



P.O. Box 567, Ojai, CA 93024  
805-715-2693, [www.nourishamerica.org](http://www.nourishamerica.org)

## Annual Report FY 09/10

### Mission Statement

**To Provide Nourishment to Those in Need  
and  
To Support the Health of Individuals and Families Through Education and Research.**

### Goals

1. Develop programs and collaborations that provide nourishing foods and nutritional supplements for those at risk for nutritional deficiencies.
2. Provide and support educational programs promoting good nutrition and good life style choices for at-risk populations.
3. Advance research on the benefits of good nutrition and good life style choices for those at risk for nutritional deficiency.





*Nourish, Thrive, Succeed*

### **President and Executive Director's Message**

***Let us speak honestly now.*** It has been a very difficult year for Nourish America financially. In order to continue our programs, our only two paid staff, our Executive Director and Director of Programs and Marketing, elected to be furloughed without pay. Instead, they volunteered their time for the whole fiscal year.

***But, there is good news also!*** Nourish America provided more than \$1.8 million in much needed nutritional supplements and foods to many in need in America. This included:

- 21, 500 At risk children each day receiving high quality multivitamins
- 400 Needy pregnant mothers receiving prenatal multivitamins every day
- 34,000 Low income seniors receiving multivitamins and calcium supplements each day
- \$320,000 Nutritional support and aide for Haiti Disaster Relief

At this point, all would agree that the economic downturn we are experiencing is both historic and is touching the lives of more America's with each passing day. Lost jobs, lost homes, and lost dreams now pervade our great nation. The need for Nourish America's award winning programs has never been greater.

Nourish America program partners span from Alaska to Florida and include Head Start, Healthy Start and WIC programs, K-12 public schools and school districts, Volunteers of America, Health Care for the Homeless Clinician's Network, community health centers, Council on Aging programs, Feed the Children sites, homeless and abused women shelters, Native American programs, Salvation Army, YWCA and YMCA, Boys & Girls Clubs, City Park and Recreation Departments, hospital outreach programs, public health departments, medical and nursing school community outreach programs, and countless other community-based and faith-based organizations.

Our award winning programs truly make positive, measurable differences in the lives of those we serve. Daily nutrition for the hungry and malnourished creates powerful changes for good. Nutrition can transform fatigue to energy; confusion to clarity; listlessness to productivity; depression to hope. It gives people the strength and determination to move forward even in the midst of great challenge.

For a decade, Nourish America has been there for those in need in America providing them a hand up to a better life. We invite you to join us and to – Nourish America!

Gary Tomchuck  
President

Michael Morton  
Executive Director



## Thanks to You, Over One Hundred Thousand Have Been Helped!



**YOUR GIFT** to **NOURISH AMERICA** changed people's lives. Today we are proud to report to you just how **your contribution made this world a better place.** **30,000 children** in need and **34,000 low income seniors** in 42 states received daily nourishment through **NOURISH AMERICA'S** 1,000+ distribution partners.



## Over 2.4 Million Dollars in Donated Nourishment Distributed!



With your help, **NOURISH AMERICA** distributed over **\$2.4 million of high quality nutrition** to impoverished children, pregnant mothers, families, seniors, victims of natural disasters and emergency workers this year.



## Daily Nutritional Support for National Guard Members



**Operation Vital Nutrients** provided daily multivitamins to all of the National Guard men and women in the states of Kentucky and New Mexico. *"We appreciate the gift **NOURISH AMERICA** has provided us. We in the Kentucky Guard understand the need for good nutrition. Having deployed nearly 12,000 troops over the past eight years to austere environments in stressful conditions, we have put the health and welfare of our soldiers and airmen at our highest priority. Without a healthy force, we cannot perform our mission,"* said Major General Edward W. Tonini.

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## We Delivered Nourishing Products to Disaster Victims in Haiti:

**Because of you, NOURISH AMERICA** sent almost **\$500,000** in nutritious foods and supplements to earthquake victims. **Father Giodano reported in May,** "Since the earthquake, our clinic visit numbers have seen a sharp increase due to the large number of refugees that have moved into our area. We have a very bad allergy/asthma problem in Haiti due to all of the pollen, smoke and dust. After receiving excellent supplements, we began providing these in our clinics to patients that presented with respiratory problems. These supplements drastically reduced the number of respiratory emergencies we see at night." **Andrew MacCalla, Haiti Program Operations Specialist for Direct Relief International said,** "The donation of children's multivitamins donated by Nourish America is directly reducing the number of preventable deaths in Haiti."



## Better Health for Tens of Thousands of Children and Teens:

**With your support, NOURISH AMERICA** has reconnected low income children and teens with joy, health and success through daily nourishment.



