



Angel Gram

Project Angel Food Launches Into It's 25th Year With Celebrations



Aileen Getty with Elizabeth Taylor



Two Stellar Events – One Star-Spangled, The Other Star-Studded.

What's Inside!

- The Next 25 Years
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- Order your Project Angel Food Bakers Thanksgiving Pies!

Project Angel Food officially launched its 25th Anniversary on Saturday, September 6 at the 17th Annual Angel Awards. Our Hollywood headquarters received a red carpet makeover, when 420 guests, including Kate Burton, Eric Dane, Balthazar Getty and Marg Helgenberg, raised funds for our home-delivered meal service and nutritional counseling for critically ill low-income Los Angeles County residents.

The evening commemorated Elizabeth Taylor for her unparalleled support of Project Angel Food with the inaugural presentation of the Elizabeth Taylor Leadership Award. Presented by Academy Award nominee and Emmy Award-winning actress Sharon Stone, the award's first recipient was philanthropist Aileen Getty, founder of Gettlove and the Aileen Getty Foundation.

Highlights included a southern-themed menu created by Chef Govind Armstrong of Iron Chef America fame, and the showing of a documentary short, directed by Marc Saltarelli, on Project Angel Food's dynamic volunteer culture.

Major support for the 17th Annual Angel Awards was provided by the Aileen Getty Foundation, Wells Fargo, Bob and Eva Shaye, Pauley Perrette, the AIDS Healthcare Foundation, Deborah Irmas, Eugenio Lopez and Esthella Provas, the Heidegger Family, Hersh, Mannis & Bogen LLP, and the Pantages Theatre.



Two weeks earlier on Friday August 22, the Dodgers recognized Project Angel Food for service to Los Angeles. Executive Director Laurie Lang and Board Chair Robert Bauer were invited onto the field moments before a home game against the New York Mets, joined by physicians from City of Hope – one of the nearly 200

hospitals, clinics and social service agencies that refer clients to our agency year-round.

Both events were a perfect way to kick off Project Angel Food's 25th year of serving the Los Angeles County community.



Project Angel Food Founder
Marianne Williamson

25 Years of Uninterrupted Service To Los Angeles County

Founded by Marianne Williamson 25 years ago, what began as an all-volunteer staff operating out of a small kitchen on the second floor of a West

Hollywood church kitchen has grown into a 37-member staff of professional chefs, dietitians, client services personnel and drivers.

Today, from our permanent headquarters in Central Hollywood, a facility that features a 5,500-square-foot kitchen renovated in 2007, Project Angel Food prepares **half a million meals** each year, cooked and packaged on-site before being distributed to an annual client base of 2,000-plus Los Angeles County residents of all diagnoses, ages and backgrounds.

And Project Angel Food continues to serve the community as a reliable lifeline for those diagnosed with serious illness – from the time someone in need of meals connects with us until our service is no longer needed. We are the trip to the store, the meal planner, the nutritional advisor, the cook and the smiling face who delivers flavorful, healthy meals to their home without fail.



Freddie Webber

Project Angel Food's First Kitchen Manager Shares Her Memories

Freddie Weber, Project Angel Food's first Kitchen Manager, scanned the small kitchen off the second floor of Crescent Heights Baptist Church, where it all

began 25 years ago. "Honestly, it was magic. We had nothing. I ran this whole thing on little yellow stickies, and the wind would come through the window... they would blow away. Nobody knew what they were doing. But we made the most wonderful meals with as many calories we could get into them."

Operating hand to mouth, Freddie credited early success to the commitment of the volunteers. "Marianne (Williamson) created Project Angel Food because we cared so much. The place was filled with this warmth and love. As Marianne said, 'We could be little angels.' Miracles would happen. People came through with money – people who wanted to give, give, give... We had patients coming out of hospitals who would want to volunteer."

When asked about the agency's knack for attracting celebrities, from Bette Midler to Shirley MacLaine, who "just showed up one day," she was quick to respond: "The sweat and grime of the kitchen and Hollywood glamour. That was Project Angel Food."



Project Angel Food Volunteers

Calling All Angels

We dedicate the 25th anniversary issue of our newsletter to our founders, our volunteers, our dedicated staff and our loyal donors

– each and every person who has been unwilling to allow our most vulnerable community members to go hungry.

