

# Food for Thought

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

October 2019

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## Volunteer Spotlight - Todd Family Scott, Beth, Carter, Zachary & Owen

### ***What brought you to Community Kitchen?***

I knew that the Community Kitchen existed but had not had a chance to visit until a group from my employer (Cook Medical) got a group together earlier this year. After having a positive experience my family has been serving regularly since April. It's a chance for us to serve together and for my children to have an opportunity to help others. Our family hasn't experienced food insecurity, and we feel that we need to be aware of those in our area that do and help where we can. My boys have also gotten pretty good with sharp knives and mopping! After serving, we enjoy swapping stories of where we served and anything exciting that happened along the way.

### ***When you tell someone that you volunteer here, what do they ask or how do they respond?***

Many people aren't familiar with what the Community Kitchen offers, so it's a general explanation of the prepping and serving process. They can be pretty curious about the types of food we offer, as well as, the guests that we serve. Society has some big problems, and my family can't solve them all. But, if on the nights we serve, we can keep our guests from being hungry then we've done our small part.

### ***What do you wish other people knew about Community Kitchen?***

I would like for others to know that the Community Kitchen provides high quality meals to anyone (all you care to eat), treats everyone with respect and will even provide a take out meal if desired.

### ***What is the most surprising thing you learned after volunteering here?***

The quality of the food is really outstanding. The talented staff can make some great dishes with whatever items are on hand. After the initial rush, I can sometimes be lucky enough to sample what we've been serving and have yet to be disappointed.

### ***What would people be surprised to learn about you?***

We have a few hidden talents in our family, including the accordion, five ball juggling, master lego building and an aspiring unicyclist.

### ***How else do you spend your time (working, hobbies, other volunteer activities)?***

Our family enjoys traveling together and we all serve in various ways at our church. We also have the makings of a small band, with a few of us playing drums, guitar, piano and the bass.



## Backpack Buddies Food

With about 425 children from 22 schools involved in the program, we always need food for Backpack Buddies. We welcome donations of the following:

- 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.

# 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:

Abbvie	Hand in Hand a Stone Belt Project	Paypal Giving Fund
Baxter Pharmaceuticals	Herald-Times and Hoosier Times	Perry Township Trustee
Bethel Lane Holiness Community Church	Highland Village Church of Christ	Republican Red Shirts
BHSS National Honor Society	Hilger Enterprises - Orkin Pest Control	SAB
Binford Rogers Elementary School	Hilliard Lyons	Salesforce.org
Bloomington Friends' Meeting	Hoosiers Outrun Cancer	Sherwoods Oaks Christian Church Youth
Bloomington Township Trustee	Indiana Department of Education	Sobremesa Farm
BLSA	IU CLD	Sorosis Club
Church of Jesus Christ of Latter Day Saints	IU School of Medicine - 1st year students	SCCAP
Clear Creek Christian School Mrs. Allard's 6th grade class	Kappa Kappa Kappa - Beta Assoc Chapter	St. Charles Borromeo Catholic Church
Congregation Beth Shalom	Korean Presbyterian Church	St. Mark's United Methodist Church
Cross Roads United Methodist Church	Korean United Methodist Church	St. Paul Catholic Center
Cruisin Classics	LIFEDesigns	St. Thomas Evangelical Lutheran Church
Curare Group	Little Union Baptist Church	Stone Belt
Dagom Geden Tensun Ling Temple	Lucky's Market	Strauser Construction
DCS-Monroe	Mariner Finance	Transitional Services Inc.
Downtown Bloomington Inc/Taste	Medlife	Truist (United E Way)
Ellettsville House of Prayer	Mennonite Fellowship of Bloomington	Unionville Church of Christ
Emergency Food & Shelter Program	Monroe County Council	Unitarian Universalist Church
First United Church	Monroe County Humane Association	United Way of Central Indiana
Fresh Thyme	MSI Security	United Way of Monroe County
Girl Scout Troop #04336	Network for Good	Unity of Bloomington
	North Central Church of Christ	Vibe Yoga

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## Sazon Mexican Cuisine Dine and Donate for Community Kitchen

Sazon Mexican Cuisine will hold a dine and donate brunch for Community Kitchen at its 211 N Walnut St location on **Sunday, November 3rd from 9am-1pm**. A percentage of the sales will be donated to Community Kitchen for our hunger relief efforts. Watch the Facebook pages of Sazon Mexican Cuisine and Community Kitchen for the menu, additional details and information.

