our mission “that everyone might be fed”. We are grateful for the following for their partnership:

### FOUNDATIONS

Allstate Foundation  
Barra Foundation  
Lindback Foundation  
Claneil Foundation  
Clemens Family Corporation  
Deweese  
Dolfinger-McMahon Foundation  
Genuardi Family Foundation  
Grandom Institution  
Healthspark Foundation  
Leo & Peggy Pierce Family Fdn.  
Longacre Family Charitable Fund  
Merck Foundation  
Montgomery County Found  
North Penn Rotary  
North Penn United Way  
Pfizer, Inc.  
Philadelphia Foundation  
Provident Bank Foundation  
SEI Cares  
TD Bank  
The Stratton Foundation  
UWGPNJ  
VNA Foundation  
Walmart Foundation  
WaWa Foundation

### 2017-18 CORPORATE CHAMPIONS

#### MOVERS AND SHAKERS

Indian American Friends

#### ENCOURAGERS

Abington Health Lansdale Hospital

#### TRENDSETTERS

CM3 Building Solutions  
Colorcon  
Univest Bank and Trust Company



**manna**  
on main street

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



NON-PROFIT ORG  
US POSTAGE PAID  
PERMIT 367  
LANSDALE, PA

North Penn Commons  
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Lansdale, PA 19446

TEL 215-855-5454  
FAX 215-8555-8241  
manna@mannaonmain.org  
www.mannaonmain.org



Hunger does not go on vacation. So before you go away, won't you send your tax deductible, financial donation today in the enclosed remittance envelope so that "everyone might be fed"?

### Manna's Core Programs

- Manna's Kitchen
- Manna's Market
- Client and Community Services
- Education Program

### Other Programs & Initiatives

- Common Grounds Training Program
- Bridges out of Poverty Workshops
- Getting Ahead in a Just Gettin' By World
- Fresh Kids
- Fresh Produce for Kids
- Community Garden
- Dairy Day Program
- Snack Bag Program
- Holiday Help



## We LOVE it When You Hold Food Drives!

In-kind donations are critically important to our operations providing food for Manna's Kitchen meals and Market shelves. We welcome all food drives — small, large and all sizes in between!

We strive to provide healthier options in our Market. Please consider donating low salt/low sugar and whole grain items. Visit Manna's website for a list of our immediate needs which is updated weekly:

<http://mannaonmain.org/give-food/what-is-needed/>

You can drop off food any day of the week!

## Your Dollars Make A Real Difference



Last fiscal year, Manna:

- Served **37,257 meals** in Manna's Kitchen;
- Distributed **460,287 lbs of food** to 946 households or **2,730 individuals**;
- Distributed **\$141,303 in emergency aid**, with additional funds coordinated through a Salvation Army partnership;
- Assisted **59 individuals through education classes and 1:1 appointments** in job readiness, financial planning and computer literacy.

*Thank you for your caring gifts to lift up our neighbors.*

**REMEMBER  
MANNA ON**

**amazon**smile  
You shop. Amazon gives.

May 15, 2017

Dear Friends of Manna,

Since Manna moved into North Penn Commons, many people have asked me how we like our new home. I answer without pause that we love it. As I think further about my answer, I realize that I am speaking for all of us: Those whom Manna serves, those who serve at Manna and those who support Manna have fully embraced our new home. We are happy to be at North Penn Commons, where all who enter through the lobby doors—regardless of what services they seek, or what activities they engage in—are part of a shared community.

Six years ago, a team of leaders from Manna, North Penn YMCA, The PEAK Center and Advanced Living Communities, with guidance from North Penn Community Health Foundation (now known as HealthSpark), conceived North Penn Commons with a vision for a facility where we would co-locate, share resources and build collaborative programs to uniquely serve residents of the North Penn region. This vision guided the building and campus design, fundraising activities, and plans for collaborative programs. In North Penn Commons, we envisioned a vibrant public space, teeming with activity. Today we see that our vision has become a reality.

Although we are in a new building, we are still on Main Street, both literally and figuratively. Our values have not changed; we continue committed to caring for our neighbors through dignified, transformative service with volunteerism being the life-blood of this care. In this newsletter, you will read about innovations to program delivery, new programs to help lift people to sustainable futures, and expanded opportunities for volunteer engagement.

**Your help is critical to Manna because hunger still exists in our community.**

Please continue to support us with your time, food donations and financial gifts. Enclosed in this newsletter is a donation envelope for your use so that together we can continue to make a difference in the lives of our neighbors in need.

Gratefully yours,



Suzan Neiger Gould  
Executive Director

*"We are happy to be at North Penn Commons, where all who enter through the lobby doors—regardless of what services they seek, or what activities they engage in—are part of a shared community." - Suzan Gould*

