

Food for Thought

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

June 2023

BOARD OF DIRECTORS

Dhakhir Abdullah
Chantel Adcock
Brandy Aird
Andrea Armstrong
Jim Becker
Harrison Damm
Kyla Cox Deckard
Laurie Eynon
Elizabeth Gentry
Valeri Houghton-Motley
Trevor Lengacher
Angela Martin
Annie Miller
Carol Scholl
Hope Snodgrass
Jeff Watson

STAFF MEMBERS

Nick Angelos
Ezra Awdey
Dan Borders
Ethan Chambers
Tim Clougher
Jason Cook
Heather Craig
Heather Dugan
Amy Dyken
Eric Evans
Kimberly Goy
Mack Kemp
Ashley Mann
Sarah McCue
Annie Mulcahy
Vicki Pierce
Amanda Self
June Taylor
Tom Triplett
Grant Ward
Denise Wilson

COMMUNITY PARTNERS

Area 10 Agency on Aging
Bloomington Township
Boys & Girls Clubs of Blmgtm
Friend's Place
Hoosier Hills Food Bank
IU Health - Positive Link
LifeDesigns
MCCSC
Perry Township
RBBCSC
Sevita
Stone Belt
The Rise
United Way of Monroe County



PO Box 3286
1515 S Rogers Street
Bloomington, IN 47402-3286

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

We've gone solar!

At Community Kitchen, we are excited to announce that we have installed an array of solar panels on our 1515 S Rogers St main facility. The installation consists of 102 JINKO JKM410M-HL-V 410 watt solar panels, a generating capacity of 41.81 KW. The panels are expected to generate about 45% of our needed electricity, and save us approximately \$440/month off our electric bill. That savings is the equivalent of 137 meals each month.

The panels are now up and running and generating power each day. We are grateful that this project was fully funded outside of our operating expenses. We received a \$25,000 Solar, Energy Efficiency & Lighting grant from the City of Bloomington, a \$50,000 grant from an anonymous foundation, and two \$20,000 donations from anonymous donors for this project. In addition, we will receive a direct pay tax credit that will cover the final part of the cost so that it is completely funded.

We are grateful for the opportunity to reduce our carbon footprint and save on our energy costs at the same time, freeing up additional funds for programming. We are even more grateful to have been able to take this big step without the use of program funding.



Later this year we will begin the work of rebuilding our Express location into a facility that is more user friendly, with a better use of the site we are on. Watch our social media and this newsletter for updates as we move forward later in the year.

Monroe County Fair 7/3-7/9

The Monroe County Fair will be held July 3rd - 9th at the Monroe County Fairgrounds, 5700 W Airport Rd. Some notable highlights of the fair:

Monday - Friday @6pm - Pedal Tractor Pulls, daily
Monday, 3rd @ 5pm - Baby Contest
Wednesday, 5th @noon-3pm - Touch a Truck
Thursday, 6th @7pm - 3 Bar J Rodeo
Friday, 7th @7pm - ATV/Motorcycle Races
Saturday, July 8th @9am - 4H Livestock auction
Saturday, July 8th @7pm - Demolition Derby



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:

Baxter
Amazon Smile
Baxter International Foundation Matching Gift Prog
Benevity Community Impact Fund
Bethel Lane Community Church
Bloomingfoods
Bloomington Board of Realtors
BHS South Nat'l Honor Society
Bloomington Township Trustee
Butcher's Block
C-21 Scheetz
Catalent
Church of Jesus Christ of Latter Day Saints
Congregation Beth Shalom
Cook Inc.
Crane
Cross Roads United Methodist Church
Crumb Cookies
Crumble Coffee & Bakery
Danaher
Emergency Food & Shelter Program

Farm to Family Fund
First United Church
Gables Bagels
Gaden KhachoeShing Monastery
Hand in Hand a Stone Belt Project
Hilger Enterprises - Orkin Pest Control
Indiana Department of Education
Indiana Green Burial
Inspire Brands Foundation Inc
IVY Tech Student Government
Kirkwood Gardens
Korean Presbyterian Church
Kroger Community Rewards
Little Union Baptist Church
MCCSC Community Transitions
Network for Good
Paypal Giving Fund
Perry Township Trustee
Piazza Produce
Prince Sandblasting
PTS Corp

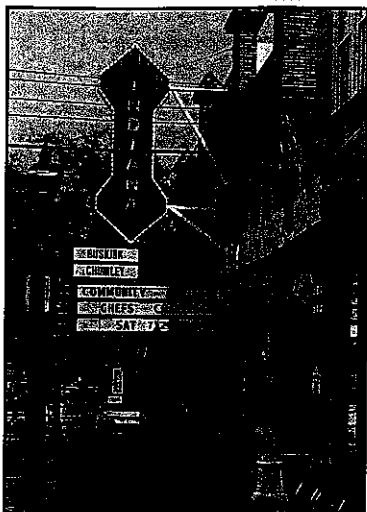
Rainbow Bakery
RBB Family Store Inc.
Rose Hill Farm Stop
Sevita
South Central Community Action Program
South Central Indiana Mortgage Bankers Association (SCIMBA)
St. Mark's United Methodist Church
St. Thomas Evangelical Lutheran Church
Stone Belt
Tri Parish
Trinity Episcopal Church
Unitarian Universalist Church
United Way of Bartholomew Co.
United Way of Monroe County
Unity of Bloomington
Wilderlove Farm
Worthington Christian Church

Summer Volunteering

Summer is here and we are still in need of volunteers.