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### Change Begins with You. Are you in?

**Stand up to ensure families have opportunities and everyone can meet basic needs.**

Nearly 1 in 3 families in our region struggle to survive, living right above the poverty line, yet not qualifying for federal assistance. An additional 1 in 5 are in federally-defined poverty.

Every day United Way, Community Kitchen, and 23 other certified member agencies work so everyone can have a true chance at a better life. United Way supports a range of services like healthy meals, after-school programs, job supports, senior services, financial stability, safe housing, and health care.

The United Way 2019-20 Community Campaign is in full swing raising funds that create change for families and individuals in Monroe, Owen and Greene counties.

Make a gift and see how your donation is creating change at [www.monroeunitedway.org/MyImpact](http://www.monroeunitedway.org/MyImpact).



## Bloomington Pie Contest - Sunday, November 3rd

2-4pm Dimension Mill (642 N Madison St)

An event in support of Community Kitchen

Baker (Entrants): \$15 Must register by Friday, November 1st (see link below)

Taster (Guest): \$10 in advance or at the door

Register here: [bloomingtonpie.eventbrite.com](https://www.eventbrite.com/event/3065260990180687)

More info: [bloomingtonpie.com](https://www.bloomingtonpie.com) or <https://www.facebook.com/events/3065260990180687/>

## Community Kitchen Autumn Brunch

Come, join us for Community Kitchen's Autumn Brunch on Sunday, November 17th. This three course brunch will be prepared by Ivy Tech Community College's Culinary Arts program staff and students. Each course will be paired with a cocktail, prepared by Cardinal Spirits. There are two seatings: 11am and 1pm and cost is \$50 per person. All proceeds support Community Kitchen's hunger relief efforts.

Reservations and food choices must be made in advance by calling 812-332-0999 or emailing us at [director@monroecommunitykitchen.com](mailto:director@monroecommunitykitchen.com). The menu is as follows:

### 1st Course:

-Raviolo- pasta stuffed with ricotta cheese and egg yolk served with n'duja hollandaise sauce with crispy prosciutto OR

-Radish Prosciutto- cured & smoked watermelon radish

### 2nd Course:

Momo Dumpling- Southern Indian steamed dumpling in tangy rhubarb sauce with

-Beef filling OR

-Vegetable filling

### 3rd Course:

-Frangipane Tart- Mini tart stuffed with white wine poached pear, citrus pastry cream, and torched meringue OR

-Lemon Tart- Vegan / Gluten-Free macaron shell, fresh fruit, almond, and vegan meringue



Non-alcoholic juice drinks will also be available. Make reservations with seating times to 812-332-0999 or [director@monroecommunitykitchen.com](mailto:director@monroecommunitykitchen.com). It's a wonderful dining experience and excellent way to support Community Kitchen!

## 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-Sept Meal Counts

Rogers Street	32,129
Express	37,002
Feed Our Future	57,230
Head Start	38,496
Nutrition Links	2,737
Backpack Buddies	48,634
A Friend's Place	12,870
Senior Links	2,324

**Total 231,422**

## 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!



# Thanksgiving at Community Kitchen

The holiday season is right around the corner. Thanksgiving will be here before we know it and much food is needed to create a traditional Thanksgiving meal for our patrons. Each year we seek to make a festive holiday meal for folks who, often times, don't have family or friends with whom to enjoy the holiday.

At Community Kitchen, we have extra volunteer shifts to accommodate the many generous volunteers who want to be a part of our holiday meal and we serve an hour longer than normal. We've already begun

scheduling volunteers and shifts will fill quickly. Please consider contributing special holiday food. Below is a list of the items and quantities we'll need for Thanksgiving. Help us make it a special day for the needy in our community!



- 45-50 turkeys
- 150 boxes of stuffing mix
- 400 cans of green beans
- 200 cans of cream of mushroom soup
- 30 large cans of French fried onions
- 120 cans of cranberries or cranberry sauce
- 200 cans of tropical fruit or fruit cocktail
- 12 sugar free pies
- 30 dozen rolls
- Other canned vegetables

We are so grateful to everyone who responded to our social media plea for canned vegetables. We received awesome donations from you all and really appreciate it!

**Kitchen Wish List**  
 Canned vegetables  
 Onion powder  
 Garlic powder  
 Black pepper  
 Coffee  
 Backpack Buddies food



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