## Thanks to Office Depot Foundation Backpacks & Nutrition for Kids in Need

As a national philanthropic partner of **Office Depot Foundation**, **NOURISH AMERICA** provided **brand new backpacks and nourishment for children.** At the start of this school year, 9,000 children in south central Los Angeles, who either could not afford a backpack or owned an old tattered one, proudly walked into their classroom with a brand new colorful backpack complete with school supplies and vitamins.



Listen Learn Care

**Please support this important work.** You can easily donate online at [www.nourishamerica.org](http://www.nourishamerica.org) or contact us at (805) 715-2693. **Thank you.**



## **A Model That Works**

### **The Vision: A Healthy America.**

From metropolitan cities to rural country settings, at-risk children and adults, low income seniors, veterans and victims of disasters are benefited by Nourish America programs. The vision is that every American, regardless of socio-economic status, deserves to receive the nutrients they need for good health and well-being.

### **The Strategy: A national public-private partnership and collaboration to help those at risk for malnutrition.**

Corporate America, the natural product industry, funding organizations, concerned private citizens, visionary philanthropists have joined forces with Nourish America to support the nutritional health of American children and adults. Together, they comprise the supportive arm of an innovative model of collaboration to eradicate nutritional deficiencies in the United States through a series of notional support programs under the moniker Nourish America.

A diverse group of more than 1,000 collaborative partner sites from Florida to Alaska serve as the distribution arm of this collaboration. Across the country, ministers, social workers and other program staff, students, volunteers, physicians and nurses can be seen distributing Nourish America foods and supplements to those in need. Collaborative distribution sites include: Head Start, Healthy Start and WIC programs, K-12 public schools and school districts, Volunteers of America, Health Care for the Homeless Clinician's Network, homeless and battered women shelters, Salvation Army, YWCA and YMCA, Boys & Girls Clubs, City Park and Recreation Departments, hospital outreach programs, public health departments, medical and nursing school community outreach programs, and countless other community-based and faith-based organizations.

### **The Implementation: How It Works.**

Nourish America has facilitated an innovative and unique collaboration of diverse stakeholders to serve over 32,000 at-risk children and 34,000 low income seniors as well as others in need. Through the donated staff time and program space of our program partner sites, as well as the generosity of our sponsors and supporters in donated funds and vitamins, we are able to support the health of thousands of our nation's most vulnerable citizens on a daily basis.

## **Growth and Expansion: A Natural Evolution.**

The word is out: Each day, Nourish America phones ring with calls from interested agencies and organizations eager to become a collaborative partner site. Through national and local media coverage in newspapers, magazines, television and radio, as well as word of mouth, the *Nourish America* national initiative has grown broadly as a very viable, economical and effective intervention in the continuum of care for those at risk.

## **A Model That Works: The Growing Consensus.**

*Nourish America has consistently received recognition and awards for the great and good work that we do including:*

- Honored by Texas State House Representative for disaster relief during Hurricanes Ike and Gustav.
- “Leadership Award” – National Foundation of Women Legislators 2008
- The first “Impact Award” - California Association of Non-profits (CAN)
- “Charitable Activity Award” - Nutrition Business Journal 2007
- “Celebrating Seniors Award” from Senior Friendly Communities of America 2004
- “Celebrating Excellence Award” - Campaign for Better Health/Citizens for Health 2003
- “Hero Award” - Dietary Supplement Education Alliance 2003



## **You Are Invited To Join Us.**

Our success is due to the collaborative spirit of our stakeholders. The *Nourish America* programs would not be feasible without their generous support. Our mission is not about us, it is about those who suffer in America from a lack of basic nutrition. Our commitment to their health and well being is not a duty. Rather, it is a choice and a privilege. We hope you choose to join our cause, and support our commitment.

Thank you.

**Nourish America  
Balance Sheet  
As of June 30, 2010**

	<b>Jun 30, 10</b>
<b>ASSETS</b>	
<b>Current Assets</b>	
<b>Checking/Savings</b>	
<b>Merrill Lynch Accounts</b>	
1000 · Merrill Lynch 02014/04246	688.18
<b>Total Merrill Lynch Accounts</b>	688.18
<b>10300 · Petty Cash</b>	2.74
<b>Total Checking/Savings</b>	690.92
<b>Other Current Assets</b>	
<b>15550 · Deposits - Utilities and Rent</b>	310.00
<b>Total Other Current Assets</b>	310.00
<b>Total Current Assets</b>	1,000.92
<b>Fixed Assets</b>	
<b>1 · Accumulated Depreciation</b>	
<b>17500 · Accumulated Depreciation</b>	-5,835.00
<b>Total 1 · Accumulated Depreciation</b>	-5,835.00
<b>17000 · Furniture and Equipment</b>	
<b>17001 · Computer Equipment</b>	2,445.37
<b>17010 · Laser Fax</b>	458.70
<b>17020 · Dell Latitude 200 Laptop</b>	1,642.37
<b>17060 · Copier</b>	1,750.00
<b>17100 · Phone System</b>	521.26
<b>Total 17000 · Furniture and Equipment</b>	6,817.70
<b>Total Fixed Assets</b>	982.70
<b>TOTAL ASSETS</b>	<b>1,983.62</b>

