

Food for Thought

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

February 2023

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Friend's Place
Hoosier Hills Food Bank
IU Health - Positive Link
LifeDesigns
MCCSC
Perry Township
RBBSC
Sevita
Stone Belt
The Rise

2022 Community Kitchen Facts

At the conclusion of each year, we compile a fact sheet. We use that information when making presentations, writing grant proposals and conveying information about our services. It is helpful information for us to know. We use it to keep our board and staff informed about our program efficiency and effectiveness, as well as, information about those who are utilizing our services. We wanted to share some of those key 2022 facts with you.

- Served 298,151 meals & snacks in 2022
- 62% of patrons were children
- 15% of patrons were seniors
- 14% of patrons had experienced homelessness in the previous 6 months
- Cash per meal cost was \$3.21
- We expanded food truck routes to 6 days/week; three days in Ellettsville, three in Bloomington
- Backpack Buddies operated in 21 local schools and all of our Summer Food Service neighborhoods
- We added a new staff position, Dining Room Monitor, to help oversee patron issues during dinner
- Food donations were down about 2.5% but food from HHFB was up 70%
- Volunteer hours were up 5.5% over last year
- 85% of food expenses were for our children's programs to ensure fresh fruits and vegetables, milk, proteins and whole grains
- Children and youth received 65% of all meals served in 2022
- We would need more than 6 additional full-time staff to do what we do without volunteers
- 89% of patrons say that eating at CK helps them eat better and be healthier
- 83% of patrons say that eating at CK helps them have less worry and stress

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!

2022 Meal Counts

Rogers Street	35,621	Backpack Buddies	59,945
Express	46,956	A Friend's Place	11,605
Food Truck	8,830	Senior Links	4,763
Feed Our Future	76,038	Hotels for Homeless	450
Head Start	50,429		
Nutrition Links	3,514		

Total 298,151

Social Media

Facebook:
[@monroe.community.kitchen](https://www.facebook.com/monroe.community.kitchen)
Instagram:
[@monroecommunitykitchen](https://www.instagram.com/monroecommunitykitchen)



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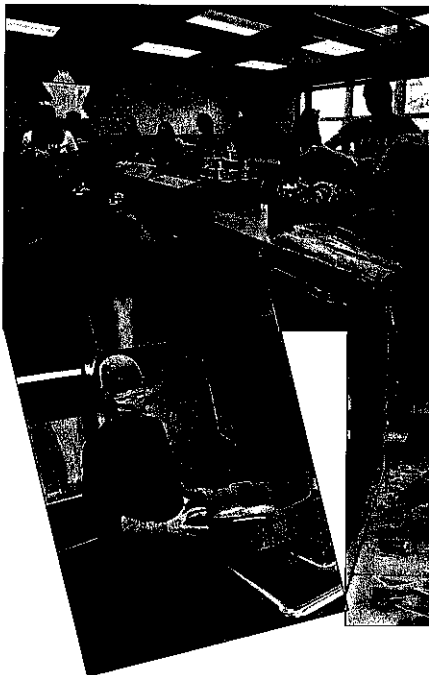
THANK YOU!

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:

4H Junior Leaders
Alpha Kappa Psi
Area 10 Agency on Aging
Baxter Intl Foundation Matching Gift Prog
Baxter Pharmaceuticals
Bell Trace Living Center
Benevity Community Impact Fund
Bethel Lane Community Church
Big Red Liquors
Bloomington Board of Realtors
Bloomington HS South Nat'l Honor Society
Bloomington Professional Carpet Cleaners
Bloomington Realty, Inc.
Bloomington South High School
Bloomington Township Trustee
Boston Scientific
Boston Scientific Foundation
Butcher's Block
CarDon & Associates, Inc.
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Century 21 Scheetz
Church of Jesus Christ of Latter Day Saints
Community Cars
Community Foundation of St. Joseph Co
Congregation Beth Shalom
Connaught Properties
Cook Inc.
Cross Roads United Methodist Church
Crumb Cookies
Crumble Coffee & Bakery
Curare
Dandelion Fund
Delta Sigma Pi

