

Food for Thought

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

February 2021

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IU Health - Positive Link
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RBBCSC
Richland Township
Stone Belt
The Rise
United Way of Monroe County

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From Our Hearts to Yours

During this cold month of February, many of us think of Valentine's Day and hearts. For this month, we want to express our appreciation for the support our donors and volunteers give us. We want you to realize that each time you give to Community Kitchen, you give us a part of your heart. Each one of those pieces adds up to an overflowing heart that helps us solve big problems.

Because of your generosity, we were able to be flexible and continue to serve our community in spite of the pandemic restrictions we face. We needed to find a way to continue to serve meals for several months without the volunteer help we rely on. Your support enabled us to hire additional part-time staff so we could continue to serve warm meals to our patrons.

Changing school from the classroom to virtual learning did not eliminate the need to provide food to school-age children who live in households where there isn't enough food for the weekend. We worked with the schools to make sure that those children could receive their Backpack Buddies bags of food each week. Due to your support, we were able to expand service and provide those bags of food to children who received lunches through our Summer Food Service Program.

Because you gave a piece of your heart, we have been able to open a new location in Ellettsville, so that people who live in that area and are not able to travel to our Bloomington locations, can pick up a warm meal each day. Because you gave, many of our patrons tell us that having Community Kitchen meals helps them pay their other bills, eat healthier, and stretch their food budgets. They also tell us that they have less stress and worry because they have access to a warm, nutritious meal 6 days a week.

From the bottom of our hearts, we thank you for giving a piece of yours!



Community Kitchen 2020 Facts

- Served 256,374 meals & snacks
- 50% of patrons were children, and children received 60% of meals
- 14% of patrons were seniors
- 28% of patrons had experienced homelessness in the previous six months
- Backpack Buddies served a minimum of 594 children in the SFSP neighborhoods & the schools
- 85% of food expenses were for our children's programs
- Volunteer hours were down 44%. We had no volunteers for almost 4 months.
- Food donations were up 33% after dropping almost that much over the past 2 years
- 2020 cash meal cost was \$3.08 (due to increased costs associated with several extra staff for half the year)

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	Farm to Family Fund	Olson & Company, PC
Arden Place Neighborhood	First Church of Christ, Scientist	Paypal Giving Fund
Area 10 Agency on Aging	Frontstream (United E Way)	People's Market
Azzip Pizza LLC	Gilbert Construction Inc.	Perry Township Trustee
B G Hoadley Quarries	Gilbert S. Mordoh & Company, Inc.	Premier Healthcare Foundation
Baxter Intl Fdn Matching Gift Program	Grace Food Pantry	Providence Place of Bloomington
Baxter Pharmaceuticals	Greene & Schultz	Rainbow Bakery
Bell Trace Living Center	Hand in Hand, a Stone Belt Project	Rally's Hamburgers
Bethel Lane Holiness Community Church	Highland Village Church of Christ	Renaissance Rentals Company
BHSS Girls Swim Team	Hilger Enterprises - Orkin Pest Control	Richland Township Trustee
BHSS National Honor Society	Indiana Department of Education	Robinson Real Estate, Inc.
Bill C Brown Associates	Intertec	Shine Insurance Agency
Bloomingfoods	ISU The May Agency	SI Farms
Bloomington Board of Realtors	IU Civic Leadership Development	Simply Primitive
Bloomington Korean Baptist Church	IU College Internship Program	Smithville Food Pantry
Bloomington Professional Carpet Cleaners	IU Credit Union	SCCAP
Bloomington Rentals & Realty	IU MAPS	St. Charles Borromeo Catholic Church
Bloomington Township Trustee	IU School of Optometry VOSH	St. Mark's United Methodist Church
Bluegill Construction	Ivy Tech	St. Paul Catholic Center
Boston Scientific	JohnBethell Title Company	St. Thomas Evangelical Lutheran Church
Catalent	Juannita's	Steve's Roofing & Sheet Metal
Church of Jesus Christ of Latter Day Saints	Juniper & Jade	Stone Belt Arc, Inc.
City of Bloomington HAND Department	Just Me Farm	The Glick Fund
Community Foundation of St. Joseph Co.	Kappa Kappa Kappa, Epsilon Xi Chapter	The Rink Family Foundation
Congregation Beth Shalom	Kirkwood Gardens	The Seven Kids Foundation, Inc.
Conversation Club	Korean Presbyterian Church	TisBest Philanthropy
Cross Roads United Methodist Church	Kroger	Union Savings Bank
Crumble Bakery	Kroger Community Rewards	Unionville Church of Christ
Dandelion Fund	Lakeview Elementary School	Unitarian Universalist Church
Davoren Designs	Lochmueller Group	United Presbyterian Church
Downtown Kiwanis Club Fund	May Creek Farm Inc.	United Way of Bartholomew Co.
Drs. Clark Brittain & Mary Mahern	MCCSC	United Way of Monroe County
Duke Energy Foundation	Methodist Sports Medicine Center	Unity of Bloomington
E&B Paving	Nature's Way Inc	Wells Fargo
Eads Charitable Fund	Network for Good	Windermere East Condo Association
Ellettsville House of Prayer	North Central Church of Christ	

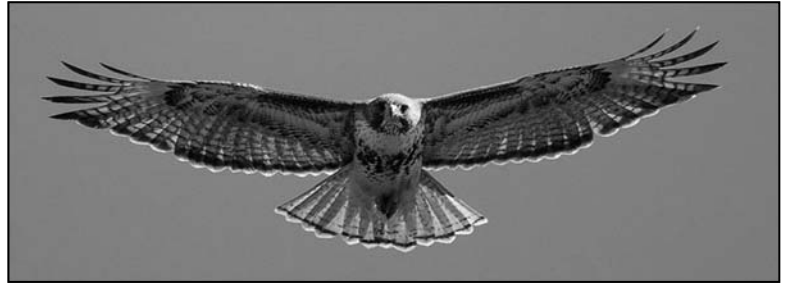
Kroger Community Rewards

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 store purchases support Community Kitchen each time you shop. Your fuel points are not affected.