**Nourish America  
Balance Sheet  
As of June 30, 2010**

**LIABILITIES & EQUITY**

<b>Liabilities</b>	
<b>Current Liabilities</b>	
<b>Accounts Payable</b>	
20000 · Accounts Payable	501.00
<b>Total Accounts Payable</b>	<u>501.00</u>
<b>Credit Cards</b>	
20005 · Visa Signature Card 8565	116.54
<b>Total Credit Cards</b>	<u>116.54</u>
<b>Other Current Liabilities</b>	
22000 · Accrued Vacation and Sick Pay	2,164.42
<b>Total Other Current Liabilities</b>	<u>2,164.42</u>
<b>Total Current Liabilities</b>	<u>2,781.96</u>
<b>Total Liabilities</b>	2,781.96
<b>Equity</b>	
30001 · Unrestricted Net Assets	-1,810.07
	-
32000 · Unrestrict (retained earnings)	56,415.78
39000 · Operating Fund Balance	87,700.08
	-
<b>Net Income</b>	<u>30,272.57</u>
<b>Total Equity</b>	<u>-798.34</u>
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<u><u>1,983.62</u></u>

**Nourish America**  
**Profit & Loss/Previous Year Comparision**  
**FY09/10**

	<u>Jul '09 - Jun 10</u>	<u>Jul '08 - Jun 09</u>
<b>Ordinary Income/Expense</b>		
<b>Income</b>		
40000 · Unrestricted Contributions	130,471.10	219,224.87
40002 · Restricted Revenue	11,955.99	0.00
41055 · Donated Products & Vitamin	1,794,717.90	3,439,782.27
43400 · Direct Public Support	0.00	3,088.50
45000 · Investments	6.57	29.05
46400 · Other Types of Income	0.00	87.17
<b>Total Income</b>	<u>1,937,151.56</u>	<u>3,662,211.86</u>
<b>Gross Profit</b>	1,937,151.56	3,662,211.86
<b>Expense</b>		
60900 · Business Expenses	1,959.65	2,130.14
62100 · Contract Services	16,898.08	36,682.46
62800 · Facilities and Equipment	6,468.29	9,102.98
65000 · Operations	15,838.46	19,502.62
65120 · Insurance - Liability, D and O	22,192.69	26,909.99
65135 · Charitable/Sponsorship Donation	1,150.00	5,550.00
66000 · Payroll Expenses	79,446.17	162,204.36
66040 · Education & Training Expense	302.00	0.00
66900 · Reconciliation Discrepancies	2.30	-0.01
68300 · Travel and Meetings	8,539.83	26,579.20
75950 · Gifts and Scholarships Awarded	0.00	560.75
75955 · Program Operational Expense	0.00	1,351.05
77000-1 · Contributed Products & Service	1,794,717.90	3,442,870.77
93000 · Marketing and Public Relations	19,072.82	12,475.50
94000 · Uncollectible Pledge Expense	0.00	331,225.00
<b>Total Expense</b>	<u>1,966,588.19</u>	<u>4,077,144.81</u>
<b>Net Ordinary Income</b>	-29,436.63	-414,932.95
<b>Other Income/Expense</b>		
<b>Other Expense</b>		
95000 · Realized Gains & Losses	835.94	0.00
<b>Total Other Expense</b>	<u>835.94</u>	<u>0.00</u>
<b>Net Other Income</b>	<u>-835.94</u>	<u>0.00</u>
<b>Net Income</b>	<u><u>-30,272.57</u></u>	<u><u>-414,932.95</u></u>



**Board of Directors FY09/10**

Gary Tomchuk, President, Menlo Park, California  
Carol Nicholson Kriegel, Secretary/Treasurer, Burbank, California  
James Gormley, Bronx, New York

**Board Emeritus**

Hyla Cass, MD, Pacific Palisades, California  
Raj Chopra, Westbury, New York  
Connie Whitaker, Corona del Mar, California

**Our Team**

Michael A. Morton, Ph.D., Executive Director  
Mary Walker Morton, Director of Communications

