

## Our 40th Anniversary

In March 1983, Community Kitchen served our first meals. Later that year on June 21, 1983, we were incorporated as a non-profit. Since then we have provided over **5.5 million** meals and snacks in our community. Since that beginning, nearly half of our meals have been served to children! Our services are more essential now than they were then.

Summer is a financially tight time of the year for us. We serve additional meals to children in the summer while they are away from school meals. That means higher food costs, more gas to deliver those meals, and additional staff hours for that summer programming. As costs rise during the time when donations are traditionally lower, we need a little boost of support.

If you would consider donating an **additional \$40** right now to help us celebrate our 40th anniversary, and shore up finances, it would make a great difference! We appreciate the generosity of our community and our compassionate and loyal supporters. If you can make an extra \$40 donation today, please do. You can do so online by scanning the QR code, or by sending a check to Community Kitchen, using the enclosed envelope.

*Thank you for your continued support!*



### Social Media

Facebook: @monroe.community.kitchen  
Instagram: @monroecommunitykitchen



**Kitchen Wish List**

Canned fruit  
Canned veggies (not green beans)  
Powdered drinks  
Garden produce  
Salad dressing



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# Food for Thought

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

## August 2023

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The Rise  
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 **11 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 **19,931 meals** to children in need. To do that required an extra **70 volunteer hours** each week. Because of the State of Indiana's requirement that children eat in our presence for us to be reimbursed for the meal, we were not able to claim nearly \$20,000 in reimbursement. Some children aren't able to stay at our picnic spots and eat in sight of us; they carry their meals home and eat there. We understand a child's or parent's desire for that to be the case. The State just will not support our program for those meals. That loss in reimbursement is significant. We are grateful to Arby's Foundation and Glick Community Relief fund for grants to cover some of the lost reimbursement funds for the summer. This grant really helps when food and gas costs are so high, and this program uses a significant amount of each.

During the summer we also provided our Backpack Buddies program, in conjunction with our summer lunches. We provided 1,091 Backpack Buddies bags of food to children in this way through the summer. Those bags each include about 8 lbs of food, including breakfast items, proteins and grains to make a main dish, healthy snack items, fresh fruit and other items. Those bags are the equivalent of another 5,455 meals for the families who received them. We are grateful to the folks who helped us with the programming by volunteering to prep food or help deliver this summer.

As school has started, we will begin providing the Backpack Buddies program in the schools as social workers are ready to begin. Through this program, approximately **400 children** across **18 different local schools**, will receive a bag of about **8lbs** of food each Friday afternoon to help them and their families with their weekend food needs. We use one and a half tons of food in this program alone, each week. If you are interested in helping out with this program, check out the inside page where you will find a list of the most helpful food items to donate.

As we head into the school year and then autumn, Community Kitchen is poised for another great milestone. Last year we were able to acquire ownership of our Express facility at 1100 W 11th St. We are grateful that Bloomington Township allowed us to purchase that building for \$10. We are now in the process of working with architects and the City to get ready for demolition and rebuilding the building later this year or early next. It is expected to be a \$350-\$450,000 project but will allow us a facility that is structurally sound and better able to serve our patrons. In addition, it will be a lovely architectural addition to that neighborhood. We have saved some of the funds necessary for this project and will be grant writing and fundraising for the remainder. We are excited to finally bring this facility up to the level of quality we strive for in all of our programs and operations. Thank you for all of your support through our 40 years (see back page for our anniversary information). We are grateful for support through the years, that has helped us get to this point!

## January – July 2023 Meal Counts

Rogers Street	24,166	Nutrition Links	2,399
Express	25,332	Backpack Buddies	41,480
Food Truck	9,604	A Friend's Place	8,140
Feed Our Future	48,156	Senior Links	1,375
Head Start	29,481	Hotels for Homeless	155

**Total 190,288**

Up 13% over 2022



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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:

