



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

May 2013

"YOU" are the Reason!

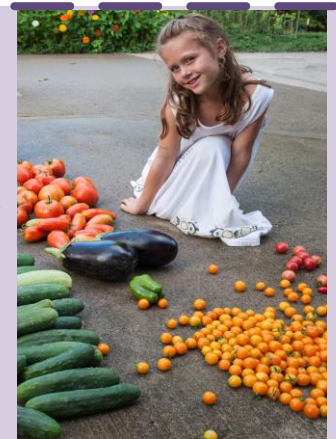
Approximately 100,000 meals served and 2,800 bags of groceries distributed and still counting this year. Whew! The need continues and so have you! Thanks so much for helping us meet our daily goals: preparing and serving meals, bagging groceries, picking up donations, and meeting our financial obligations. There is no end, just a wonderful opportunity for all of us to share our gifts of generosity and kindness. ♥ A family in need for groceries until a job is found. ♥ The grandmother now caring for her grandchildren on a small monthly social security check. ♥ The veteran whose life did not end up the way he thought it would. ♥ A mother who is trying to make something out of her life with her children and she just needs a little help.

Your continued contributions of time, talent, and funding allow us to keep the lights on and the food hot and nutritious. Please remember us with a donation today. We couldn't fulfill our mission without each of YOU.

Plant An Extra Row

Spring is here! Bella Land is showing off some of the vegetables she and Grandpa Rob McCargar shared with us last summer. If you have a big backyard garden or just a container of tomato plants, please plant "an extra row" for those in poverty and share your bounty with the Kitchens and Pantry. Our guests — and their children — often have limited access to healthy, fresh vegetables and fruits.

- ❖ Grow a larger home garden and donate your excess to the Kitchens and Pantry.
- ❖ Involve your children, grandchildren, or students in the magic of growing a garden.
- ❖ Help a child donate fresh produce to the poor. We would love to welcome and thank them!
- ❖ All types of vegetables and fruits are gladly accepted!



Springer School Welcomes Pantry



The students of Springer Elementary School enjoyed a hands-on discussion with Administrative Assistant and Pantry Manager, Ann Kuhlman. The children reflected on the food needs of poor people and Ann explained our pantry operation and lunch program. The children helped pack a pantry bag and asked many excellent questions.

Separately, Springer kindergarteners held a can drive, donating five cases of canned foods for use in pantry bags.

We enjoy connecting with youngsters and are grateful that the children are being taught to give back to their community. Thank you, Springer School!

Secret Santa Supporters:

Tom & Ruthie McCormack



Chef Duane of the WH Kitchen is caroling praises for one of his most generous volunteer teams, Tom and Ruth McCormack. Tom and Ruth see items missing from a well-equipped commercial kitchen and quickly appear with the item in hand. The McCormacks have donated steam table pans and lids, an upright freezer, two microwaves, a meat slicer, a heavy duty stand mixer, a small cart to move food pans between the kitchen and dining room, a coffee maker with coffee cart, and a ceiling fan for the WH Kitchen. Tom also engaged Don Landers Electric of Covington, KY to install the fan. Tom volunteers every Tuesday and Thursday. From Executive Director Pat Wakim, "The McCormacks have been a true blessing to the WH Kitchen. We thank God for this wonderful couple!"



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



- ♥ We welcome two new food donors: **Starbucks** and **Chipotle Mexican Grill**. We salute you for living your company values and giving back to your community!
- ♥ A sweet and savory thank you to **Rita Nzinga** for providing packets of salt, pepper, and sugar for our lunch guests to enjoy extra seasoning with their meal or have sugar in their coffee — a lovely luxury!
- ♥ **Pizza Hut in Harrison** generously donated over 100 pizzas, plus bread sticks. Gratzie! We happily distributed these special extras with the Pantry bags.
- ♥ Thank you in advance to the new groups who have joined our Weekend Warriors: **Caldwell-Mason-Schultz Team, Sally and Paul Derrick Family and Friends, Lakeview United Church of Christ**, and the **Board of Directors of the OTR Kitchen**. Board members believe that hands-on participation will strengthen their governance/leadership roles.
- ♥ We appreciate the students and staff of **Mercy Montessori School** who donated three cases of canned goods which were used in preparing meals and giving out in pantry bags. We hope the youth of our city will continue to give back throughout their lives.
- ♥ Ahem! Many thanks to **Eurochoc Americas** for providing 5,700 throat drops which were tucked into pantry bags.
- ♥ With fresh avocados from **Pipkin's Market**, we were able to whip up some guacamole. For most guests this was the first time they had tasted it, but our chef was encouraged to make it again. Thanks, Pipkin's, for expanding our horizons!
- ♥ Beyond our regular food donors, additional sweet thanks go to **Bonnie Lynn Bakery** for donating breads, cookies and donuts. We used these items at lunchtime meals and included them in the Pantry bags. Our guests always appreciate bread and a dessert with their meals!
- ♥ Thank you to **Cincinnati Children's Medical Center** for a generous donation of fruits, puddings and water, as well as breads, soups and salad dressing packets. This will be a huge help to us in feeding our many guests.
- ♥ We send grateful thanks to **St. Anthony of Padua Parish** for their donation of food for our lunchtime guests.
- ♥ Among our many valued food and supplies donors, the **Kroger store in Over-The-Rhine** is a beacon of light in our local neighborhood and has donated substantial amounts of nutritious food for our guests: rotisserie and fried chicken, ground beef, pork chops, plus fresh milk and a variety of sweet and savory baked goods.

Our Food and Supplies Donors

Please click on the links, below, and patronize these businesses that support our mission for serving the hungry! These organizations consistently and caringly donate supplies or food throughout the year. We could never afford to pay for all the donations we receive. Tell them you saw their name here!

Action Ministries

[The BonBonerie Fine Pastries](#)

[Byrnes Printing Works, Inc.](#)

[Cincinnati Catering](#)

[Duro Bag](#)

[Ferrari's Little Italy and Bakery](#)

[Firestone Tire & Service, Norwood](#)

[Frisch's Commissary](#)

[GFS Marketplace, Mason](#)

[GFS Marketplace, Kenwood](#)

[Giminetti Baking Company](#)

[Harrison Home Bakery](#)

[JTM Food Group](#)

[The Kroger Company](#)

[Libby's Gourmet Desserts](#)

[Mary Jane Brownie Company](#)

[Matthew 25 Ministries](#)

[Presto Foods](#)

[Richie's Restaurant](#)

[Servatii Pastry Shop and Deli](#)

[Trader Joe's, Kenwood](#)

[Zwanenberg Food Group](#)

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 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 dinner plates
- 8 oz. paper or Styrofoam cups
- 60 gallon trash bags
- Square-bottom, heavy paper grocery bags
(for distributing groceries at the Pantry)
- 6" paper, plastic, or Styrofoam dessert plates
- Quart size zipper bags
- 8 oz Styrofoam Cups



GO GREEN: Save a tree and a stamp!

Receive our newsletter by email!

aposervice02@gmail.com or call 513-961-1983, ext.2.

2012 Annual Report will be available by email and on our website shortly. Contact us and we will mail a hard copy by request.