



THE SUPPERS PROGRAMS



2018 Annual Report

Vision

Delicious food. Intentional eating. Healthy communities.

Mission

To provide safe and friendly settings where anyone, especially people with food-related health challenges, can develop and manage their own personal transitions to a healthier life.

Values

Suppers believes that:

- Chronic illness is largely preventable through diet and lifestyle and that health transformations occur when people receive the nourishment and support they need.
- The best path to vibrant health honors individuality at the levels of biology, values and lifestyle.
- Building communities around shared intentions leads to a healthier life.
- Healing takes place only within a culture of non-judgment.
- People will make food-related behavioral changes only if the food is delicious and the meals are pleasurable.
- An individual's pursuit of vibrant health requires community and collaboration among farmers, food purveyors, medical doctors and wellness professionals.

Let
gratitude
fill me,

Family and
friendship
sustain me,

And respect
for my body,
mind, and
spirit guide
my choices.

*Thank you David Byers and Allie O'Brien
and many unidentified photographers for
sharing your beautiful photographs.*



Message from the Founder

Do we still need Suppers? I ask myself this question periodically when good things happen like Medicare starts covering a lifestyle medicine plan or members of megachurches lose millions of pounds collectively on a different plan.

While experts with impressive credentials continue to argue about which way of eating is healthiest, Suppers continues to run experiments with people who determine their personal best ways of eating for themselves. We're running pilots for fee-based programs now – part of our Board's efforts to create a sustainable future for the organization – where participants experiment with a range of eating styles from vegan to ketogenic. In our 8-week pilots, it's actually fun to behold the range of individual responses in terms of mood, energy, blood sugar, and craving. No two are the same.

We can't wait for the experts to agree on the healthiest way to eat. We have to make decisions right now about what to feed ourselves and our families. This annual report recounts how we build a community of experimenters, eaters, farmers, practitioners, businesses and local organizations who understand: we really do need Suppers.

— Dor Mullen, Founder



Quick Facts 2018

- 173 Suppers Meetings
- 1,885 Meals Made and Shared
- 36 Workshops in the Community
- 3 Trainings
- 2 Community Education Events
- 35 Volunteer Facilitators
- 3 New Board Members

Suppers Participants ...

- Develop a palate for food that supports vibrant health.
- Learn cooking skills, nutrition information, and methods for designing personal food experiments.
- Cook, taste and eat delicious recipes created from whole, unprocessed food.
- Learn how to conduct experiments to discover which foods improve and which foods impair physical and mental health.
- Embark on behavioral change process within supportive, intentional communities.
- Interact with local integrative health and medical practitioners.

Facilitators

The following individuals are trained Suppers facilitators who ran meetings in 2018. We are grateful to each and every one of them for their dedication to Suppers' mission and willingness to open their homes, churches and community centers to friends and strangers alike.

