



Cincinnati's Oldest Soup Kitchen

Over-The-Rhine Kitchen
Walnut Hills Kitchen
Walnut Hills Pantry

Nourishing the Body, Mind, and Spirit



Kitchen Bites and Pantry Delites Jun 2010

Celebrating Volunteer Month!

Springtime is such a blessing, as is the celebration of Volunteer Month in March and, for some organizations, in April. We enjoyed hosting and gratefully receiving the donations of those organizations in which "care for people" is a company value. **We call on the companies and volunteer groups that support us during the year to establish March or April, annually, as a special month to spend a day with us, underwrite a special project, or run food/donation drive on our behalf.** As most readers know, the Over-The-Rhine and Walnut Hills Kitchens and Pantry are supported almost entirely by private gifts. We are always interested in new and creative ways to partner with organizations that will forward both of our missions. Volunteering allows great employees to show off their company and their good citizenship too! **Please call us today!**

Did You Know?

- ? At least 2 strong volunteers are needed to drive our van and pick up weekly donations. Many donations are also picked up and delivered to our Kitchens by individuals using their own vehicles.
- ? To prepare and serve the 260 weekend meals each year, groups from faith communities, families, and friends volunteer for several dates each year. This year 39 groups will serve on Saturday, Sunday, or Monday.
- ? At least 5 volunteers support our administrative needs throughout the month.
- ? At least 3 volunteers are needed to prepare pantry bags for distribution.
- ? We need YOU!



Surprise!

Pantry Bags get Special Items from Special Donors

Our pantry bags always contain the basics of fruit, vegetables, protein, and starch. The specific items change each month....and sometimes our donors allow us to tuck in lovely surprises!

Last month, for example, pantry bags included two cans of fruit, two cans of vegetables, chicken, pasta and pasta sauce, cereal, macaroni and cheese, a gallon of milk, beef stew, soup, and a dozen eggs.

During the past three months, our donors provided occasions for special items in a week's pantry bags that our guests consider a luxury:

- ✂ Trout fillets from the Freestore Foodbank.
- ✂ A roll of paper towels from Action Ministries.
- ✂ A freshly baked loaf of bread from the sophomore class of Ursuline Academy.
- ✂ Potato chips from Presto Foods.

In the last 12 months the WH Pantry has supplied groceries to nearly 12,000 individuals and families.

OTR Performance Rated Excellent

- ✓ The **Better Business Bureau** has recognized the Kitchens and Pantry as a BBB-accredited charity for the second consecutive year.
- ✓ Our **2009 Annual Report** is available at http://overtherhinekitchen.org/contact_reports.html or in hard copy, upon request. The Annual Report thanks donors and reviews our operations for the year.
- ✓ Our performance over the past three years was rated **Excellent / 4 Stars** using well-respected charity watchdog criteria. For a copy of the report, contact Melody at aposevice2@juno.com or 513-961-1983, ext.2.



THANKS to our long-time volunteer and driver, **Greg Frank**. Greg installed a new faucet at the OTR Kitchen, fixed the springs on a refrigerator, and mended our porch screen. Greg installed a safety cover on the fire alarm at the WH Kitchen. The kids in the neighborhood always like to show us how the alarm works.
☺ **Thank you, Greg, for saving us many repair costs!**

Easy, Secure Ways to Support the Kitchens & Pantry:

- ✓ Mail a check to P.O. Box 6045, Cincinnati, OH 45206
- ✓ Secure donation thru www.overtherhinekitchen.org [click on Make A Donation]
- ✓ Call 513-961-1983, ext 2, for gifts of food, supplies, or equipment