Arden Place	First United Church	Rose Hill Farm Stop
Area 10 Agency on Aging	Goat Conspiracy	Sevita
Baxter Healthcare	Goods for Cooks	SI Farms
Benevity Community Impact Fund	Gooldy & Sons Inc.	Southern Hills Church
Bethel Lane Community Church	Greene & Schultz	St. Charles Borromeo Catholic Church
Bloomington Board of Realtors	Hand in Hand a Stone Belt Project	St. Charles School
Bloomington Convention & Visitors Bureau	Hilger Enterprises - Orkin Pest Control	St. Mark's United Methodist Church
Bloomington Friends Meeting	Hillel Foundation	St. Thomas Evangelical Lutheran Church
Bloomington HS South Nat'l Honor Society	IU Law School - ICLEO	Steve's Roofing & Sheet Metal
Bloomington Township Trustee	IU Media School	Stone Belt
Bluegill Construction	Kappa Delta Phi	T & T Pet Food & Supply
Cardinal Spirits	Kirkwood Gardens	The Glick Fund
Catalent	Korean Presbyterian Church	The Gordon J Hammersley Foundation
Church of Jesus Christ of Latter Day Saints	Kroger Community Rewards	Tri Parish
Clayshire Castle	Little Union Baptist Church	Unitarian Universalist Church
Community Foundation of Blmgton & MC	Move Bloomington	United Way of Bartholomew Co.
Congregation Beth Shalom	Network for Good	United Way of Monroe County
Crane	Old National Bank	University Baptist Church
Cross Roads United Methodist Church	One World Catering	WFIU
Crumbl Cookies	Perry Township Trustee	Wilderlove Farm
Exchange Club of Northside Bloomington	Pizza X	Wilson & Marjorie Thrasher Charitable Trust
Express Employment Professionals	Prince Sandblasting	Woodhaven Christian Church CWF
Farm to Family Fund	PTS Corp	Worthington Christian Church
Farmers & Mechanics	Rainbow Bakery	

## Backpack Buddies Food List

- Canned or pouch tuna or chicken
- Peanut butter
- Meal helpers (like Hamburger/Chicken/Tuna helpers)
- Fruit cups – applesauce, mixed fruit, pears, peaches, etc.
- Instant Oatmeal – individual portions
- Macaroni & Cheese
- Small boxes of 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.
- Healthy snack crackers
- Small pop top cans or pouches of vegetables



**Later this year we will begin the work of rebuilding our Express location into a facility that is more user friendly, with a better use of the site we are on. Watch our social media and this newsletter for updates as we move forward later in the year.**

# Summer Brunch

## SUNDAY, AUGUST 20

*course 1*  
**Watermelon, Feta, and Arugula Salad**  
 with balsamic reduction and lemon vinaigrette (gluten free)  
 or  
**Hummus and Pita** with pickled red onions and harissa pickled carrots (vegan)

*course 2*  
**Shakshouka**, a picnic twist on classic dish. Hard cooked eggs in robust spiced tomato sauce served over corn fritters  
 or  
**Cold Fried Chicken** with thyme infused honey drizzle  
 or  
**Taquito Ensalada**, fried tortillas stuffed with roasted summer squash and onions topped with avocado cream sauce, frisee and mango pico de gallo (vegan and gluten free)

*course 3*  
**Vegan Smores in a Jar**, vegan brownie layered with gluten-free graham cracker, oat ice cream, and vegan toasted marshmallow  
 or  
**Peach Crumble Pound Cake** with bourbon pecan ice cream

*seatings at 11 am for \$55 per seat*  
*seatings at 1 pm for \$65 per seat* to benefit 

RESERVATIONS REQUIRED. [monroecommunitykitchen.com](http://monroecommunitykitchen.com)

## Kroger Community Rewards

Do you shop at Kroger? Carry one of those Kroger Plus cards? You can help support Community Kitchen when you shop by registering your Plus card on the website and 2% of your 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! It doesn't affect any of your other rewards or fuel points. We receive around \$1,100 each quarter of the year! If you haven't, please do so today: <https://www.kroger.com/communityrewards>



## Chefs' Challenge success!

Our annual Chefs' Challenge event was held on Saturday, July 29th at the Buskirk-Chumley Theater. It was a great night of culinary excitement as three chefs and their sous chefs competed to create winning dishes, using the secret ingredient revealed at competition's beginning - CARROTS! Each chef pair worked diligently and quickly to prepare amazing dishes for the judges. Several interesting uses of carrots, including a drink and a dessert, were created. All in all, we raised \$27,000 for Community Kitchen's hunger relief efforts and everyone had a great time!

The winner of this year's Chefs' Challenge was Dan Thomas, with sous chef Michael Kadarabek, from The Elm. This was Dan's first time competing in Chefs' Challenge. He created three dishes: Carrot Tartare with soy cured egg yolk, Dashi poached chicken w/carrot and black garlic glaze on shaved carrot salad, and carrot and coconut milk sabayon. Dan prevailed over returning champion, Eric Bueno of Feast Market & Cellar and two-time champion, Corbin Morwick of One World Catering. We are grateful for all who were involved or attended. Special thanks go to these amazing three chef pairs and their restaurants for making this event great!