To celebrate our 25th, we want to identify our founding generation to honor their compassion and tireless devotion. **If you or people you know were volunteering at Project Angel Food during our first 5 years, please contact us at 25@angelfood.org.**



Congratulations

Project Angel Food

25th Anniversary



September 2014

Eric Garcetti
ERIC GARCETTI
Mayor

Ed Ruscha

American artist Ed Ruscha has created a new lithograph to benefit Project Angel Food. Ruscha achieved recognition for paintings incorporating words and phrases and for his many photographic books, all influenced by the deadpan irreverence of the Pop Art movement.

Encompassing painting, drawing, and photography, Ruscha's works hold a mirror up to the banality of urban

life and gives order to the barrage of mass media-fed images and information that confronts us daily.

Ruscha's early career as a graphic artist continues to strongly influence his aesthetic and thematic approach. He regularly combines the cityscape of his adopted hometown of Los Angeles with a typically American vernacular language to communicate a particular urban experience.

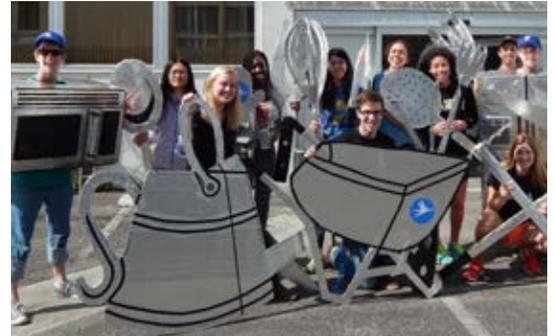
100% of the proceeds go directly towards Project Angel Food's mission of providing much needed food and nutrition to those throughout Los Angeles County who are too sick to shop or cook for themselves.

Help Us Build Our Next 25 Years

Every \$5 you donate provides a FREE flavorful and healthy meal to someone struggling with a serious illness.

There Are So Many Ways To Give.

- Donate to our Annual Fund.
- Double or even triple your donation by participating in your company's matching gifts program.
- Become a member of our Kitchen Cabinet by committing to monthly gifts automatically charged to your credit card.
- Name us in your will or initiate another type of planned gift.
- Shop AmazonSmile, where a portion of your purchase goes to Project Angel Food.
- Volunteer in our kitchen or work on a special event.
- Donate toys for holiday gift bags delivered to the children of our clients.
- Visit angelfood.org/support for ways to help.



However you choose to show your support, your contribution will make a life-saving difference.

GET READY. GET SET.

GET ART

A PROJECT ANGEL FOOD EVENT



Saturday, October 11th 7-10pm at Siren@Orange

Tickets are \$25 at the door or purchase in advance at www.angelfood.org

GET ART is a benefit art sale featuring a gallery of over 300, affordable works of art for purchase, live art experiences, musical entertainment, delicious cocktails and tasty treats. The evening connects budding and experienced curators with emerging and established artists in a vibrant "Xanadu"-inspired evening.

Artwork ranges from \$50 to \$500 with a curated gallery of established artists at a higher price. Photography, paintings, print, sculpture, jewelry and other mixed media accepted.

Siren @ Orange is located at 1050 North Orange Drive Los Angeles, CA 90039

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by Project Angel Food chefs and
volunteers.



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Food is Medicine

The men and women we serve are too sick to go to a grocery store or food bank, let alone stand at a stove to cook a healthy meal. With our flavorful, nutrient-packed meals delivered directly to their homes at the ready, they can focus on healing with strength and dignity.

We operate with the knowledge that Food Is Medicine, so we medically tailor our recipes and design our freshly-cooked meals to offer optimum benefits: overall improved health, efficacy of vital medications, prevention of secondary illnesses and more.

Our meals, made with fresh ingredients, are full of robust nutrients and calories for maintaining a healthy weight and stamina, so each person on service has the best chance for survival and recovery. Along the way, our nutrition services team provides in-depth counseling to empower clients to make healthy eating choices in the long term, and our client services team assists clients assess other health resources.



Client Quotes

"Thank you for the birthday bag. Thank you also to Samantha (Age 11) for the drawings on the bag. The artwork made me cry."

-LISA M.

