



Delivering Nourishment.
Improving Health.

Year in Review

July 1, 2021 - June 30, 2022

Metropolitan Area Neighborhood
Nutrition Alliance

420 North 20th Street
Philadelphia, PA 19130
215-496-2662
mannapa.org

LETTER FROM THE CEO

In FY22, MANNA reached a major milestone: we delivered our 20 millionth meal. We could not be prouder of this accomplishment and of the community whose support over the last 32 years made this moment possible. Our volunteers and donors have contributed so much since our inception in 1990 and we are honored to celebrate with you. As we reflect on all the hard work, dedication, and generosity that brought us to this milestone, we also look to the future of our organization and the continuing need in the community for our services.

Within the last year we have seen a nearly 60% increase in the costs of food, packaging, and distribution supplies due to the pandemic, shipping constraints, natural disasters, and international conflicts that have affected the world's supply chains. Our ability to access and afford the food for our clients is critical to our program and the ability to meet the rise in need that we are seeing within the community. Thanks to your support, we have been able to offset the rising costs as these trends continue without instituting a wait list for any clients.

Here we share just a few highlights from our most recent year. As we enter our fiscal year 2023, we remain dedicated to the needs of our clients and to increasing access to critical nutrition services within our community.



Sue Daugherty, RDN, LDN, PhD

Chief Executive Officer



YEAR AT A GLANCE

MANNA uses nutrition to improve health for people with serious illnesses who need nourishment to heal. By providing medically tailored meals and nutrition education, we empower people to improve their health and quality of life. MANNA envisions a world where people with prescribed diets can access the medical nutrition they need the same way as they access prescription drugs filled at a pharmacy. Until we reach that goal, MANNA remains the premier source of medical nutrition services in the Greater Philadelphia area. Below are our Fiscal Year 2022 - July 1, 2021 through June 30, 2022 - service numbers.

1.4 M



Medically Tailored Meals Delivered

In FY22 MANNA delivered 1,429,470 medically tailored meals to our clients and their dependents.

5,229



Clients Served

MANNA provided critical nutrition services to 5,229 clients facing serious illness in FY22.

515



Dependents Served

MANNA supplied nutritious meals to 515 of our clients' dependents, including 342 children.

OUR PROGRAM

Our licensed dietitians do so much more than share meal tips and tricks! In addition to designing our medically tailored meals alongside our in-house chefs, our dietitians provide essential nutrition counseling and outreach services. Below are highlights from some of their work over the last year.

Community Outreach

Throughout the past year, MANNA registered dietitians took part in community outreach by delivering nutrition education to a variety of institutions such as social service organizations, universities, and veteran centers. The ability to once again provide in-person nutrition education has allowed the dietitians to connect with a variety of populations across the city. It connects not only the dietitians to the community, but community members to each other. There is space to share information and experiences, while building relationships with one another. This has been crucial, especially when reconnecting with those who have been unable to attend online events over the past two years.

Nutrition Counseling

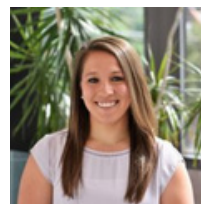
In addition to building strong connections with providers in the Philadelphia and New Jersey areas, a pivotal part of our work at MANNA is nutrition counseling with clients and community members. Providing nutrition counseling at MANNA gives clients free access to a team of registered dietitians and nutrition information that may not be covered through their health insurance benefits. Our nutrition counseling sessions are conducted telephonically which helps us reach clients who might have difficulty accessing transportation. MANNA's nutrition counseling provides a safe space for clients to express their concerns with managing their disease states. Our team of registered dietitians tailor each counseling session to the client's unique circumstances and provide nutrition information that clients will be able to use once coming off our program.



Mallory Drake, MPH, RDN, LDN, CHES
Registered Dietitian



Emily Sadowy, RDN, LDN
Registered Dietitian



Danielle Talenti, MS, RDN, LDN
Registered Dietitian

OUR PEOPLE

OUR CLIENTS

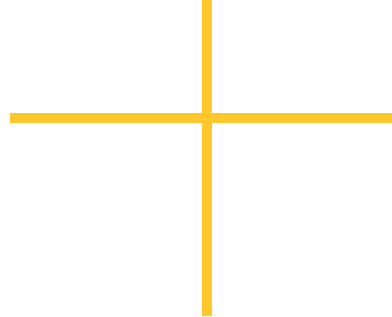
In the last year we helped to treat as many as 100 different diagnoses, with the most common being cancer, diabetes, HIV/AIDS, and renal disease. MANNA's client population was 68% Black, 30% White, and 3% Asian or other races. Nine percent of our clients identified as Hispanic. While income is not a prerequisite for our services, 95% of our clients report incomes below 200% of the Federal Poverty Level.

