

Food for Thought

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

April 2019

Spring and Summer at The Kitchen

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Spring is here! The sun is shining, the birds are singing, and the temperature is becoming more pleasant. As we bask in warmer weather and the promises of spring, we look forward and see summer not far behind. While many of us have pleasant memories of being out of school during the summer, many children and families struggle with food insecurity during these months. With children at home, food budgets increase exponentially. Families don't get additional food stamps because children are at home and away from free or reduced price meals at school. The food burden lies solely and completely at home. And families who are struggling, struggle even more.

To help alleviate a bit of that burden, Community Kitchen will provide a sack lunch each Monday – Friday to children in low-income neighborhoods throughout the county. Those meals will contain protein, grain, fruit, vegetable, and dairy components. Items include sandwiches, pasta salads, wraps, cheese sticks, a variety of fresh fruits and vegetables, and milk. This daily program will feed over 200 children each day. For us, that means an increase in food expenses, staffing, and transportation. Because we are concerned for the nutrition children receive, we purchase most of the food needed for this program. While we appreciate food donations, we are not able to consistently



rely on them for this program and therefore, end up purchasing a large amount of the food used for lunches in the summer. We have the cost of additional staff hours, as well as, using an additional 30 volunteers/week in the summer to make this program happen. Because we deliver the lunches to neighborhoods throughout the county, we have increased gas and maintenance costs for our vehicles. With two vans out on the road for a few hours each day, making sure those children receive their healthy lunch, those costs can be significant. So, while we enjoy the warmer weather and outside fun that it brings, we know that summer work is right around the corner.

We ask you to join us by supporting our hunger relief efforts this spring and summer. There is one more month of school and during that time we will continue our Backpack Buddies program, providing a bag of approximately 8lbs of food to over 420 students at 21 local schools each week. The day after school lets out, our Summer Food Service Program will begin delivering lunches throughout the county. Now and into the summer, we need food donations. We need volunteers. We need financial support. Averaged out throughout the year, meals at Community Kitchen cost us about \$2.25 each to provide. Because of that, your donation of any size will make a real impact and difference here at Community Kitchen! We have appreciated loyal community support and hope you will now join with us again to help make sure the most vulnerable in our community get the nutrition they need.

Are you interested in volunteering this summer? We are ready to start scheduling volunteers to help in our regular shifts, as well as, our special summer shifts. In addition to our Mon-Sat, 11:30am-1:30pm and 3:30-6:30pm shifts, we have a Mon-Fri early morning 7:30-9:30am shift to prepare the lunch meals for delivery, as well as, a 9:45am-1:30pm delivery shift to help the staff person hand out the lunches to children we serve. Give June a call at 812-332-0999 to schedule a shift. We'd love to have you this summer!



Community Kitchen
of Monroe County, Inc.

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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:

Abbie	Evening Glories Extension Homemakers Club	OXFAM
Alpha Phi Omega	Farm to Family Fund	Paypal Giving Fund
Amazon Smile	First United Church	Penguin Random House LLC
Baxter	Folding@IU	Perry Township Trustee
Baxter International Foundation Matching Gifts	Fresh Thyme	Pi Kappa Alpha
Bethel Lane Holiness Community Church	Gaden Khachoe Shing Monastery	Roly Poly
Big Splash Adventure	Gilbert S. Mordoh & Company, Inc.	Salesforce.org
Bill C Brown Associates	Hand in Hand a Stone Belt Project	Sherwood Oaks Christian Women Reaching Women Group
Binford Rogers Elementary School	Herald-Times and Hoosier Times	Soma Coffeehouse
Black's Mercantile	Highland Lounge Saturday Morning Breakfast Club	South Central Community Action Program
Bloomingfoods	Highland Village Church of Christ	South Union Christian Church
Bloomington Bagel Company	Hilger Enterprises - Orkin Pest Control	St. Charles Borromeo Catholic Church
Bloomington Chamber Singers	Irish-American Community at IU	St. Charles School
Bloomington Friends Meeting (Quakers)	IU Community Catalysts	St. Mark's United Methodist Church
Bloomington High School South Honors Society	IU Law	St. Thomas Evangelical Lutheran Church
Bloomington Rotary Club	IU Optometry - VOSH	State Employees' Community Campaign
Bloomington Township Trustee	IU Student Athletic Board	Stone Belt
Buffa Louie's @ The Gables	Ivy Tech	Subway 1005
Campus Children's Center	Ivy Tech Culinary Arts	Topo's 403
Century 21 Scheetz	Kroger	Transitional Services
Childs Elementary School	Kroger Community Rewards	Tri Parish
Christian Student Fellowship	Life Designs	Unionville Church of Christ
Congregation Beth Shalom	Little Union Baptist Church	Unitarian Universalist Church
Cook Inc.	MCCSC Community Transitions	United Way of Central Indiana
Cook Medical	Monroe Hospital	United Way of Greater Philadelphia
Cross Roads United Methodist Church	Network for Good	United Way of Metropolitan Chicago
E&B Paving	New Prospect Baptist Church Women's Ministries	United Way of Monroe County
Earth Energy Healing	North Central Church of Christ	Unity of Bloomington
Ellettsville House of Prayer	One World Catering	What Chefs Want!
Evangelical Community Church	Orion Management Group	