"I am so happy with my meals. I've gained 3 pounds! Thank you to Eve and Nathalie for the nutrition information. Now I know what to eat while I'm undergoing chemo."

-MICHELE W.

"I was so surprised when my driver Charlton gave me a whole bag of birthday gifts today. Thank you!"

-OSCAR Q.

"My driver Keith is always so upbeat and friendly. He takes the time to see how I am doing. His smile uplifts my whole week."

-RICHARD B.

"Thank you for my birthday bag. My weekly meals have an awful lot to do with my celebrations."

--ROSETTA J.

"Your meals relieve the stress I am going through with so many health issues simultaneously. It means everything to know I have at least one healthy meal each day. Thank you!"

-ROSEMARY G.

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<https://www.facebook.com/projectangelfood>



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A Letter From Executive Director Laurie Lang

As we begin the yearlong celebration of our 25th year of service, and I look back on my first year as Executive Director, there is one observation that stands out among all others. Project Angel Food was built on a culture of love and compassion, and that is what has nurtured its growth all these many years.

Standing on the shoulders of our founding generation and their poignant response to the health crisis of that time, we continue to support those less fortunate than us in their time of crisis. Thanks to a committed staff, impassioned volunteers, and a deep belief in our mission, Project Angel Food has recently crossed a milestone; serving over 9 million meals to our vulnerable neighbors in need. Since our founding, more than 17,000 people, dependent on steady nourishment, have been served by Project Angel Food.

This year alone, we have cooked and delivered meals to over 2000 people across all of Los Angeles County who count on us for their sustenance and rely on us for their nutritional needs. These people we proudly feed are battling illness and also severely limited in resources. Many live alone and have no one but us to shop or cook for them. Many are aging and struggling with chronic illness. All are coping with the daily struggles of life as they try to return to health.

Food is Medicine, and that is why our dietitians and chefs focus on creating nutritionally based and medically tailored meals specific to

our clients' medical condition. Strengthened by one-on-one nutritional counseling and ongoing education, our home-delivered meals have become a vital service in long term health care support.

It is enormously satisfying to know that you are making a difference. And we are. In addition to the eyes-on updates from our drivers, our client surveys report positive findings: 97% of our clients report having improved health. 96% report their nutritional needs are being met. 100% agree the staff treats them with respect. Physicians and case managers tell us that our clients consistently respond positively to the nutritional counseling we provide, which helps them make healthy food choices when they transition off our service.

That's the impact we are having and the difference you are having by supporting Project Angel Food. Thank you all for your donations, your volunteer service, and your ongoing commitment to feed and nourish our neighbors in need.



Meet The Clients



Walter Mitchell

Walter Mitchell, a client who has been on our service for more than 15 years, was "very proud" to be invited to tell his story at the 2014 Angel Awards.

Living in Hollywood when first diagnosed with HIV/AIDS, Walter spoke frankly about his precarious situation. "There was a food bank with APLA. However my income was too high to qualify. Not enough to receive help, but not enough to live on, and too little to live a healthy nutritious life... I was beginning to show signs of wasting..."

Describing the enrollment process as a "breeze," Walter went on to say, "Project Angel

Food has been there for me without any effort. After starting to receive meals, I was able to increase my weight and began to reach my weight goal."

What moved him most were the personal touches – the gifts on birthdays, the extra turkey dinners on Thanksgiving so he could invite over a friend, the friendships formed with delivery drivers. "I have been blessed with a number of delivery persons throughout my history with Project Angel Food." But one in particular stood out. "(When I first started) my meals were delivered by a lovely woman, and she would bring a rose – my favorite flower – with the delivery."

Walter concluded his speech by thanking Project Angel Food "for all that you do for me. I love you all... in case you didn't know."



A Letter from Maria Vazquez

I used to be a healthy woman, living a happy life in Los Angeles, following my dreams in the entertainment industry...and then my life did a full 180. I was diagnosed with an invasive breast cancer and could have never have imagined that my life would be threatened by this disease at such a young age. My treatments had a negative impact in my physical appearance. I lost my health and my job. But what I did not lose was my faith. God sent me love, strength and hope to keep fighting every single day. PROJECT ANGEL FOOD came into my life, bringing love and support that I needed during this

challenging time.