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. If you haven't, please do so today! <https://www.kroger.com/communityrewards>



Get outside and enjoy nature – all for a good cause!



IndiGo Birding Nature Tours and Community Kitchen are teaming up to present the first ever Birding Bonanza fundraiser. You can participate by asking friends or family to sponsor you for each type of bird that you find on the Bonanza bird identification form, up to \$100 for finding them all. You then collect your sponsorship funds and turn the money in to Community Kitchen. The event starts now and ends on March 31, 2021. All monies must be turned in by April 9, 2021.

Here's how it works:

1. Download the Birding Bonanza Info Sheet, Bird ID Form and Sponsorship Form from Community Kitchen's website (www.monroecommunitykitchen.com) or IndiGo Birding's website (www.indigobirding.com).
2. Ask sponsors to pay you for each type of bird that you spot. Each bird is assigned a dollar value (shown on the bird ID form).
3. You can sign up for a nature tour with IndiGo Birding (see details about special tours) or find the birds on your own.

Tips:

Some of the birds are quite common. You can see them in your backyard, at bird feeders, or in your neighborhood park. Some of the birds are more likely to be found near water or in the woods. For a better chance at finding the less common species, you might want to join an IndiGo Birding tour.

Your entire family can participate. If you have family members who are unable to hike or need to remain in isolation during the pandemic, they can start marking off the birds they see in their yard. Then other family members can continue marking off the birds on the sheet during tours or hikes.

Sponsors can pledge the amount for all of the birds you find or they can pledge a set amount. You want to get as many sponsors as possible. We want all types of sponsors to participate so be creative and flexible when you ask for sponsorship.

Help us keep the excitement going by using social media to share your progress. Take pictures during your hikes or take pictures of the birds you find and let us know how much fun you are having! Use #birdingforthekitchen to spread the word.

Prizes and perks:

During the fundraiser, join any scheduled IndiGo Birding Nature Tour for \$10 off by emailing david@indigobirding.com to register. Tour schedule is available at indigobirding.com. You can also register for one of three free local tours by IndiGo Birding specifically for the Birding Bonanza:

- Saturday, Feb. 27 at Paynetown SRA on Lake Monroe
- Saturday, Mar. 13 at Fairfax SRA on Lake Monroe
- Tuesday, Mar. 16 at Griffy Lake

All of these bird walks will be from 9:30-11:00 a.m., are limited to 15 people, and require masks.

The person or family that raises the most money wins a private, customized birding or kayak tour with David Rupp of IndiGo Birding Nature Tours. (Up to 6 people on a local, half-day tour.) Each person that raises at least \$200 receives a certificate for \$10 off any IndiGo Birding tour in the future.

Have fun and spread the word as we count down the days until spring!

Volunteer Opportunities

Are you someone who is looking for a volunteer opportunity for yourself, your family or other group? Community Kitchen is a great place to get involved and there are several ways to do that. We have regular volunteer shifts each Monday - Saturday. Our **prep shift is from 11:30am-1:30pm**, while our **servicing shift is from 3:30-6:30pm**. Over the holiday break while people are traveling and schools are out, is a great time to get involved. Many of our regular volunteers are off to travel and we have open spots that we need to fill.

While we can't accommodate really large groups, we can schedule up to 3 volunteers from one group or family per shift. Because of COVID, we aren't scheduling more from the same group or household right now. In addition, if your group wants a project offsite, at your location, consider holding a food drive for Backpack Buddies or other Kitchen programs; or call and let us talk to you about how you can purchase some ingredients and assemble ready to prepare meals for Backpack Buddies. When you have your project offsite, you can use whatever number of volunteers your space will accommodate.

If you have young children and would like to volunteer together as a family, give June a call and find out more about our quarterly Family Volunteer Days, which will resume when COVID risk allows. Once summer arrives, we will have additional prep shifts in the early morning to assemble lunches for our Summer Food Service Program. We will also have opportunities for two volunteers each day to ride along and help our staff deliver lunches to children on two different routes, through that summer program. To learn more or to schedule to work a volunteer shift, please call June at 812-332-0999.

2020 Meal Counts

Rogers Street	47,123
Express	39,289
Ellettsville	1,800
Feed Our Future	35,339
Head Start	40,408
Backpack Buddies	60,991
A Friend's Place	17,215
Meals on Wheels	1,635
Isolation Shelter	2,803
Hotels 4 Homeless	1,258
Senior Links	5,017
Nutrition Links	3,496
Total	256,374

Kitchen Wish List

Artificial sweetener packets
Cooking oil
Black pepper
Oregano
Cumin
Thyme
Canned beans

Member Agency



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Non-profit org.
US postage
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