

Food for Thought

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

February 2019

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Stone Belt
The Rise
Transitional Services Inc.
United Way of Monroe Co.

Honoring Judy Lucas for her service to Community Kitchen

At our Volunteer Recognition event, we were grateful to be able to mark the service of Judy Lucas. Judy served on our Board of Directors from 1997-2018 and retired from our board at the end of 2018. We wanted to recognize and honor her many years of service to Community Kitchen. What follows are some words I shared about Judy's time on the board.

Judy has been a constant and pillar for me for the past 15 years. Personally, I cannot tell you how much I have relied on and appreciated Judy. She, along with Jim and Laurie, have been here longer than I. She has been a sounding board, a supporter and a constant source of creativity and good food for us. I'm being honest when I say that I teared up at January's fundraising committee meeting because Judy wasn't there. It wasn't that she's never missed a meeting. But that was the very first fundraising committee meeting and board meeting of my 15 year tenure here, that Judy wasn't a part of. There is no adequate way for me to thank her or completely

measure the impact she has had on our community and Community Kitchen, specifically. I can begin to measure her impact by looking at programs and activities she has influenced here.

In the 21 years Judy has served on the Board of Directors, CK has served 3,958,800 meals and snacks in our community. That's \$8,867,712 worth of food served to those in need. During those years, our meals to children have increased from 7,545 in 1997 to 214,519 in 2018. That's a 2,743% increase in 21 years. The percentage of patrons served who were children rose from about 10% to 66% in that same time. That change was intentional and board driven. All along the way, Judy has been an advocate for children and the programs we operate to reach out to the community and get food to those most vulnerable. The culture that Judy and others have created here on the board has di-



rected our programs to reach those populations who need us the most. Her impact here has been large and will continue for years.


Just by being Judy, she adds value to every meeting and every special event. Judy has planned and made or lead us in making, decorations for every special event we have held in the past 21 years. That means every Palette to Palate, every brunch table decoration, every table decoration at Chefs' Challenge, was directly designed by Judy.

She feeds us. For the past several years, we were greeted at each board meeting with homemade treats. At meetings when Judy was going to be gone, she would many times plan ahead and make something in advance or drop off donuts. While we certainly appreciated the snacks, we also appreciate the effort and love that goes into her providing us those opportunities. Sharing food with one

another and others is something I believe to be sacred. And so we have greatly appreciated Judy's efforts to give us the opportunity to share food together, around a table in this very room and in her home many times over the years.

Judy, we love and appreciate all that you've done for, have been and still are to us. We are pleased to share that for your unprecedented 21 years of service to Community Kitchen, we name this the **Judy Lucas Family Dining Room**. For years to come, your legacy will be remembered here. Thank you!



 Community Kitchen
of Monroe County, Inc.

Phone: (812) 332-0999
Web: monroecommunitykitchen.com
Email:
director@monroecommunitykitchen.com

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:

100+ Women Who Care
Abbvie
Advance America
Alpha Phi Omega
American Legion - Burton Woolery Post #18
Arden Place
Baxter Pharmaceutical
Benevity Community Impact Fund
Bethel Lane Holiness Community Church
BHSS Work Study
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Crider & Crider Inc.
Cross Roads United Methodist Church
Dagom Geden Tensun Ling Temple
Dermatology Center of Southern Indiana
Ellettsville House of Prayer
Express Employment Professionals
First Church of Christ, Scientist
First United Church

Gaden KhachoeShing Monastery
German American Bank
Global Gifts
Hand in Hand a Stone Belt Project
Herald-Times and Hoosier Times
Highland Lounge Sat Morning Breakfast Club
Highland Village Church of Christ
Hilger Enterprises - Orkin Pest Control
Holiday Inn Express
Hoosier Hills Food Bank
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Kroger Community Rewards
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North Central Church of Christ
One World Catering
Orion Management Group
Perry Township Trustee
Phi Sigma Kappa
Premier Healthcare Foundation
Printpack Inc
Rogers Elementary
SCI - REMC
Soma Coffeehouse

