

Food for Thought

A newsletter published by Community Kitchen of Monroe County, Inc.

August 2018

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The Rise
Transitional Services Inc.
United Way of Monroe County

Summer ends, school begins and what's next

The start of the school year means program changes here at Community Kitchen. During the summer when children were out of school, Community Kitchen worked to provide weekday lunches to children in **10 low-income neighborhoods**. We also provided breakfasts, lunches or healthy snacks to children in **5 summer youth programs**. Through the **10 weeks of summer**, we provided over **15,000 consistent meals** to children in need. To do that required an extra **70 volunteer hours** each week. We are grateful to the folks who helped out by volunteering this summer. In addition, Trinity Episcopal Church and others helped to contribute specific food donations to make sure we could run the program as efficiently as possible.

As school has started, we have already started providing the Backpack Buddies program. Through this program, over **400 children** across **18 different local schools**, will receive a bag of about **8lbs** of food each Thursday afternoon to help them and their families with their weekend food needs. We use over a ton of food in this program alone each week. If you are interested in helping out with this program, check out the back page where you will find a list of the most helpful food items to donate.

As we head into autumn, Community Kitchen is poised to prepare to pay off our mortgage. We bought, renovated and then moved into this building in 2011. With **another \$5,000** in donations toward mortgage pay off, we will have completely paid for our building purchase and renovation, a **\$1.42 million** project! We are excited to be reaching this phase with the knowledge that eliminating the mortgage will free up **over \$3,000/month** that we can invest back into programs and services. We are grateful for the support over the years that has allowed us to get this close. We eagerly await making that final payment and being able to respond to additional food needs in our community. If you're interested in helping us get there, you can make a donation, mark Mortgage on memo line and mail to us in the envelope provided. Any funds beyond what we need will be placed in a capital account for future capital investments like equipment.

Save the date - Autumn Brunch

Sunday, November 11, 2018

11am and 1pm seatings

Food by IVY Tech Culinary Arts Instructors & Students

Drinks by Cardinal Spirits

director@monroecommunitykitchen.com or 812-332-0999 for reservations



LIKE & FOLLOW US

If you're on Facebook, please like Community Kitchen. You can find us at:

<https://www.facebook.com/monroe.community.kitchen>

And you can follow us on Twitter: @Monroe_ck or

Instagram: monroecommunitykitchen

Help us spread the word about Community Kitchen happenings and join us today!



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THANK YOU!

We would like to thank the following organizational and institutional supporters and we encourage you to thank them, as well. The groups below have provided financial, in-kind or volunteer support since our last newsletter:

- | | | |
|---|---|--|
| Americorps | Express Employment Professionals | Psi Iota Xi |
| Arden Place | First United Church | Red Shirt Society |
| Back Door Bloomington, LLC | Fresh Thyme | Ruoff Home Mortgage |
| Banneker Community Center | Good Life Farms | Russian Recording |
| Baxter International Foundation | Goody & Sons Inc. | SCI - REMC |
| Baxter Pharmaceutical | Hand in Hand a Stone Belt Project | Simply Primitive |
| Belcher Fencing | Harrell-Fish Inc | Solsberry Hill |
| Bethel Lane Holiness Community Church | Hearthstone Health Campus | South Central Community Action Program |
| Blackwell Pentecostal Church | Herald-Times and Hoosier Times | St. Charles Borromeo Catholic Church |
| Bloomington Bicycle Club | Highland Village Church of Christ | St. Mark's United Methodist Church |
| Bloomington Board of Realtors | Hilger Enterprises - Orkin Pest Control | St. Paul Catholic Center |
| Bloomington Fire Dept | Hylant | St. Thomas Evangelical Lutheran Church |
| Bloomington Friends Meeting | Indiana University Foundation | Stanford Outreach |
| Bloomington Garden Club | IU Medical Students | Stonecroft Health Campus |
| Bloomington Township Trustee | J & J Quality Rentals, LLC | SYSCO |
| Church of Jesus Christ of Latter Day Saints | Ken's Westside Services | Taste of India |
| City Church | Little Union Baptist Church | Trinity Episcopal Church |
| City of Bloomington Common Council | Lucky's Market | Unionville Church of Christ |
| Congregation Beth Shalom | Macy's | United Way of Bartholomew Co. |
| Crazy Horse | NAIFA - Bloomington Inc | United Way of Metropolitan Chicago |
| Cross Roads United Methodist Church | Nick's English Hut | United Way of Monroe County |
| Delta Theta Tau Sorority, Zeta Chapter | North Central Church of Christ | Unity of Bloomington |
| Dermatology Center of Southern Indiana | One World Catering | University Baptist Church |
| Dolan Ridge Community Church | Perry Township Trustee | Vortex Martial Arts Gym |
| Edwards Farm Supply | Pizza X | Wednesday Club |
| Ellettsville House of Prayer | Porthole Inn | |
| Emergency Food & Shelter Program | | |

Jan - July Meal Counts

| | |
|------------------|----------------|
| Rogers Street | 24,262 |
| Express | 27,644 |
| Feed Our Future | 67,942 |
| Head Start | 26,796 |
| Nutrition Links | 1,904 |
| Backpack Buddies | 37,605 |
| A Friend's Place | 10,010 |
| Senior Links | 1,939 |
| Total | 173,840 |



Quarterly Family Volunteer Days

Community Kitchen is holding quarterly Family Volunteer Days to allow those families with younger children the option of volunteering together. The next Family Volunteer Day will be on a Sunday (tbd) in October. June, our Volunteer Coordinator, handles all of the scheduling for these days. Please give her a call at 812-332-0999 for more information or to reserve a spot for your family to come volunteer with us.