Anonymous, Suppers for Emotional Eaters

Anonymous, Suppers for Sobriety

Anonymous, Suppers for Sobriety

Terri Block, SuppersLabs

Audelle Bodie, Vegan, Bronx, NY

Kim Booker, Soulful Sunday Suppers, Vegan Suppers

Fiona Capstick, Cancer Sisters

Erin Cook, Food and Faith,
Lawrenceville Presbyterian Church

Ana Delcorazon, Suppers for Stable Blood Sugar

Mireille Delman, Cancer Sisters

Paul DiLouie, Dinner at the Jersey Shore

Sharon Downey-Hohmuth, Monday Lunch

Amy Frankel, Keep it Simple Suppers

Gina Gonora, Vegan Suppers

Barbara Jennings, Soulful Sunday Suppers

Heidi Kass, Mindful Eating Dinner

Margaret Kinnevy, Northwest Philadelphia, PA

Joe Klinkhoff, Allentown, PA

Amalie Leano, Food and Faith, Lawrenceville
Presbyterian Church

Shanti Manifase, Suppers at the Wellness Center

Dor Mullen, a little bit of everything

Allison O'Brien, Suppers at the Wellness Center

Erin O'Neill, Dinner at the Jersey Shore

Pat Palmer, Macrobiotic Suppers

Carolyn Peucker, Breakfast Challenge, Immune
Support, SuppersLabs

Maryann Rappa, Suppers at the Wellness Center

Karen Rose Tank, Suppers for Stable Blood
Sugar, SuppersLabs

Beth Scibienski, Suppers at the Wellness Center

Carol Taller, Lunch for Diabetes Success

Rachel Thornton, Immune Support Suppers

Anne Trieber, Clean Eating for Wellness,

Barbara Vadnais, Macrobiotic Suppers

Jim and Pat Weber, Lawrenceville, NJ

Marcia Willsie, Cooking Mentor

Hillary Zackroff, Suppers for Moms



Suppers in the Community

Suppers offers workshops and events in the community to expand the reach of our mission and engage even more people to discover the logical miracle of food-related health turnarounds. Community workshops also allow Suppers to create new cultural assumptions that: 1) suffering may be optional, and 2) what we eat and how we live may be more important than the details of our diagnoses.

Sourcing Health Locally

Sourcing Health Locally is the newest addition to Suppers' community events calendar and was co-hosted with Adrian Hyde and the **Northeast Organic Farming Association of New Jersey (NOFA-NJ)**. Together with NOFA-NJ, we designed this collaborative event to gather farmers, eaters, cooks and medical practitioners in one forum because our future depends on making close connections between the food system and the healthcare system.

This year's forum welcomed Kate Thomsen – medical doctor and environmentalist – on “Chronic Disease is Environmental Disease”. The program also featured Functional Nutrition Practitioner Kathleen DeChiara, whose family journey out of chronic disease is chronicled in the documentary film “Secret Ingredients”.



Kate Thomsen



Kathleen DeChiara

Taste of Suppers, March 22, 2018



Founder's Day, May 6, 2018





Fee-based Programs

A future for Suppers requires developing fee-based programming – same mission, same menus, same health challenges, and new focus on time-limited, intensive experiences.

Three themes are under development

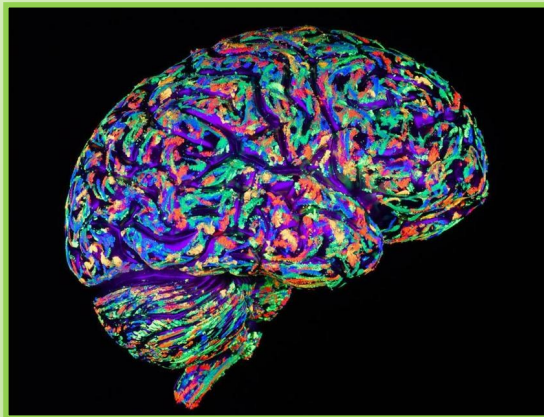
- **Stable Blood Sugar Pilots**

based on eight styles of eating and experiments to identify one's personal best way of eating.

- **Brain Health Pilot**

also based on eight styles of eating plus instruction on the diet and lifestyle changes associated with preservation of cognitive function.

- **Garden-based Workshops**



Workshops

Suppers workshops are both science- and traditions-based, with more and more research indicating that our modern health scourges yield to interventions of traditional food preparation and lifestyle change.

Starting with one Hungarian Suppers facilitator ten years ago, the ancient tradition of home fermentation was introduced at Suppers. Starting three or four billion years ago, the course was set for life to be built around microbes. Many of our workshop involve home fermenting.



Chef Marcia Willsie volunteers as a mentor to Suppers facilitators, leading workshops on menu planning, dish building, and food preparation.



Joe's Miso Workshop



Community Partners



Beechtree Farm

Bethany House

Cherry Valley Cooperative

Jammin' Crepes

NOFA-NJ

Presbyterian Church of Lawrenceville

Princeton Public Library

Queen Mab's CSM

Sand Hills Community Wellness Center

Sante Integrative Pharmacy

Sharp Again Naturally

Terhune Orchards

West Windsor Farmers Market

Westminster Presbyterian Church

Medical Partners

The health professionals with whom we partner invariably share Suppers' values, honoring the wisdom of the body to heal itself when given the right environment and building blocks.