- 7:30AM-9:30AM Mon-Fri** (through 8/1) – Making sack lunches to be delivered to children in low-income neighborhoods
- 9:45AM-1:30PM Mon-Fri** (through 8/1) – Riding along w/staff to deliver sack lunches to children in low-income neighborhoods
- 11:30AM-1:30PM Mon-Sat** (year round) – Meal prep tasks
- 3:30PM-6:30PM Mon-Sat** (year round) – Meal prep tasks for next day and working on the serving line, dishing up meals to serve patrons, end of the evening clean-up
- 3:15PM-7:00PM Mon-Sat** (year round) – Meal serving on the food truck – riding along with a staff member to hand out meals in the Bloomington & Ellettsville areas

Children 10-13 can volunteer with an adult; 14 and older can volunteer by themselves.
To schedule a shift, contact June Taylor at 812-332-0999 or june@monroecommunitykitchen.com.



15th Chefs' Challenge Saturday, July 29th 7pm Buskirk-Chumley Theater

Chef Eric Bueno of Feast Market & Cellar, will defend his title against two local competitors.

Tickets available at BCT Box Office: <https://buskirkchumley.org/events/>



Summer lunches (Mon-Fri) through August 1st

Community Kitchen will be distributing free lunches to children at the following locations and times:



Route 1

Dorothy Apartments- 10:30-10:45am (near office)
Southcrest Estates- 10:55-11:10am (near mailboxes)
Henderson Court Apartments- 11:20-11:35am (playground area)
Walnut Woods- 11:40-11:55am (across from playground)
Trailview- 12:10-12:25pm (near circle)
The Reserve- 12:35-12:50pm (picnic shelter)
Arlington Valley- 12:55-1:10pm (behind office)

Route 2 (Food Truck)

Crestmont (Illinois Ct)- 10:30-11:00am (playground area)
Highland Park Elementary- 11:15-11:45am (playground area)
Limestone Crossing- 12:00-12:30pm (playground area)
Country View Apartments- 12:45-1:15pm (playground area)



Lunches will include things like fresh fruit, vegetables, sandwiches, milk, juice and snacks!
Backpack Buddies bags will be provided on Fridays, along with the lunches.

Backpack Buddies Food List

- Canned or pouch tuna or chicken
- Peanut butter
- Meal helpers (like Hamburger/Chicken/Tuna helpers)
- Fruit cups – applesauce, mixed fruit, pears, peaches, etc.
- Instant Oatmeal – individual portions
- Macaroni & Cheese
- Small boxes of 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.
- Healthy snack crackers
- Small pop top cans or pouches of vegetables



Kroger

Community Rewards

Do you shop at Kroger? Carry one of those Kroger Plus cards? You can help support Community Kitchen when you shop by registering your Plus card on the website and 2% of your 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. We receive around \$1,000 each quarter of the year! If you haven't, please do so today:

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



Brunch dates

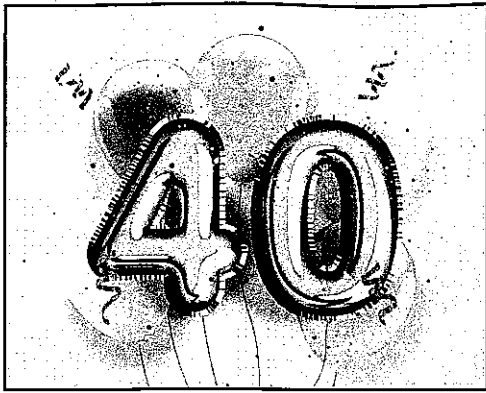
We so enjoy our quarterly brunch events and they're great for raising funds for our hunger relief efforts! Each one has different amazing food and cocktails. So that you can plan ahead and not miss one, here are the remaining brunch dates for the year. Brunch dates for the rest of 2023:

Sunday, August 20th
Sunday, November 5th

Social Media



Facebook: @monroe.community.kitchen
Instagram: @monroecommunitykitchen



Community Kitchen is 40 years old this year!

Help us celebrate our 40th anniversary by contributing a little extra during this important year. We all know that inflation has caused an increase in food and fuel, two things we use a lot of here at the Kitchen. When we combine those increases with a 19% increase in the number of meals served (see right) that creates more of a financial demand. If just 500 of our loyal supporters contribute an extra \$40 this summer, that will boost us by \$20,000. Please consider celebrating the 40 years and over 5.5 million meals served, by sending us \$40 to provide funding for another 12 meals. You can use the enclosed envelope to mail a check or donate online at monroecommunitykitchen.com/

Jan - May 2023

Meal Counts

Rogers Street	16,132
Express	19,643
Food Truck	6,652
Feed Our Future	25,499
Head Start	22,032
Nutrition Links	1,783
Backpack Buddies	36,510
A Friend's Place	5,800
Senior Links	918
Hotels for Homeless	155

Total 135,124

(19% over 2022)



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

Kitchen Wish List
Salad dressings
Canned vegetables
Extra garden produce
Powdered coffee creamer
Canned tomato products

Member Agency



Bloomington, IN 47402-3286

PO Box 3286



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