

## VOLUNTEER RECOGNITION - SUNDAY, MARCH 5TH

Community Kitchen is able to maximize our resources and provide high levels of service with low overhead, due in large part to the many who volunteer their time at Community Kitchen. Volunteers at the Kitchen serve by helping dish up carryout meals, preparing salads or side items for dinner, preparing sack lunches & snacks for at-risk children in after-school programs, serving cafeteria style to evening patrons, sweeping, mopping, doing dishes, helping with special projects, packing backpacks of weekend food supplies for children, picking up community donations, serving on our board of directors, providing special activities for our patrons and many other tasks. They are our friends, our partners and our lifeblood.

**In 2016, the cash value of donated time to Community Kitchen was over \$225,209! Volunteers filled approximately 5,900 volunteer shifts!**

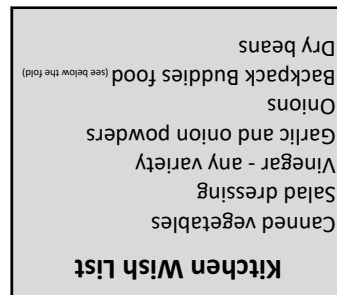
On March 5th we will gather to recognize and thank our volunteers. It is but a small token of appreciation for the many hours of service our volunteers provide in the fight against hunger every year. The celebration will be from 3-5pm on Sunday, March 5th at Community Kitchen (1515 S Rogers St). All are welcome as we highlight the year's achievements and thank our volunteers. Refreshments will be provided.



Chrissy Geels is a regular kitchen volunteer for our Head Start program.

### 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 of vegetables



Member Agency



Community Kitchen  
of Monroe County, Inc.  
PO Box 3286  
Bloomington, IN 47402-3286



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# Food for Thought

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

## February 2017

### BOARD OF DIRECTORS

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### COMMUNITY PARTNERS

Area 10 Agency on Aging  
Bloomington Township  
Boys & Girls Clubs of Bloomington  
Friend's Place  
Girls Inc.  
Hoosier Hills Food Bank  
IU Health - Positive Link  
LifeDesigns  
MCCSC  
Perry Township  
Rhino's Youth Center  
RBBCSC  
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The Rise  
Transitional Services Inc.  
United Way of Monroe County



Community Kitchen  
of Monroe County, Inc.  
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Bloomington, IN 47402-3286

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## 2016 Community Kitchen Facts

At the conclusion of each year I compile a Fact Sheet. We use that information when making presentations, writing grant proposals and conveying information about our services. It's helpful information for us to know. I use it to keep our board and staff informed about our program efficiency and effectiveness, as well as, those utilizing our services. We would like to share some of those key 2016 facts with you.

- Served 297,373 meals & snacks (a record for the 8th year in a row); a 7.2% increase
- 2016 cash per meal cost was \$2.25
- 57% of patrons were children
- 14% of patrons were seniors
- 17% of patrons had experienced homelessness in the previous 6 months
- Backpack Buddies served the following schools:
  1. Arlington
  2. Binford-Rogers
  3. Fairview
  4. Grandview
  5. Highland Park
  6. Clear Creek
  7. Templeton
  8. Summit
  9. Lakeview
  10. Edgewood Primary & Intermediate
  11. Bloomington North
  12. Bloomington South
  13. Broadview Learning Center
- 12% increase in Backpack Buddies
- 85% of our food expenses were for our children's programs
- Food donations *decreased* about 9%
- Children and youth received 64% of the meals and snacks we served in 2016
- We would need 6 additional full time employees to do what we do without volunteers
- We owe less than \$204,000 to pay off the mortgage
- 94% of patrons express that eating at CK helps them stretch their budgets
- 78% of patrons say that eating at CK has a positive effect on their children and their health

We appreciate the opportunity to share these important facts with you! Know that supporting Community Kitchen is a good investment in our community. It helps the most vulnerable children prepare for a better future. It helps keep seniors healthy and in their homes. Your support makes a difference in the lives of many!

### 2016 Meal Counts

Rogers Street	50,022	Express	56,367
Feed Our Future	67,385	Nutrition Links	4,911
Backpack Buddies	48,880	Friend's Place	16,363
Senior Links	4,522	Head Start	48,923
<b>Total</b>		<b>297,373</b>	

# 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:

Alpha Kappa Alpha - Kappa Tau Omega  
 American Baptist Women - Little Union Baptist Church  
 ATI Physical Therapy  
 Back Door Bloomington, LLC  
 Baxter Healthcare  
 Baxter International Foundation Matching Gift Program  
 Bethel Lane Holiness Community Church  
 BHSS Honor Society  
 BHSS Interact Club  
 Binford-Rogers Elementary School  
 BKD LLP  
 Bloomingfoods  
 Bloomington Township Trustee  
 Bluegill Construction  
 Central Supply Co.  
 Chick-Fil-A  
 Church of Jesus Christ of Latter Day Saints  
 City of Bloomington - Parks & Rec  
 Congregation Beth Shalom  
 Cook Pharmica  
 Crossroads United Methodist Church  
 Daisy Girl Scouts Troop 5109  
 Delta Phi Epsilon  
 Dolan Ridge Community Church  
 Ellettsville House of Prayer  
 Exchange Club of Northside Bloomington  
 Family Solutions  
 Farm to Family  
 FC Tucker/OBR Realtors  
 Feast  
 Finch's Brasserie  
 First Church of Christ, Scientist  
 First United Church

