

Food for Thought

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

SPECIAL VOLUNTEER GROUPS

In addition to all of the fabulous individual volunteers, we have two groups whose hours we only track collectively, who deserve special mention. These folks use their special abilities to help the Kitchen through special volunteer activities.

Options

Each week Options volunteers come to Community Kitchen to handle a few specific tasks. These folks work together to portion items needed for the Feed Our Future program. As there are some days over 150 sack lunches to do, there is not time during the regular volunteer shift to take bulk items (crackers, pretzels, raisins, carrots, etc.) and rebag them into portion sizes. The Options crew does that for us each week. It's amazing to watch how quickly they can turn a bag of carrots into the necessary number of portion controlled bags. We truly appreciate this effort.

Options folks served over 373 combined hours in 2008!

Hand 'n Hand – A Stone Belt Project

These special volunteers make a huge impact at CK. Through Stone Belt, food pick-up routes have been established in neighborhoods around town. Each day, Stone Belt folks are out collecting food from homes on those routes and delivering it to Community Kitchen. They spend at least 14 hours/week in this activity, collected nearly 10,000 food items in 2008, an account for 16% of the donated food at Community Kitchen. This innovative project is very valuable to Community Kitchen programs. Call Stone Belt to find out how you can get a route in your neighborhood.

The Hand 'n Hand volunteer served 728 hours in 2008!



MEMBER

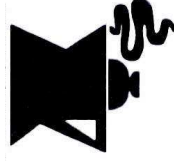
KITCHEN WISH LIST
Pouch chicken & tuna
Canned vegetables
Dry noodles/soups
Onions
Potatoes
Italian herbs & spices
Sea Salt
Nitrile exam gloves (M & L)
Lunchmeats

Return Service Requested

Bloomington IN 47402

PO Box 3286
(917 S Rogers St)

**Community Kitchen
of Monroe County, Inc.**



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February 2009 – Volunteer Edition

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Bloomington Township
Hoosier Hills Food Bank
Martha's House
Mother Hubbard's Cupboard
Options
Perry Township
Stone Belt Hand 'n Hand
United Way of Monroe County

2008 – ANOTHER BUSY YEAR

Not to anyone's surprise, 2009 was another very busy year at Community Kitchen. For only the second time in our history (and the second year in a row), Community Kitchen served more than 150,000 meals to individuals in our community. More specifically, CK served 151,460 meals last year – an average of 484/day. Each Monday – Saturday our doors are open to serve dinner from 4 – 6pm to anyone in need, no questions asked. That mission and philosophy is important to us. We strive not only to serve the many who enter our doors, but to get food out into the community to those most vulnerable, who may never pass through our doors. In 2008, 51% of the people served by Community Kitchen were children. Another 12% of our patrons were seniors.

Children are served at Community Kitchen in a variety of ways. Our Summer Breakfast Program operates during the days school is out of session in the summer. We deliver healthy, sack breakfasts to children in eight low-income neighborhoods each Monday – Friday morning. In 2008 we provided over 11,500 of those in 2008. Our Feed Our Future program operates all year round, distributing sack lunch type meals to at-risk children and youth in after-school programs. Feed Our Future provides meals to children at both Boys & Girls Clubs, Girls Inc, Rhino's Youth Center, Middle Way's The Rise Childcare program, Monroe County Corrections JAMS program and Broadview Learning Center. We prepare and distribute over 600 of those meals each week, all year round. CK also gets food to children through our Backpack Buddies program. Through Backpack Buddies, backpacks of weekend food supplies are provided on Friday afternoons to selected children at Fairview, Summit, Arlington and Grandview Elementary Schools. Nearly 100 different children have participated in that program this school year.

While I'm not in the habit of trying to predict the future, we expect this year to be a year of unprecedented need. As the economy remains difficult, the need for basic assistance continues to rise. In January 2009, we served 8% more meals than last January. If that was an indicator of the rest of the year, we would expect to serve over 160,000 meals this year, for the first time ever. At the Kitchen we are continuously grateful for the generous support of our community. We are dependant upon the kindness of you and others like you to provide the high levels of service needed by our neighbors. As times stay tight, please remember our work to fight hunger and support us when you can. We pledge to you that we will continue to tighten our belts and stretch resources as far as possible, unwavering in our commitment to feed every hungry person who comes to Community Kitchen!

2009 MEAL COUNT (JANUARY)	
Rogers Street CK	5,403
CK Express	3,118
Feed Our Future	2,746
Backpack Buddies	1,440
Nutrition Links	176
Total meals	12,883

NOTHING BEATS STRONGER THAN THE HEART OF A VOLUNTEER...

Community Kitchen is able to maximize our resources and provide high levels of service with low overhead, due in large part to the countless individuals and groups who volunteer their time at Community Kitchen. Volunteers at the Kitchen serve by helping to dish up carryout meals, preparing salads or side items for dinner, preparing sack lunches for children in after-school programs, serving cafeteria style to evening patrons, sweeping, mopping, doing dishes, helping with special projects, assembling our newsletter, organizing our pantries, picking up community donations, serving on our board of directors, providing special activities for our patrons, and many other tasks. In 2008, the cash value of donated time to Community Kitchen was nearly \$60,000. Volunteers filled over 3,800 volunteer shifts. They are our friends, our partners and our lifeblood.

