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FOR IMMEDIATE RELEASE

Bimbo Bakeries Exec and Nonprofit Leader Join Back on My Feet Board of Directors

Organization welcomes Bimbo Bakeries' Fred Penny and DC Central Kitchen's Robert Egger

August 29, 2011 – PHILADELPHIA – Back on My Feet, a nonprofit organization that promotes the self-sufficiency of people experiencing homelessness by engaging them in running, is proud to announce new National Board of Directors members Robert L.E. Egger, founder and president of the DC Central Kitchen, and Fred Penny, executive vice president of Bimbo Bakeries USA.

"We're honored to have Robert and Fred join the national Board," said Anne Mahlum, founder and president of Back on My Feet. "Their combined knowledge and resources in finance, planning and the nonprofit arena will be extremely valuable, especially as we prepare to launch several new Back on My Feet chapters in 2012."

Robert Egger is the founder and president of the DC Central Kitchen, which turns leftover food into millions of meals for thousands of at-risk individuals. The Kitchen also offers culinary job training to once homeless and hungry adults. Both a speaker and a writer on the subjects of hunger, sustainability and social enterprise, Egger authored, "Begging for Change: The Dollars and Sense of Making Nonprofits Responsive, Efficient and Rewarding For All," received the 2005 McAdam Prize for "Best Nonprofit Management Book" by the Alliance for Nonprofit Management. He was also included in the *Non Profit Times* list of the "50 Most Powerful and Influential" nonprofit leaders from 2006-2009.

Egger's new Board colleague, Fred Penny, began his career with Entenmann's, Inc. a division of Kraft Baking company. His career progressed through various positions in finance and general management. In 2007, Fred was appointed Executive VP of George Weston Bakeries, Inc. In 2009, he became Executive VP for Bimbo Bakeries USA. Fred received his MBA in Finance from New York University in and his B.S. in Business Administration from Long Island University.

About Back on My Feet: Back on My Feet, which launched in Philadelphia in 2007, is a nonprofit organization that promotes the self-sufficiency of people experiencing homelessness by engaging them in running to build strength, confidence and self-esteem. The organization has chapters in Philadelphia, Baltimore, Washington D.C., Boston, Chicago, Indianapolis and Dallas-Ft. Worth. The organization has received media support, including attention from [NBC Nightly News](#), [ABC World News](#), [CNN](#) and [The Today Show](#) for its ingenuity in tackling this difficult social issue. More information can be found at backonmyfeet.org.

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