Friends Meeting  
 Gaden Khachoe Shing Monastery  
 Gather Handmade Shoppe Co.  
 German American Bank  
 Goldin Appraisal Group  
 Green Bean Delivery  
 Hand in Hand a Stone Belt Project  
 Herald-Times and Hoosier Times  
 Hilger Enterprises - Orkin Pest Control  
 House of Prayer  
 Huse Incorporated  
 Independent Order of Odd Fellows #166  
 IU CIP  
 IU Civic Leadership Development  
 IU Civic Scholar Program  
 IU Law Library Staff  
 IU School of Public Health  
 IU Women's Golf  
 Ivy Tech  
 Kappa Kappa Sigma - Iota Chapter  
 Korean Presbyterian Church of Bloomington  
 Kroger  
 Kroger Community Rewards  
 Little Union Baptist Church  
 Lovely Kitchen  
 Lucky's Market  
 Macy's Inc.  
 May Creek Farm Inc.  
 McDonald's Restaurant  
 Meadowood Retirement Community Residents  
 Mennonite Fellowship of Bloomington  
 Monroe County Council

Monroe County Youth Council  
 Monroe County Youth Swine Club  
 NAIFA - Bloomington Inc  
 North Central Church of Christ  
 Oliver Wine Co., Inc  
 Paypal Giving Fund  
 Perry Township Trustee  
 Phillips & Associates  
 Premier Healthcare LLC  
 Providence Place of Bloomington  
 Reeves Club  
 Regency Apartments  
 Rock High Church Youth  
 Share Our Strength  
 Sherwood Oaks Christian Church  
 Soma Coffeehouse  
 South Central Community Action Program  
 St. Charles Borromeo Catholic Church  
 St. John the Apostle Catholic Church  
 St. Paul Catholic Center  
 St. Thomas Evangelical Lutheran Church  
 Stanford Outreach  
 Strauser Construction  
 Summit Elementary School  
 The Owlery  
 Trinity Episcopal Church  
 Unionville Church of Christ  
 United Way of Monroe County  
 Unity of Bloomington  
 Van Buren Township Trustee  
 Yesarang  
 YMCA Center for Children & Family West Side



## WINTER BRUNCH

**FEBRUARY 12**  
 SEATINGS AT 11 & 1  
 \$45 PER SEAT  
*to benefit Community Kitchen*

*Featuring these chefs:*  
 ALAN BOOZE  
*Meadowood*  
 TAD DELAY  
*Ivy Tech Community College*  
 SETH ELGAR  
*No Coast Reserve*  
 JARROD MAY  
*The Tap*  
 ANDREA PAWLIK-ARMSTRONG  
 ADAM WASON  
 DAN WILLIAMSON

*with cocktails from*  
 CARDINAL SPIRITS

*Reserve your seat*  
 (812) 332-0999

Community Kitchen's next fundraising brunch will be held on **Sunday, February 12th** at Community Kitchen. While there are two seatings, the 11am is already sold out. You may make reservations (required) for the 1pm seating. The menu includes:

**Course 1:**

- Loaded potato skins w/ chorizo, over-easy egg, queso, roasted poblano & avocado crema, and pico di gallo OR
- Stuffed mushrooms with zucchini hash and tomato coulis

**Course 2:**

- Crab stuffed crispy polenta cake w/ zesty peach hollandaise and arugula salad w/ tarragon vinaigrette OR
- Battered & fried chicken breast cutlet w/ toasted coriander & lemon butter, potato gratin, and roasted asparagus OR
- Ricotta pie with raisins & pine nuts with winter squash puree, arugula, toasted pecans, and sage dressing

**Course 3:**

- Dark chocolate & cherry bread pudding w/ whipped cream and candied pistachios OR
- Bourbon soaked fig and walnut cobbler, clotted cream semifreddo, barrel aged-fig Belgian strong ale caramel sauce

It's a wonderful dining experience and great way to support the Kitchen! Make your reservations before the final seating sells out! Make reservations with menu choices to [director@monroecommunitykitchen.com](mailto:director@monroecommunitykitchen.com) or 812-332-0999.

*Volunteers donated  
 17,507 hours of  
 service to  
 Community Kitchen  
 in 2016.  
 We couldn't do it  
 without you!*



## 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>



## LIKE US ON FACEBOOK

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!