On February 8th, we gathered with volunteers who served 20 hours or more in 2008 to honor and thank them. It was a small token of appreciation for the many hours of service our volunteers provided in the fight against hunger last year. We wanted to take another opportunity to list those volunteers here. We worked hard to get this list right but are sure we've missed someone. We apologize for any omissions or errors.

Volunteered 20 – 49 hours

Aeson Omar Akhras
Alfred Salas
Andrew Reuter
Anna Rachel Hicks
Annie Peterson
Ayrice Harvey
Billie Kay
Brandon Rylee Oswalt
Brandon Sexton
Brian Scott Hilyard
Brittany Sheldon
Charles Douglas Atkinson
Daniella Uslan
Debbie Humphreys
Gary Dean Foster
Girl Scout Troop #558
Helen Stout
Ian Carter
Ian Thickett
Iva Chambers
Ivy Nicole Adams
Janna Arthur
Jeffrey Buszkiewicz
Jennifer Siu
Jenny Howard
Jim Warnick
Joan Schoknecht
John Stangel
John W Fox
Judy Akhras
Julie Farris
Kay S. Bull
Marc Owen Abplanalp
Mary Ellen Anderson
Mary J. Conley
Maylin Palma

Mike Litwin
Oscar Atreaza
Paul Cho
Rebecca McCauley
Rob Dubinski
Robert Stout
Ron Schoknecht
Roy Capio
Ryan Rigdon
Sam Hobson
Tarlle Townsend
Will Ragle
William E. Smith
William John Huster
Ziona Riley

Volunteered 50 – 90 hours

Brad Ragle
Chris Coffey
Darshi Singh
Don Lewis
Gates Agnew
Harold McMullen
Janet Griffin
Libby DeVoe
Melanie Denise Fox
Neal Strange
Nicholas McNaughton
Patrick Medland
Rick Hancock
Robert F. Dukes
Robert Muldoon
Ronda Purcell
Ryan Abbott
Sara Miller
Stephen D Steimel
Thomas E Doyle Sr
Vivian Counts

Volunteered over 90 hours

Brian Rosser (107)
Chris Bolton (258)
Clare Enright (101)
Emily Altreuter (92)
John D Davenport (97.5)
Jonathan Waldrip (148)
Julie Kamarauskas (132)
Lee E Cohn (95)
Paul Mongold (103)
Sally Macleod (114.25)
Elnora Egan (174.25)
Sue Mayer (176)
Tim Mayer (100)



IN THEIR OWN WORDS

We weren't able to catch up with all of the volunteers who gave more than 90 hours, but here are comments from some of these fabulous volunteers regarding their volunteer experiences at Community Kitchen.

Emily Altreuter

Emily volunteers with CK because she loves to cook and to feed people. Here's what she had to say: "Working at the Community Kitchen allows me to see the results of volunteering first hand. People come in hungry and they go home full. I find that very satisfying. In the last year I've enjoyed meeting all kinds of people through the CK – staff, volunteers and patrons. Volunteering is one of the most satisfying things I do – it keeps me grounded. I look forward to it all week."

Lee Cohn

Lee has been around CK for quite awhile. He volunteered for 8 or 9 years in the 1980's and has been back, regularly involved again for the last couple of years. Lee has this to say about his experience of volunteering at Community Kitchen: "I recognize that the other person is myself. As I serve another, so also do I serve myself." Lee is also a regular artist contributor to our Palette to Palette fundraising event.



John Davenport

John has been volunteering at Community Kitchen for almost five years now. He summarizes his motivation this way: "I want to give back to the community. As a member of this community I have been very blessed and want to share those blessings with others. I especially like helping children through the sack lunch program (FOF) and the summer breakfast program."

Clare Enright

Clare has volunteered for about 3 years. She brings games and interactive puzzles and activities for our patrons each Thursday evening. Clare gives us her motivation for volunteering here: "My need to use and share what I have to offer fits in with the services provided by the Kitchen. For me it is an experience of mutually giving and receiving; appreciating and being appreciated – an opportunity to grow in acceptance of self and others."



Julie Kamarauskas

Julie has volunteered with the Kitchen for a year and a half. Always dependable and happy to be here, Julie shares her motivation for volunteering with us: "to share my resources – time and physical ability – with those in need. It's great to see the staff and volunteers work together to meet the needs of the patrons – the nutrition, socialization and general well-being."



Elnora Egan

Elnora volunteered for the Kitchen for 4 or 5 years in the past, and has been back since early 2008. She volunteers to help out others. She says it makes her feel good and she enjoys working with other people.



Tim & Sue Mayer

Sue & Tim have been volunteering with us for a couple of years. They have this to say about why they volunteer: "As children, our families were involved in their communities so it seemed very natural when we became adults to volunteer in our community. Bloomington is a very caring place and the opportunities to give back are many. Now that our children are adults we choose to give of our time and energy to help those who need a lift or some comfort during difficult times. Our reward is simple -- giving time."