Delta Theta Tau Sorority, Zeta Chapter
Delta Upsilon
Drs. Clark Brittain & Mary Mahern
Economy Inn
Farm to Family Fund
Farmers & Mechanics
Farrell's Xtreme Bodyshaping
First Church of Christ, Scientist
Frontstream (United E Way)
Gaden KhachoeShing Monastery
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Good Earth
Greater Bloomington Assoc of Health Underwriters
Hand in Hand a Stone Belt Project
Hilger Enterprises - Orkin Pest Control
Hopscotch Coffee
Indian Student Association
ISU The May Agency
IU Civic Leaders Development
IU Corps
IU Credit Union
IU MAPS
Janko's Little Zagreb
JCBank
Kappa Kappa Gamma
Knights of Columbus #1096
Korean United Methodist Church
Kroger
Kroger Community Rewards
Little Union Baptist Church
Michael's Uptown Cafe, Inc.
Network for Good

New Year's Day Soccer Folks
Pakistani Student Association
Panera Bread
Paypal Giving Fund
People's Market
Perry Township Trustee
Piazza Produce
Premier Healthcare Foundation
Pre-Physicians Assistant Club - IU
Prince Sandblasting
Rainbow Bakery
Richards Family Charitable Fund
Sevita
Sigma Lambda Upsilon
Sodexo - Indiana Memorial Union
St. Mark's United Methodist Church
St. Thomas Evangelical Lutheran Church
Stone Belt
Strauser Construction
The Rink Family Foundation
Theta Phi Alpha
Tri Parish
Unique Club
Unitarian Universalist Church
United Way of Bartholomew Co
United Way of Monroe County
Unity of Bloomington
Van Buren Township Trustee
VOSH at IU
Worthington Christian Church
Zeta Phi Beta



**Volunteers contributed
14,415 hours of service to
Community Kitchen in
2022. We couldn't do it
without you!**



Community Kitchen programs



We've been here for almost 40 years, feeding folks in need, doing our thing. Next month will be our 40th anniversary! We've been doing what we're doing for so long, that sometimes even our faithful supporters aren't really fully aware of the breadth of our food provision. The beginning of this new year and a new decade of service for us, seemed like a good time to review our programs.

Sit-down meals at Rogers St:

At our 1515 S Rogers St location, we serve a warm, sit-down meal to anyone in need, from 4-6pm, M-Sat, no questions asked. We serve cafeteria style on melamine lunch trays with real flatware and tumblers for drinks. Folks can have seconds if they want. Cold, reheatable carryouts are available if folks need additional food for later or for someone else at home.

Carryout meals at Express:

At our 1100 W 11th St location, we serve both warm and cold, reheatable meals in carryout containers, from 4-6pm, M-Sat. Each patron can receive both one warm and one cold meal, along with a beverage.

Food Truck:

Our food truck operates M-Sat at varying locations providing warm carryout meals to anyone in need. Through this manner we try to reach folks who have a more difficult time accessing our other locations. We serve these neighborhoods on these days and times:

Mondays & Fridays

Heatherwood Estates 4-4:45pm

Woodland Springs Apartments 5-5:45pm

Tuesdays, Thursdays & Saturdays

Edgewood Village Apartments (parking lot) 4-4:30pm

Richland Senior Apartments (in front of the maintenance building) 4:40-5:10pm

Ellettsville branch of Monroe County Public Library (front parking lot) 5:15-5:45pm

Governor's Park Apartments 6-6:30pm

Wednesdays

Heatherwood Estates 4-4:45pm

Limestone Crossing 5-5:45pm

Feed Our Future:

Through this program we provide after-school sack suppers or snacks to children and youth in programs like the Boys & Girls Clubs, Girls Inc and The Rise childcare program. We provide an average of over 300 of these each day.

Backpack Buddies:

We work with school social workers to provide bags of weekend food supplies to children to take home to their families for the weekend during the school year. This program also operates in conjunction with our Summer Food Service Program during the months that school is out. We are currently serving nearly 400 children and families with this program.

Summer Food Service Program:

Through this program we provide sack lunches to children in ten low-income neighborhoods, M-F, throughout the summer. We provided nearly 19,000 of those lunches in summer 2022.