OUR VOLUNTEERS

MANNA's volunteers are both our greatest asset and the heart and soul of the organization! Over the past year we hosted 5,864 volunteers who contributed 56,481 hours among them! We were happy to see many familiar faces back in the kitchen, and are extra grateful for those who never left.

OUR STAFF

MANNA's staff has continued to expand to meet the rising needs we are seeing within the community. As we grow, we are dedicated to providing the same level of care and attention to our employees as we do our clients and volunteers. Over the past year, we enhanced our benefits and added new professional development and training opportunities.



Reid B. Reames Fellowship Recipients

We are pleased to welcome the inaugural Reid B. Reames Fellows to the MANNA Institute! The purpose of the Fellowship is to provide an applied research experience for medical or graduate students that develops research skills in “food as medicine” and furthers the research goals of the MANNA Institute. Thank you to Allan Schimmel for providing the funds needed for this fellowship opportunity in memory of Reid B. Reames.



Kaitlyn Bartholomew

Kaitlyn is a DO candidate at the Rowan School of Osteopathic Medicine. She received a BS in Biochemistry from Binghamton University.



Victor Diaz

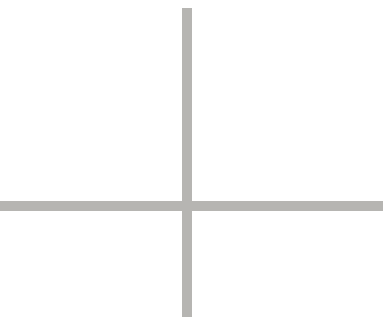
Victor is an MD candidate at Jefferson's Sidney Kimmel Medical College. He received a BA in Philosophy, Politics, and Economics from the University of Pennsylvania.

Academic Seminar Series

The MANNA Institute hosts a biannual Academic Seminar Series that invites health professionals and researchers to present on key topics in the field of nutrition. This fall, the Institute hosted Dr. Rishi Jain, MD, MS, DABOM and Kara Stromberg, MS, RD, CDE, LDN of FCCC to discuss their current research and the latest nutritional guidelines for patients with cancer. In the spring we hosted Meg Rowe, MS, RD, LDN, FADA, FAND who made the case for expanded coverage of Medical Nutrition Therapy in Medicare. To learn more, or view recordings from the presentations please visit mannapa.org/institute-events

Malnutrition in the Community

The MANNA Institute released an issue brief describing the prevalence and consequences of disease-associated malnutrition in the community. Our data from 2020 shows a 34% reduction in the proportion of clients who screened positive for malnutrition risk at the beginning of MANNA's program versus follow-up across all disease states. To learn more, read our issue brief at mannapa.org/mannainstitute/resources.



FOOD IS MEDICINE

U.S. House of Representatives Hunger Caucus Visits MANNA

In FY22, MANNA welcomed Congressman Jim McGovern (MA-02), Chair of the House Rules Committee and leader of the House Hunger Caucus, Congresswoman Mary Gay Scanlon (PA-05), and Congressman Dwight Evans (PA-03) to MANNA for a tour and to learn more about how Food is Medicine is at work for Philadelphians with acute and chronic conditions. This visit was part of a series of national events in support of House Resolution 5370 - Medically Tailored Home-Delivered Meals Demonstration Pilot Act of 2021, a bipartisan bill to fund a multi-state demonstration project within Medicare.

White House Conference on Hunger, Nutrition, and Health

As the White House prepares for their upcoming conference on hunger, nutrition and health, MANNA representatives spoke at a White House listening session, highlighting the impact of nutrition on health outcomes for people with serious illnesses, and participated in regular planning calls. In 1969, more than 50 years ago, the first and only White House Conference on Food, Nutrition, and Health was held. That pivotal event helped galvanize actions that included the creation or expansion of life-changing programs like Food Stamps (now SNAP), the School Lunch Program, the Supplemental Feeding Program for Women Infants and Children (WIC), and changes to how we label foods. We are looking forward to new policies that will be announced as a result of the 2022 White House Conference.



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