

Food for Thought

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

April 2017

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Backpack Buddies Expansion

Backpack Buddies is a beloved program of Community Kitchen. Many people don't realize that Backpack Buddies was started in the fall of 2005. The first school we served was Fairview Elementary, where we served about 30 children. Over the past 12 years we have steadily grown the program, being careful to not grow too much too quickly. We have always wanted to meet all of the needs presented to us, but not exceed beyond what we are able to maintain.

Right after Spring Break this semester, we expanded the program to a handful of schools that had previously requested to be included. These school social workers had to wait for us to get to the place where we had a plan for expanding and sustaining that level of service. In late March, we added those four schools, about 50 additional children. We now have approximately 400 children enrolled in Backpack Buddies. We serve children and families at the following schools:

1. Fairview Elementary
2. Arlington Elementary
3. Summit Elementary
4. Clear Creek Elementary
5. Grandview Elementary
6. Highland Park Elementary
7. Edgewood Primary
8. Edgewood Intermediate
9. Templeton Elementary
10. Binford Elementary
11. Rogers Elementary
12. Lakeview Elementary
13. Bloomington South HS
14. Bloomington North HS
15. Project School
16. Harmony School
17. University Elementary
18. Tri-North Middle School

These children each receive a weekly backpack of about 8lbs. of food to take home to help them and their families with their weekend nutrition needs. *We currently use about 3,200 pounds of food for this program alone - EACH week!* That means we need your support. We need you to consider purchasing a few extra items when you shop and donating them for Backpack Buddies. You could also consider organizing your school, congregation or civic club to hold a food drive for Backpack Buddies. The food items we work to include in backpacks are:

- 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.
- Healthy snack crackers
- Small pop top cans of vegetables

Consider how you and your friends, family, co-workers, team members, club members, etc. can help support this important program on a regular basis. Food donations really help keep this program running. To keep you better informed, we will start promoting foods to donate and highlighting schools that participate in the program. Watch our facebook page, our website and this newsletter for those upcoming highlights. Your support has brought us from that first semester of providing a total of 131 backpacks in a semester to our current level of nearly 400 each week! In its twelve years of Backpack Buddies, CK has distributed 230,969 meals through this program, alone. Thank you for your support to feed children in our community!

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:

Bethel Lane Holiness Community Church	Herald-Times and Hoosier Times	Perry Township Trustee
Bloomington Blades Youth Hockey	High Rock Church	Restaurant Tallent
Bloomington Friends Meeting	Hilger Enterprises - Orkin Pest Control	Rogers Elementary
Bloomington HS South Interact Club	Indy 500 Festival Princesses	Seven Oaks Classical School Inc
Bloomington HS South National Honor Society	ISU The May Agency	Seventh Day Adventist Church
Bloomington Township Trustee	IU Black Student Union	Sherwood Oaks Christian Church
Boston Scientific	IU Civic Scholars	Soma Coffeehouse
Boys' & Girls' Club Teens	IU Cox Scholars	St. Charles Borromeo Catholic Church
Buffa Louie's @ The Gables	IU Credit Union	St. Mark's United Methodist Church
Church of Jesus Christ of Latter Day Saints	IU Folding	St. Paul Catholic Center
Congregation Beth Shalom	IU Korean Association for Career Achievement	St. Thomas Evangelical Lutheran Church
Cook Medical	IU William Fry Scholars	Target
Crossroads United Methodist Church	IU Women's Golf	The Bishop
Ellettsville House of Prayer	Kappa Gamma Delta	Traditions Catering
Family Solutions	Korean Presbyterian Church	Unionville Church of Christ
First United Church	Kroger	Unitarian Universalist Church
Gaden Khachoe Shing Monastery	Little Union Baptist Church	United Way of Monroe County
Gilbert Construction Inc.	Meadowood Retirement Community Residents	United Way Suncoast
Gilbert S. Mordoh & Company, Inc.	Monroe County 4H Junior Leaders	Unity of Bloomington
Girl Scout Troop #2579	Nash & Associates Company	Wilson & Marjorie Thrasher Charitable Trust
Girl Scout Troop #3103	National Organization for Women Monroe Co.	
Hand in Hand, a Stone Belt Project	North Central Church of Christ	
Health Occupation Students of America (MCCSC)	Papa John's	
	Penguin Random House LLC	



Community Kitchen Board of Directors:

Front Row (L-R): Seth Elgar, Vicki Pierce (with honorary member, Lucy Deckard), Judy Lucas, Valeri Haughton-Motley, Alison May

Second Row (L-R): Dan Williamson, Laurie Eynon, Kyla Cox Deckard, Lizzy Gentry, Hope Snodgrass, Jeanette Barefoot, Andrea Armstrong, Eric Evans, Carol Dilks

Back Row (L-R): Emily Phelps, Jeff Watson, Jim Becker

Not pictured: Chantel Adcock

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 #47663. It's that simple. You have to register once/year so if you haven't registered in 2017, please do so today! <https://www.kroger.com/communityrewards>





\$50/SEAT
Reservations Required
(812) 332-0999

View the menu at
MONROECOMMUNITYKITCHEN.COM

Community Kitchen’s next fundraising brunch will be held on **Sunday, May 21st** at Community Kitchen. There are two seatings: 11am and 1pm. Reservations are required and can be made by calling us at 812-332-0999 or emailing director@monroecommunitykitchen.com.

The menu has not yet been determined but the meal will be prepared by Jonathan Kulow (Uptown Café), Chris Swartzentruber (Upland Brewing Co), Arlyn Llewellyn (Function Brewing Co) and others. Cardinal Spirits will again provide delicious cocktails. Non - alcoholic drinks will be available.

It’s a wonderful dining experience and great way to support the Kitchen! Give us a call and make your reservation soon. The last two sold out!

Jan - March Meal Counts

Rogers Street	10,966
Express	12,725
Feed Our Future	14,911
Head Start	13,190
Nutrition Links	1,005
Backpack Buddies	17,365
A Friend’s Place	4,235
Senior Links	919

Total **75,316**



Volunteers from our most recent Family Volunteer Day! The next one will be in July. Call Debbie at 812-332-0999 to get signed up.

Summer Program is right around the corner!

As the weather gets warmer for good, we realize that it’s not long before school is out for summer and Community Kitchen begins our Summer Food Service Program. During the summer break from school, CK provides sack lunches to children in many low-income neighborhoods in the community. We begin the first weekday school is out and continue until school starts again in August. Each Monday - Friday we visit low-income neighborhoods to provide a healthy lunch to the children there. Lunches include sandwiches, wraps, pasta salad or something similar that includes the protein and grain components. Meals always include milk and also include a fresh fruit and vegetable. We worked hard last summer to expand our fruit and vegetable offerings for the children. Our menus expanded to include: carrots, celery, broccoli, sugar snap peas, zucchini, cucumbers, oranges, apples, bananas, pears, berries, grapes and fruit salad.

We need lots of volunteers to make this program work. If you are interested in helping out, please consider filling one of more shifts this summer. We need about 5 people to help prepare the lunches from 7:30-9am, Monday - Friday. In addition, we have one volunteer spot for each of two routes to help deliver the meals. That shift is from 10am-1pm, Monday - Friday. If you want an early morning hands-on activity for summer, please consider signing up. Debbie will start booking volunteers any time. She can be reached at 812-332-0999.

Backpack Buddies School Highlight - Fairview Elementary

Fairview Elementary School is the longest running Backpack Buddies school in our program. The school social workers and staff worked with us to begin the program in the Fall semester of 2005. Fairview was chosen to be the pilot for this program because of the incredibly high number of children who qualify for free and reduced priced meals. 93.6% of Fairview students currently qualify. In addition to the free and reduced numbers, Fairview also has a high transiency rate. Because of these two factors, we knew that it was exactly the school in which we should start the Backpack Buddies program. They have been in the program ever since that initial semester.



We appreciate the work of the staff at Fairview to maintain enrollment and distribute 75 backpacks each week. At Fairview, as it is at some other schools, the need is great but the school is limited by how many children it can successfully maintain on the program.

Fairview is our highest enrollment school and our longest running. We appreciate their great community partnership and their help in reaching needy children and families through their school connections.

LIKE US ON FACEBOOK/FOLLOW US ON TWITTER

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

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



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PO Box 3286
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Member Agency

Kitchen Wish List

Canned vegetables
Vinegar - any variety
Garlic, onion & chili powders
Backpack Buddies food (see front page)
Italian seasonings
Cumin
Egg noodles

Non-profit org.
US postage
PAID
Bloomington, IN
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