Save the date!
Bloomington's Chefs' Challenge
Sunday, August 4, 2019
Buskirk-Chumley Theater
7pm

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!





Volunteer Spotlight - Doug Hanscom

Doug Hanscom has been a volunteer since June 2017. He has a regular shift on Mondays during the meal serving shift where he runs the dish machine with expertise and flair!

When Doug retired from his job as a 5th grade school teacher, he wanted to continue serving his community through volunteering. He enjoys the social atmosphere among our patrons and likes being part of the positive experience that our diners enjoy. The dedication level of staff has surpassed what Doug expected and he has come to realize how important our mission is to the staff. He is proud of his association with us and likes hearing positive comments from friends about the Kitchen.

When Doug is not volunteering at Community Kitchen, he enjoys golfing, hiking, reading and bird watching. His lifelong passion for music led him to become a member of two bands – The Fannatics (funk/blues) and Pet Monkey (classic 70s rock). His love of music also means that he practices piano two hours each day. With all these other interests, we are lucky and grateful that Doug finds the time to volunteer at Community Kitchen!

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.

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>



2019 Jan-March Meal Counts

Rogers Street	9,475
Express	10,557
Feed Our Future	16,860
Head Start	13,293
Nutrition Links	979
Backpack Buddies	23,015
A Friend's Place	4,235
Senior Links	844

Total **79,258**



Spring Brunch - Sunday, May 19, 2019

Join us for our upcoming Spring Brunch fundraiser for Community Kitchen's hunger relief efforts. This three course brunch will be held on Sunday, May 19th at Community Kitchen and includes paired cocktails from Cardinal Spirits. Non-alcoholic drinks will be available. The cost is \$50/seat. There are two seatings: 11am and 1pm.

Course 1:

___ Spiced Shrimp: spiced peel-and-eat shrimp with mint yogurt sauce (Aidan Boruff-Young, Cardinal Spirits) or
___ Tater Tot Poutine: crispy tater tots smothered in creamy mushroom gravy, green peas, pea sprouts, and cheese curds (Seth Elgar) *Can be made vegan with RSVP notice

Course 2:

___ Crepes: crepes stuffed with spinach, asparagus, and mushrooms topped with melted leek hollandaise sauce (Veronica Fazio, Cardinal Spirits) *Can do vegan: Succotash- leeks, mushrooms, asparagus, sweet onion, spinach, peas, and zucchini in a spiced tomato sauce or
___ Brunch Puff: flaky puff pastry stuffed with smoked ham, braised spring greens, béchamel sauce, and gruyere cheese topped with a poached egg and hot sauce (Abel Garcia) or
___ Summer Strata- rich savory bread pudding with zucchini, summer tomatoes, and fresh herbs (Andrea Armstrong, IU Health)

Course 3:

___ Berry Trifle: layers of sponge cake, raspberries, blackberry sauce, pastry cream, and vanilla whipped cream (Seth Elgar)
___ Flourless chocolate cake with lavender semifreddo (Dan Williamson)
*We can do a fresh fruit salad mixed with blackberry sauce for any vegans

Reservations for 11am or 1pm seating and menu choices are required and can be made by calling us at 812-332-0999 or emailing director@monroecommunitykitchen.com. The 1pm has only about 15 seats left, while about 40 remain for 11am seating.



Community Kitchen
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Member Agency

Non-profit org.
US postage
PAID
Bloomington, IN
Permit No. 312

Kitchen Wish List

Canned vegetables
Cooking oil
Elbow macaroni
Garlic powder
Onion powder
Backpack Buddies food