We are fortunate to have degreed medical professionals serving as ambassadors to our program. Medical Partners not only refer their patients to Suppers, they also provide a high level of collaboration by leading workshops, offering their perspective on medical issues, developing program curricula, or speaking as panelists or lecturers at our larger events. Each of these Partners has a practice within 50 miles of Princeton, NJ.

Andrew Appello, MSOM, L.Ac.
Adi Benito-Herrero, MD
Aly Cohen, MD
Andrea Eberly, MD
Karen Flicker, MS, L.Ac.
Deborah Ginsburg, MD
Vincent Leonti, MD
Stephen Lewis, MD, FABPMR
Allan Magaziner, DO
Alison Morgan, L.Ac.
David Nathan, MD, DFAPA
Dinesh Singal, MD
Shawn Tepper-Levine, DO
Kate Thomsen, MD, MPH, ABIHM
Ramya Vedula, MD, MPH, ECNU



Founding Medical Advisors

Howard Hindin, DDS
Michael Schachter, MD
Mark Woodford, PhD

Referring Practitioners

Stephanie Goodman, CNC
Naomi Hillel, DMD
Roberta Pughe, EDS, MA, LMFT
Deborah Metzger, LSW, E-RYT500
Jenna Richardson, FDN-P
Karen Rose Tank, MS, CHC
Teresa Schaer, MD
Jane Schwartz, RDN, CLT
George Scott, EdS, LMFT
Nancy Scott, EdS, LMFT, ACS
Joseph Wieliczko, PsyD



Annual Fund

*The following individuals
and organizations gave
gifts to The Suppers
Programs between Jan. 1
and Dec. 31, 2018.*

\$50,000 and UP

Anonymous

\$1,000 - \$9,999

Fiona Capstick and Brett Bishop
Deborah Kaple and Miguel Centeno
Chop't Creative Salad Company
Doreen DiGiacomo
Maria Nicolo and David Earling
Adrian Hyde and Lauren Bender
Dor Mullen
Nancy and Marc Shrier
Karen Rose Tank and David Tank
The Cottonwood Foundation
Whole Earth Center

\$500 - \$999

Pam Berkowitz
Carolyn and Paul Biondi
Jenny Hartsthorne
Johnson and Johnson Matching Gifts
Dr. Aly Cohen and Dr. Steven Lewis
Roger Martindell
Jim and Valerie McKinney
Amy O'Donnell
Vicky Walsh

\$250 - \$499

Audelle Bodie
Nancy Gardner
Martha Clark Goss
Dr. Adi Benito
and Dr. Stephen Griffies
Hilary Jersey
Joe Klinkhoff
Geri LaPlaca
Herb Mertz and Fran McManus
Rees Morrison and Anne Kennedy
Yasuko Moyer
Susan Mullen
Shawn Oliver
Tracy and Scott Sipprelle
Val Smith
Lana and Paul Spencer
Carol Stack
Marc Weiner

Darla Welsh
Judy Winkler
Lee and Steven Yonish

\$100 - \$249

Anonymous
Sharon Mizels and Gordon Adler
Betsy and Steven Baglio
Karen and Lonnie Baldino
Alexandra and Barak Bar-Cohen
Beth Behrend
Madge Bennett
Terri and Bob Block
Kristin Cantwell
Denise Comsudis
Sandra Cristofori
Mireille Delman
Alison Denis
Marla Dirks
Sharon Downey-Hohmuth
Dr. Andrea Eberly
Lisa and Michael Feiner
Food for Healthy Bones
Karen and Ira Fuchs
Cindy Gerson
Stephanie Goodman
Naomi Holzer
Deborah and George Hunsinger
Ms. Jane Milrod
and Mr. William Jemas Jr.
Heidi Kass
Babette Levin
Mimi Mead-Hagen
Seth Mellman
Emily and Max Mullen
Karen and David Nathan
Leslie and Charles Neumeyer
Carole O'Brien
Doreen and Greg Overstrom
Sarah Pipher
Gillian Reeder
Rita Rofe
Donna and Allan Rubin
Patrick Rulon-Miller
Sharmila Sachdev
Merilyn and Paul Sandberg
Vicki Sarnoff
Betty and Stu Smith
Veronique Cardon
and Paul Tastenhoye
Barbara Vadnais
Marcia and Bruce Willsie