Project Angel Food provided me with delicious meals 7 days a week and nutritionists to help me follow the doctor's requirements in choosing the right diet.

They displayed their love and care in their delicious and healthy food cooked with organic and fresh ingredients.

They delivered food to my home without asking for anything in exchange ...their friendly and loving staff bringing a smile in the days I needed it the most.

They have shown me there are good, caring people in this world who help those less fortunate in times of need.

Project Angel Food was a big help for me, and that's the reason I share these words.

Thank you Project Angel Food for giving me energy during chemo when I was in severe pain. Thanks to you I didn't have to worry about what to eat or cook, because you were there for me.

Seasonal Recipes

Corn and Zucchini Salad Feta



- 4 SMALL ZUCCHINI (ABOUT 1 1/2 POUNDS), THINLY SLICED LENGTHWISE ON A MANDOLINE
- 8-10 ZUCCHINI BLOSSOMS, TORN INTO LARGE PIECES (OPTIONAL)
- 1/4 CUP COARSELY CHOPPED FRESH BASIL
- 1/4 CUP COARSELY CHOPPED FRESH FLAT-LEAF PARSLEY
- 1/3 CUP OLIVE OIL
- 1/4 CUP WHITE WINE VINEGAR
- 1/2 TEASPOON CRUSHED RED PEPPER FLAKES
- FRESHLY GROUND BLACK PEPPER
- 4 OUNCES FETA, CRUMBLLED (ABOUT 1 CUP)

COOK CORN IN A LARGE POT OF BOILING SALTED WATER UNTIL BRIGHT YELLOW AND TENDER, ABOUT 3 MINUTES; TRANSFER TO A PLATE AND LET COOL.

CUT KERNELS FROM COBS AND PLACE IN A LARGE BOWL. ADD ZUCCHINI, ZUCCHINI BLOSSOMS (IF USING), BASIL, PARSLEY, OIL, VINEGAR, AND RED PEPPER FLAKES AND TOSS TO COMBINE; SEASON WITH SALT AND PEPPER. SERVE TOPPED WITH FETA.

DO AHEAD: CORN CAN BE COOKED 1 DAY AHEAD. CUT KERNELS FROM COBS; COVER AND CHILL. BRING TO ROOM TEMPERATURE BEFORE USING.

Drop-Biscuit Pear and Dried Cherry Cobbler



- PEAR FILLING:
- 6 MEDIUM BOSCH PEARS (ABOUT 3 POUNDS), PEELED, CORED, CUT INTO 1/2" PIECES
- 1 CUP DRIED TART CHERRIES
- 2/3 CUP (PACKED) LIGHT BROWN SUGAR
- 2 TABLESPOONS ALL-PURPOSE FLOUR
- 2 TABLESPOONS FRESH LEMON JUICE
- 1/4 TEASPOON GROUND CINNAMON
- 1/8 TEASPOON KOSHER SALT
- PINCH OF GROUND CLOVES
- TOPPING AND ASSEMBLY:
- 2 CUPS ALL-PURPOSE FLOUR
- 2 TEASPOONS BAKING POWDER
- 1 TEASPOON KOSHER SALT
- 3/4 CUP PLUS 2 TABLESPOONS SUGAR
- 3/4 CUP (1 1/2 STICKS) CHILLED UNSALTED BUTTER, CUT INTO PIECES
- VANILLA ICE CREAM (FOR SERVING)

FOR PEAR FILLING: PREHEAT OVEN TO 400°F. TOSS PEARS, CHERRIES, SUGAR, FLOUR, LEMON JUICE, CINNAMON, SALT, AND CLOVES IN A LARGE BOWL. TRANSFER TO A 13x9" BAKING DISH.

FOR TOPPING AND ASSEMBLY: WHISK FLOUR, BAKING POWDER, SALT, AND 3/4 CUP SUGAR IN A MEDIUM BOWL. RUB IN BUTTER WITH YOUR FINGERS UNTIL A COARSE MEAL FORMS. GRADUALLY MIX IN 1/3 CUP HOT WATER UNTIL A SOFT WET DOUGH FORMS (A FEW LUMPS ARE OKAY). DROP CLUMPS OF DOUGH OVER FILLING; SPRINKLE WITH REMAINING 2 TABLESPOONS SUGAR.

