

Thank you UPS

Community Kitchen would like to thank UPS for a recent grant to purchase much needed equipment. The funds awarded from UPS will purchase new dining room tables and chairs, ceiling fans, a copy machine, industrial mixer, electric knife sharpener, portable carryout cooler and dining trays. UPS employees donated over 50 hours of volunteer service to Community Kitchen over the span of one year to help CK qualify for this grant. We are most grateful to our local UPS employees for their volunteer time and help in leveraging this important grant. Thank you!



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2008 Meal Counts

What your support helps accomplish at Community Kitchen

January—November 2008	
Rogers Street CK	54,722
CK Express	32,053
Feed Our Future	31,068
Backpack Buddies	9,000
Summer Breakfast	11,654
Nutrition Links	1,858
Total Meals	140,355

Kitchen Wish List
Pouch chicken & tuna
Canned vegetables
Individual fruit cups
Dry noodles/soups
Onions
Potatoes
Nitrile (Latex-Free) Exam Gloves
size M & L
Lunchmeats

Community Kitchen
of Monroe County, Inc.
PO Box 3286
917 South Rogers Street
Bloomington, IN 47402



Food for Thought

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

December 2008

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Community Partners

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



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The Holiday Season

The holiday season is a joyous one for many of us. At the Kitchen, we are acutely aware that it is not so joyous for all of our neighbors. We know that with the current economy, the need is great, as evidenced by our high turnout for Thanksgiving. Community Kitchen provided a warm, traditional Thanksgiving meal of turkey, dressing, green bean casserole, cranberry ambrosia, rolls and pies to anyone in need. We served over 430 meals that day and handed out another 540 meals worth of groceries. We expect a similar turnout for Christmas day. On Christmas, we will serve ham, mashed potatoes, green bean casserole, fruit cocktail and pies. We will need 20-25 hams, 60 cans of fruit cocktail, 30 pies, etc. Help us make the holidays special for the needy in our community by donating food or funds this holiday season.

Special Food Donations

Community Kitchen is grateful for all of our donors, both food and financial. We want to highlight though, how a couple of our donors support us. While we appreciate all food donations, the most helpful are the donations that contain the items we need most. We have a handful of donors who call us each month or two to find out what specific items we need. (You can also check this newsletter for a list of currently needed items.) Then they go to the store and purchase the items we most need and deliver them to the Kitchen. We won't list these folks by name, as they don't do it for the recognition. We do want to say thank you though, for the time and intentionality you put into your food donations. We truly appreciate your efforts!

If you would like to get the biggest food bang for your donation buck—give us a call before you shop. We can give you an up to date list of our current food needs.

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 though 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
- Dented cans
- Foods that have been frozen for more than one year
- Prepared foods that were not cooked in a licensed kitchen

While we certainly appreciate the intentions of donors, we must pay incredible 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!

The Community Kitchen would like to thank the following organizational and institutional supporters and we encourage you to thank them as well. These that follow have provided financial, in-kind, or volunteer support since the last newsletter:

American Grill	Mays Greenhouse
Alpha Phi Omega	McDonald's Restaurant
American Legion—Burton Woolery Post #18	Meadowood Retirement Community Residents
Americorp Alumni Association	Moe's Southwest Grill
Area 10 Agency on Aging	Moose Lodge
AS4C	Mother Bear's Pizza
Bill C Brown Associates	Mt. Gilead Christian Church
Bland's Trucks & Cars	Muslim Student Union
Bloomingfoods	N & R Inc.
Bloomington Friends Meeting	Nick's English Hut
Bloomington Township Trustee	North Central Church of Christ
Bob Evans	Perry Township Trustee
Brownstone Terrace	Pi Kappa Phi
Buskirk Chumley Theater	Pinnacle Properties
Clark Tool & Grind	PipeDream Glass
Cook Inc.	Psi Iota Xi
Cruisin Classics	Regions Bank
E R Lewis & Company	Simpson Chapel United Methodist Church
Edgewood National Honor Society	SPEA START
Ellettsville Senior Citizens	Sportfishing Club
Evening Glories Home Extension Club	St. Charles Borromeo Catholic Church
Fairfield Inn	St. Charles Catholic School
Fairview United Methodist Church	St. John the Apostle Catholic Church
First Church of Christ, Scientist	St. Paul Catholic Center
First United Church	Stanford Senior Club
Freedom United Methodist Church	Sun Oak Trading Post
Gilbert S. Mordoh & Company, Inc.	The Country Smokehouse
Grazie Italian Eatery	The Green Bean
Habitat for Humanity	Todd & Langley Construction
Hand n Hand a Stone Belt Project	Trinity Episcopal Church
Handy Ridge Boar Group	Tri-Parish
Hilger Enterprises—Orkin Pest Control	Unitarian Universalist Church
Hoosier Hills Food Bank	United Way of Monroe County
Indiana Ave. Church of Christ	WAVE
Indiana Pools & Spas, Inc.	Wednesday Club
Indianapolis Church of Christ	West Side Trinity Pentecostal Church
ISU The May Agency	Woodhaven Christian Church CWF
IU Black Law Students Association	
IU Football Team	
IU Recreational Sports	
Jan Hayden Co.	
Kappa Delta Phi	
Kappa Kappa Sigma—Iota Chapter	
Korean Baptist Church	
Korean Presbyterian Church	
KRC Banquets & Catering	
Labtek, Inc.	
May Creek Farm Inc.	



A Recipe for Success in Community Service

by Marc Abplanalp,
Community Kitchen volunteer & former board member

When I think about how hard I work at my job as a self-employed attorney each week, and how exhausted I usually am come Saturday, it seems odd that I would get excited about spending my Saturday afternoon doing things like mopping floors and emptying trash cans. But excited is precisely how I feel about those Saturdays when I am lucky enough to be able to volunteer at Community Kitchen.

Lately I have been struck by how overwhelmingly busy our world has become, and the fleeting nature of many of the activities into which I and most other people invest so much time. I recently recommitted myself to living a simple life and focusing on just a few truly meaningful endeavors. When I sat down to prepare my short list of things to do, continuing to volunteer at Community Kitchen was near the top.

The reason I get so excited about adding three hours of work to my Saturday schedule is because, as Proverbs 11:25 reads, "he who refreshes others will himself be refreshed." I get great satisfaction from knowing that I am directly helping to meet a basic need in our community. I am helping to simplify the lives of others, and removing what might otherwise be a constant burden of worry for them. This is really good stuff.

Community Kitchen is a superior place to volunteer. Its mission is focused on meeting a basic human need. I have been volunteering at the Kitchen for well over ten years, and I sat on its board of directors for a couple of those years. The Kitchen does an exceptionally efficient and elegant job of carrying out its mission, and anyone who volunteers at the Kitchen will quickly learn this firsthand.

I strive to be a committed Christian, and I am often reminded of Jesus' instructions to his disciples concerning a crowd that had gathered to hear him speak: "You give them something to eat." As was the case for the disciples, the food is provided by others; all I have to do is distribute it. But in many ways I feel I am fed by this process at least as much as the patrons, and not just because I occasionally sample the Kitchen's offerings while I am volunteering!

When I volunteer I feel like my small effort is multiplied many times over. When I volunteer with others the result is like a good recipe: the resulting whole is greater than the sum of the parts. Something new, of independent value, is created out of the process. I feel truly blessed to be a part of something so fundamentally good.



UPS employees helped weather seal the deck and fence this summer.
—See story on page 4