South Central Community Action Program
St. Charles Borromeo Catholic Church
St. Mark's United Methodist Church
St. Paul Catholic Center
St. Thomas Evangelical Lutheran Church
Stanford Outreach
Stone Belt
Subway
Summit Elementary School
Terry's Catering
The Owlery
The Production House
The Rink Family Foundation
The Seven Kids Foundation, Inc.
The Warehouse
Thursday Mahj Group
Trinity Episcopal Church
Truist (United E Way)
Transitional Services Inc.
Twilight Dairy
Unionville Church of Christ
Unique Club
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United Way of Bartholomew Co.
United Way of Greater Philadelphia
United Way of Metropolitan Chicago
United Way of Monroe County
Unity of Bloomington
Van Buren Township Trustee
Wagon Wheel
Wednesday Club
Woodhaven Christian Church CWF

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 #SJ831. It's that simple.

<https://www.kroger.com/communityrewards>



LIKE US ON SOCIAL MEDIA

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 or

Instagram: monroecommunitykitchen

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



Family Volunteer Day - April 7th

In order to provide opportunities for families with young children to participate in volunteering at Community Kitchen, we hold special family volunteer days. These special days involve volunteer tasks that do not involve being in the actual kitchen or using the equipment. The volunteer tasks are chosen to be things that families with children of various ages can participate in together in the dining room, in a safe environment. Space is limited and signing up ahead of time is required so that we can properly plan. We conduct these family volunteer days four times/year. The next one will be held on Sunday, April 7th from 3-5pm at our main facility at 1515 S Rogers St. To sign up your family, give June a call at 812-332-0999. If this specific date doesn't work for you or our spots fill up before you call, let us know you'd like to be notified when we schedule the next one. June will contact you in a few months when we get the next one scheduled. We look forward to your family joining us!

We are grateful for ALL of our volunteers!

Without volunteers we could not do what we do within our current budget. Volunteers at Community Kitchen carry out the work of seven full-time workers. If it weren't for the volunteers, our paid staff would need to be nearly 50% larger than it is. Volunteers at Community Kitchen help prepare meals for preschool children. They prepare sack breakfasts, lunches and dinners for at-risk children in local youth programs or in low-income neighborhoods. They portion and bag healthy snacks for children in clubs like Boys & Girls Clubs, Girls Inc, Rhino's, and the childcare program at The Rise. They make salads, prepare vegetable side dishes, cut fruit, pull meat and help assemble items for the evening meal. Volunteers deliver meals to homebound elderly and those living with HIV. They collect food for us and deliver it to the Kitchen. Volunteers help us with gardening. They pack bags of food for Backpack Buddies to make sure children have enough to eat on the weekends. Volunteers serve on our Board of Directors and help us out at our special events. They stand on the line and serve food to folks who come here to eat, offering a kind word and smiling face. Volunteers are the lifeblood of our work here.

Our amazing volunteers clocked over 16,601 volunteer hours in 2018. We extend our grateful appreciate for everything you do for our community! You make our jobs easier and more interesting. Thank you!



2018 Meal Counts

Rogers Street	43,559
Express	54,070
Feed Our Future	64,655
Head Start	48,339
Nutrition Links	3,017
Backpack Buddies	67,575
A Friend's Place	17,215
Senior Links	3,709

Total	302,139
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Backpack Buddies

We now have approximately 420 families from 21 different schools, involved in Backpack Buddies. That's 3,280 pounds of food each week of the school year. We welcome donations of the following foods for the program:

- 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.

2019 Brunch Dates

Mark your calendars now for Community Kitchen's remaining 2019 fundraising Brunch dates. These brunches are three course, all inclusive meals prepared by local industry professionals from various kitchens and restaurants. Cardinal Spirits generously pairs each course with a cocktail. Reservations and menu choices are required in advance. Tickets are \$50 per person. Watch our website and Facebook page for details. 2019 brunch dates will be:

Sunday, May 19, 2019

Sunday, August 18, 2019

Sunday, November 17, 2019

Kitchen Wish List

Canned vegetables
Indian spices
Italian seasoning
Coconut milk
Backpack Buddies food

Member Agency



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



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