BAKE UNTIL FILLING IS BUBBLING AND TOP IS GOLDEN BROWN AND COOKED THROUGH, 40-45 MINUTES; LET COOL. SERVE WITH ICE CREAM.

Kitchen Angels

Meet John Gordon



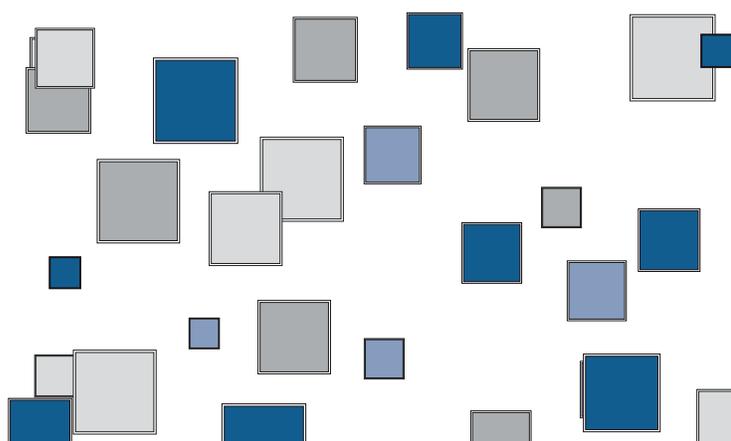
Chef John Gordon is a symbol of longevity and dedication to the clients we serve. As our most senior chef (20 years), John has been with Project Angel Food since almost the very beginning. John worked his way up the kitchen ranks to become a standing symbol of what opportunities and hope Project Angel Food can be not only to clients but also to donors and employees. As we move into our 25th year of uninterrupted service in Los Angeles County, John is proof that Project Angel Food is more than just a job.

In addition to preparing flavorful and exciting dishes for our clients, John has built many memories with clients and volunteers. He coordinates a team of 10-15 volunteers daily in the preparation and packaging of food. Being our longest tenured chef, John takes on the task of ordering kitchen supplies and food as well as preparing special meals. When asked what volunteers mean to him, "There would be no Project Angel Food without them."

John Gordon has received his Certificate of Completion of the National Registry of Food Safety Professionals and works tirelessly to improve the health of our most critically ill neighbors.

Breakfast Bags

Project Angel Food provides more than one-third of our clients and the children of our single-parent clients with breakfast bags. Assembled by volunteers, including students from our neighbor, Vine Street Elementary, breakfast bags are for clients whose early morning medications must be taken on a full stomach or whose body weights are perilously low. Each breakfast bag generally contains fresh fruit, yogurt, cheese sticks and cereal. Like all our meals, breakfast bags are customized for specific conditions, with foods that are easy to digest even for those experiencing extreme nausea from chemotherapy.





Thanks to Our Major Institutional Supporters

- The Avon Foundation
- The Bank of America Charitable Foundation
- Broadway Cares/Equity Fights AIDS
- The Brotman Foundation
- The John W. Carson Foundation
- The Chartwell Charitable Foundation
- The David Geffen Foundation
- Hasbro
- The Hermann Foundation
- The George Hoag Foundation
- MAC AIDS Fund
- Nordstrom
- The Ralph M. Parsons Foundation
- QueensCare
- The Rose Hills Foundation
- SCAN Health Plan
- The Silva Watson Moonwalk Fund
- The S. Mark Taper Foundation
- The Elizabeth Taylor AIDS Foundation
- Walmart
- Wells Fargo
- Ruth/Allen Ziegler Foundation

We Are Our Community

Project Angel Food is 80% volunteer driven, and we simply could not reach the number of clients we serve without them. More than 70,000 people have volunteered. In 2013 alone, the same year the "Best of L.A." issue of Los Angeles Magazine named Project Angel Food the best place to volunteer, more than 3,500 people, a coalition of community members, public school students and employees of local businesses, donated 34,455 hours of their time. Preparing 1,470 daily meals alongside our professional chefs, tending our community gardens so our clients could enjoy organic produce, decorating the gift bags our clients receive on their birthdays, helping our staff produce special events... our devoted volunteers of all ages represent the diversity of Los Angeles. They are at the heart of all we do, and we pride ourselves on the strong sense of community among our volunteers and staff. We are all part of the Project Angel Food family.