Bags of Thanks



- ♥ Our guests flew into the kitchen to enjoy a delicious breakfast of scrambled eggs, bacon, biscuits with butter and jelly, oranges, bananas, and orange juice served by the **Women in Neighborhoods Growing Spiritually**. Thank you, WINGS!
- ♥ Again this year, **Macy's Corporate Headquarters** chose the OTR and WH Kitchens to be the recipients of 976 PB&J sandwiches donated as part of their March *Bag Hunger* campaign. You're a big star for us!
- ♥ **Macy's Credit and Customer Services team in Mason, OH** also campaigned to *Bag Hunger* by sponsoring two meals at the Walnut Hills Kitchen. The overall *Bag Hunger* campaign donated 39 million meals across the USA.
- ♥ **Gordon Food Services** provided a festive meal at the Walnut Hills Kitchen, served by their Cincinnati regional manager, two general managers, nine customer service specialists, and their administrative assistant. They also included a new item for our "soup kitchen": a soup bar with vegetable soup and broccoli cheese soup! Separately, GFS also donated two cases of soup and three cases of pies, plus cups, napkins, aprons, dish towels, plates, and utensils. GFS also stands for Generous Food Services!
- ♥ **Ohmart Vega in Oakley** chose the WH Kitchen to prepare and serve a meal as an innovative approach to team building. This is their second team building experience with us. Ohmart Vega is on our radar screen as a caring corporate team!
- ♥ The month of April was a happy one "due to" the employees at the **Ohio Department of Taxation**. As part of their *Operation Feed* program, they sent donations to us all month!
- ♥ **Zwanenberg Food Group**, makers of canned hams and meats, donated 11,232 cans of meats to the Kitchens and Pantry. Much of their donated product was not individually labeled so we have been cooking with the delicious meats and expanding our recipe repertoire – to our guests' delight!
- ♥ **Curves in Hyde Park** selected the Kitchens and Pantry as one of the recipients of their annual food drive, sending us over 300 pounds of food. We are healthier thanks to you, Curves!
- ♥ An immediate thank you to **Presto Foods in Monroe, OH**, sending us several cases of cheese, meats, and pasta sauces, along with thirteen cases of potato chips.
- ♥ **Marketing Research Services, Inc. [MRSI]** helps companies understand consumers and, for us, they understood our need for breakfast cereal. Our guests enjoyed your gift, MRSI!
- ♥ Thank you to the **U.S. Census Bureau** for visiting both kitchens and helping guests complete their 2010 census forms.



Thank You Weekday Volunteers Weekday volunteers are the hands and hearts

that pick up donations, prepare food, cook, serve, and clean up in the Kitchens, as well as stock shelves, pack bags, and distribute groceries at the Pantry. We could not run the Kitchens and Pantry without our wonderful volunteers! We salute each of them for giving of themselves to serve those that have so little.

Valerie Badinghaus	Greg Frank	Germaine Hale	Carol Mackey	Joyce Rohan	Pete Sorrentino
Marley Belair	Kathy Gallagher	Bill Hoffman	Dee Martin	Ann Rooney	Cheryl Stevens
Beth Buder	Dolores Goldfinger	Lauretta Hubbard	Bill McCoy	Rachael Rosen	Diane Sweeny
Arlene Conlon	Skip Greenberg	Cindy Hartzell	Joe McDevitt	Jack Ryan	Zack Tran
Ruth Conway	Joe Grever	Nancy Keating	Joe Miller	Jean Ryan	Donna Webber
Clara Fambro	Patsy Grote	Bill [Mr. Bill] Kenny	David Ness	Donna Salmon	Larry Ziegler
Lana Fasman	Linda Grypp	Brian Lawhorn	Charlie Plummer	Rita Sedziol	Mary Ziegler
Rob Ferguson	Jeanne Gudmens	Pete Looney	Annette Rickling	Harold Shackelford	

Try A Day With Us!

- **Opportunities at both Kitchens Tuesday, Wednesday, &/or Thursday:**
 Preparation 9:00-11:30a.m. and/or
 Serving 12:00-1:00p.m. and/or
 Clean up 1:00-2:00p.m. and/or spend the day with us!
- **Opportunities at Pantry on Tuesday, Wednesday, and/or Thursday:**
 Bag groceries, stock shelves, etc. - 9:00-11:00a.m. or 10:00a.m.-12:00p.m.
 Finish bag preparation, distribute groceries to guests - 1:30-3:30p.m.
- **Pick up donations on Tuesday, Wednesday, and/or Thursday:**
 Requires a valid driver's license. Use our cargo van.
 9:00a.m. – approx. 12:00p.m. (depends on the number of pick ups)



Wish List

- 9" (or larger) plastic or Styrofoam plates
- 8 oz. paper or Styrofoam cups
- Plastic forks
- Paper napkins
- Square-bottom, heavy paper grocery bags (for distributing groceries at the Pantry)
- 1 gallon size or 1 quart size zip top bags
- 60 gallon trash bags
- Clean plastic grocery bags (previously used is OK)

Receive the newsletter by email....Save a stamp!
aposervice2@juno.com or call Melody at 513-961-1983, ext.2.