Kroger Community Rewards

Do you shop at Kroger? Carry one of those Kroger Plus cards? Now you can help support Community Kitchen when you shop at Kroger. Just register your Plus card at the website and 2% of your grocery purchases support Community Kitchen each time you shop. Follow the link below to register your card today. When you get logged in and registered, just move to the Community Rewards section and select Community Kitchen of Monroe County or organization #SJ831. It's that simple. You have to register once/year so if you haven't registered in 2018, please do so today! <https://www.kroger.com/communityrewards>





Chefs' Challenge Winner - *Robert Adkins, Truffles*

Chefs' Challenge was held on Sunday, July 29th at the Buskirk-Chumley. The secret ingredient was greens. There were a variety of greens, from Growing Opportunities, to choose from: kale, arugula, swiss chard, collards, and winter mix. The challenge was to highlight that secret ingredient in dishes prepared within an hour. Those dishes are presented to the judges and then to the Bistro seat attendees. Judges score each chef on use of ingredients, use of time and resources, sanitation, presentation and taste.

Judging was close but Bob edged out chefs, Corbin Morwick of One World Catering and Chris Hoppie of FARMBloomington, to earn the Golden Spatula award. Over \$18,000 was raised for Community Kitchen's hunger relief efforts! We are grateful to all three chefs and many, many others for their efforts in making this event a success!

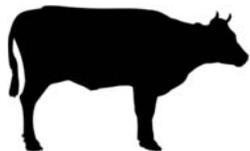


Food Donation Requirements

When you clean out your cabinets and freezers, or have leftover food from a party, we appreciate the subsequent food donations. Please be aware of our limitations on receiving donated food. In order to follow Health Department regulations, we may **not** accept the following donations:

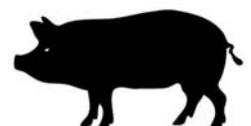
- Open containers of food
- Expired food
- Food that was not properly cooled or stored
- Foods that have been frozen for more than one year
- Prepared foods that were not cooked in a licensed kitchen
- Dented cans

While we certainly appreciate the intentions of donors, we must pay careful attention to the health and safety of our patrons and not accept the foods listed above. Following all Health Department guidelines allows us to provide our patrons with the best nutrition possible. Thank you for always thinking of us!



Grateful for local, quality meat

Each year generous community donors support 4-H participants and Community Kitchen at the same time, by purchasing animals through the 4-H auction at the Monroe County Fair to provide meat to Community Kitchen. This year was excellent as the donated animals included: 4 cows, 17 hogs, 1 goat and 3 lambs. This meat provides vital, high quality, local protein to Community Kitchen hunger relief efforts. Through a USDA processing grant, the processing for those donated animals was covered, as well. These meat donations total over \$35,000! The beef and pork will last a year for our programs. In years past it used to be difficult to secure good, quality meat for our programs. We are incredibly grateful to provide this valuable meat in our programs. We are grateful to those who supported Community Kitchen and 4-H in this way: Headley Quarter Horses, HFI, Ken's Westside Services, Belcher Fencing, Ruoff, Home Mortgage, Edwards Farm Supply and the Dermatology Center of Southern Indiana. Thank you!!



Backpack Buddies

School has started and that means a new year of Backpack Buddies. We finished the school year with about 400 families from 18 different schools, involved in the program. That's 3,200 pounds of food each week of the school year. We welcome donations of the following foods for the program:

- Canned or pouch tuna, chicken or ham
- Peanut butter
- Meal helpers (like Hamburger/Chicken/Tuna helpers)
- Fruit cups – applesauce, mixed fruit, pears, peaches, etc.
- Instant Oatmeal – individual portions
- Macaroni & Cheese
- Boxes of breakfast cereal

- Easy to prepare food items – instant mashed potatoes, dried soups, beans, rice or pasta meals, etc.
- Granola/fruit/cereal bars
- Dried fruit – raisins, cranberries, cherries, etc.
- Small bread mixes – cornbread, muffin, biscuit, etc.



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Member Agency

Kitchen Wish List

Elbow macaroni
Vegetables
Fruit juices
Onions
Italian seasoning
Garlic powder
Onion powder

Non-profit org.
US postage
PAID
Bloomington, IN
Permit No. 312