Avon Cares

6% of the clients we serve have been diagnosed with breast cancer. In support of our home-delivered meal service to individuals struggling with the illness, the Avon Foundation, a contributor since 2007, awarded us a \$125,000 grant on Sunday, September 7 during the closing ceremony of the Avon Walk for Breast Cancer: Santa Barbara. The event also marked the seventh time our kitchen prepared lunch for participants.

Avon is also part of our healthcare referral network. This year alone, Avon Cares for Life at the Olive View-UCLA Medical Center, a public hospital in Northern Los Angeles, has referred 73 clients. Since 2006, their program has been enhancing the quality of care for uninsured and low-income patients facing breast cancer, guiding patients through the complex healthcare system from diagnosis through survivorship.





PROJECTANGELFOOD

Project Angel Food
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Los Angeles, CA 90038-2702

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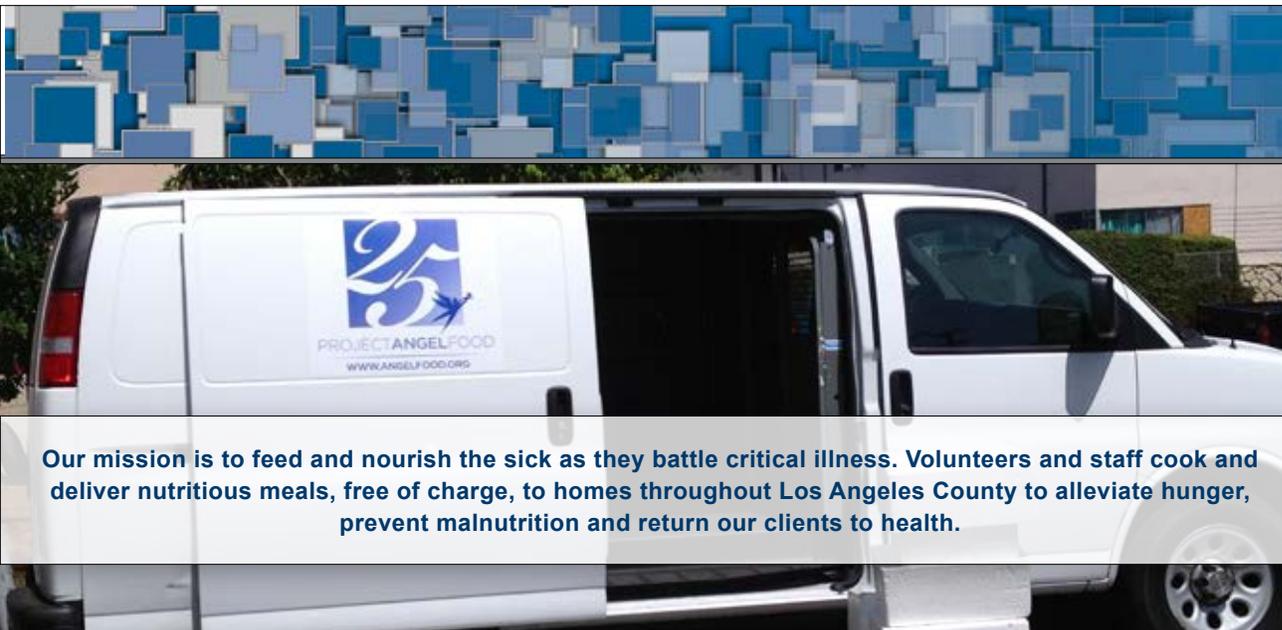
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Our mission is to feed and nourish the sick as they battle critical illness. Volunteers and staff cook and deliver nutritious meals, free of charge, to homes throughout Los Angeles County to alleviate hunger, prevent malnutrition and return our clients to health.

Visit angelfood.org For More Agency Information

Upcoming Events

- Project Angel Food Pie Sale
- Get Art October 11, 2014 Siren @ Orange
- Aids Walk Los Angeles October 12, 2014
- Evenings With Angels October 15, 2014
- Los Angeles Marathon Training begins October 18, 2014
- Evenings with Angels November 12, 2014



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