Up to \$99

Loretta Brooks
Jane Campbell
Central Jersey Psychological Services
Lenora Kandiner and Tim Cresson

Wendy Davis
Ginny Donelson
Penni Dymond
Eleanita Enriquez
Edward Feldman
Amy and Mark Frankel
Fun in Motion
Sandy Furness
Marie Galdi
Terry Greenberg
Roz Greenberg
Priscilla Hayes
Dr. Naomi Hillel
Florence and Steven Kahn
Margaret Kinnevy
Jack Kirschenbaum
Anne Walker and Richard Krohn
Amy and Thomas Manifase
Tamera Matteo
Carol Ann Meier
Claire Mullen
Nora and Andrew Mullen
Stacy Nied
Linda Nolan
Robbin and Charles Nuara
Erin O'Neill
Irene Osten
Carolyn and Arnold Peucker
Kimberly Pleskun
Amy Rabner
Sofia Ramirez
Karen and Charlie Repka
Hana and Marcel Rozenzweig
Nancy and Norman Schulman
Marge Shakun
Wilma Solomon
Hillary Spivak
Eileen Stokley
Jill Stone
Carol Taller
Bertha Tier
Ellen Tumilowicz
Mary and Bertil Wagner
Rachelle Simon and Ned Wingreen
Renata Yunque
Corinne Zupko

In Kind Donations

Terra Momo Restaurant Group
Cherry Valley Co-op
Martha Goss
Whole Earth Center

2018 Board and Staff



Board of Trustees

Dorothy Mullen, *Founder, President*

Fiona Capstick, *Vice President*

Karen Baldino, *Treasurer*

Deborah Kaple, *Secretary*

Maria (Adi) Benito-Herrero, MD

Audelle Bodie

Carol Ann Meier

Herb Mertz

Raoul Momo

Karen Rose Tank

Lee Yonish

Part-time Staff

Terri Block, *Administrative Coordinator*

Kim Booker, *Program Assistant*

Kristin Cantwell, *SalesForce Database Manager*

Rachel DeBoer, *Program Coordinator*

Allie O'Brien, *Development Director*

Carolyn Peucker, *Program Assistant*

Sarah Pipher, *Program Assistant*

Catharine Vaucher, *Director of Operations*



Thank you for
joining our
family table,
for offering your
friendship,
and sharing
your self.

Our parting wish
for you is that you
find the healthier
life you seek in
body, mind,
and spirit.

Financials

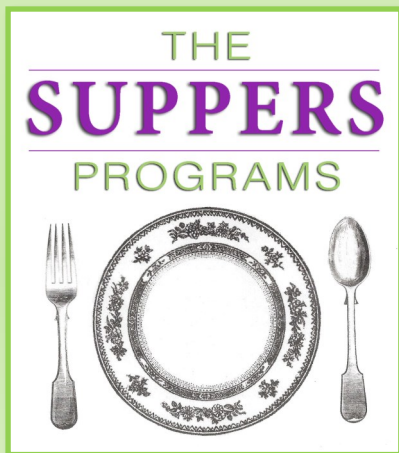
Income

Contributed Income	
Individual Contributions	\$99,541
Corporate Contributions	\$5,173
Program Fees	\$20,022
Sale of Products	\$1,310
Total INCOME	\$126,046

Expenses

Programs	\$75,024
Fundraising	\$9,916
General & Administration	\$34,695
Total EXPENSES	\$119,635

Net Income	\$6,411
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Contact us:

The Suppers Programs
211 North Harrison Street, Suite A4
Princeton, NJ 08540

(609) 373-1400

www.TheSuppersPrograms.org