Nutrition Links:

We partner with IU Health's Positive Link program to provide two reheatable meals, home delivered, free of charge each M-F to HIV+ clients who need additional support to access the healthy food they need to manage their health.

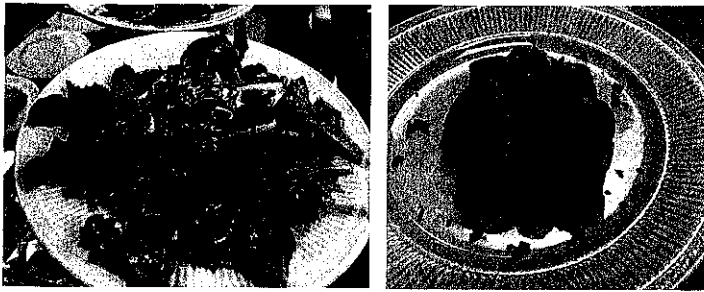
Senior Links:

We partner with Area 10 Agency on Aging to provide one reheatable meal, home delivered, free of charge each M-F to homebound seniors who need additional nutrition support to remain in their homes.

Head Start:

For several years now we have vended lunches for all of the Head Start sites in Monroe County. This allows SCCAP/Head Start to outsource their lunch program at a lower cost and allows us to reach low-income children with healthy food and shape the way they eat in the future.

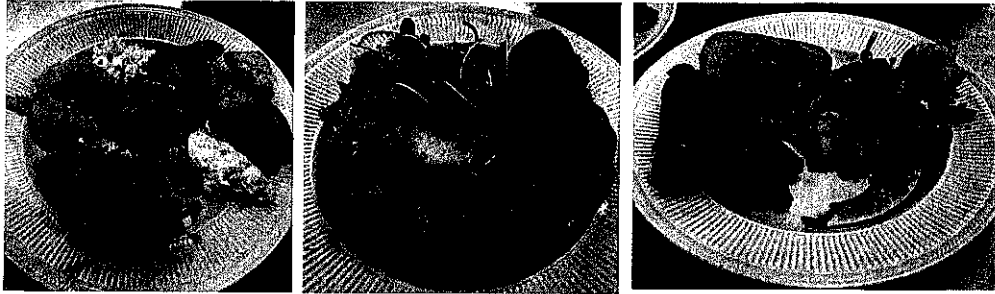
Through these programs in 2022, we provided 298,151 meals and snacks!



Brunch dates

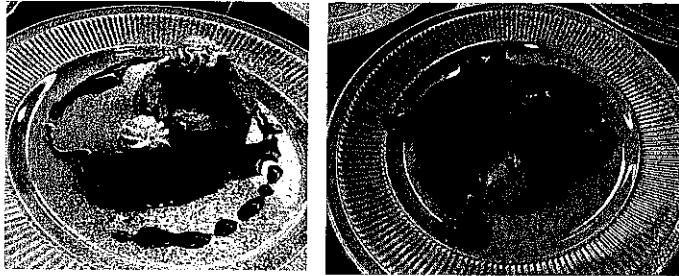
We had a fabulous time at brunch in February! If you missed it, you really missed amazing food and cocktails. Resolve now, to catch the others. Here are the upcoming brunch dates for the rest of the year:

Sunday, May 21st
 Sunday, August 20th
 Sunday, November 5th



Watch Facebook, Instagram and our website for information about menus and reservations as we get closer. For each event, we partner with Cardinal Spirits to provide cocktails for each course. The 11am seating cost is \$55, while the 1pm seating is \$65. That price is all-inclusive and all proceeds fund Community Kitchen's hunger relief efforts.

Sponsors for remaining brunches include:
Shine Insurance, Community Cars, IU Credit Union
 and *JC Bank.*



*****AUTO**5-DIGIT 47401 1 6
 St. Thomas Evangelical Lutheran Church
 3800 E 3rd St
 Bloomington IN 47401-5510

Kitchen Wish List
 Diced tomatoes
 Canned fruit
 Canned vegetables
 Cooking oil
 Salad dressing
 Rice

Member Agency



Bloomington, IN 47402-3286

PO Box 3286



Non-profit org.
 US postage
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