

rainbowkitchen

COMMUNITY SERVICES

NEWSLETTER



WINTER 2016-17

Dear Friends,

As 2016 draws to a close, I want to take this opportunity to thank you again for your generous support of Rainbow Kitchen's efforts this year. Whether you made a monetary donation, held a food drive, donated winter outerwear, collected toiletries or other non-food essentials, donated goods or services, participated in the Walk And Ride Against Hunger, or gave of your time, energy and talents as a volunteer (maybe you did all of the above!) I want you to know that your contribution made a real difference in our efforts to improve the well-being and quality of life of our neighbors in need.

We are fortunate to have a truly dedicated and caring staff here at Rainbow Kitchen, as well as wonderful volunteers, and loyal friends like you who contribute to our efforts in so many ways. Thank you for your support, which makes our success possible during this holiday season and throughout the year. On behalf of everyone at Rainbow Kitchen Community Services, I wish you a joyous holiday season, and peace and happiness in the New Year!

Donna Little, Executive Director

Staff: Renee Conte, Jared Evanoski, Marlene (Pumpkin) Murphy, Barb Peterman, Lori Roadway, Bob Willkomm

Board of Directors: Geoff Andrison, President; Tony Thompson, Vice President; Lonnie Johnson, Secretary; Lisa Bush, Treasurer; Brian Kelly, Carl Maskiewicz, Navin Parmar, Jay Srini, Nick Willocks

Our Mission: Rainbow Kitchen Community Services is committed to improving the quality of life for low-income families and individuals through programs that address hunger, child nutrition and supportive services.



Chocolate chip cookies, a treat for the holidays!



Picking up a Thanksgiving turkey at the Rainbow Kitchen Food Pantry

Holiday Activities

The Neighborhood Academy Basketball Team prepared and served their traditional feast for 75 guests on Thanksgiving Day. Our Christmas Day meal will be prepared and served by volunteers from the Jewish Federation of Greater Pittsburgh, who are participating in Mitzvah Day 2016.

Some other ways in which our staff, volunteers and donors helped brighten this holiday season for our neighbors in need:

- ❖ 884 adults & children have received new and gently-used winter coats and clothing to date, with one coat distribution date remaining
- ❖ 250 families received turkeys plus everything they needed for their Thanksgiving meal (more than 7500 pounds of holiday food) thanks to the Allegheny County Sheriff's Office, N. Versailles Walmart & Greater Pgh. Community Food Bank
- ❖ 85 families received turkeys and holiday meal baskets (2500 lbs. total) donated by Churchill Wilkins Rotary & CCAC Boyce Student Physical Therapist Assistant Club and Carnegie Mellon University Student Life
- ❖ 203 households benefited from the KDKA Turkey Fund
- ❖ 237 children from our Food Pantry families and Kids Café will receive holiday gifts, thanks to our friends at M*Modal, St. Therese Church and Leech Tishman
- ❖ 40 seniors who participate in our Munhall Retirement Apartments food pantry site received holiday gift bags from various private donors
- ❖ 9 families were adopted through Rainbow Kitchen's Adopt-a-Family holiday gift program
- ❖ All of our Thanksgiving and Christmas Day meal guests receive holiday gift bags
- ❖ All of our program participants benefited from the generosity of everyone who donated to food, toiletry, coat & toy drives for Rainbow Kitchen

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Programs, Services & Activities

Rainbow Kitchen distributed over 335,000 pounds of supplemental groceries to families in need through our **Food Pantry** program, serving an average of 467 households a month. We provided 19,750 nutritious **Kids Café** dinner meals to hungry low-income children, and served an additional 20,515 substantial daily meals through our **Breakfast** program. Our **Case Management and supportive services** program provided help with immediate needs, short-term and extended case management, serving an average of 184 households a month. We provided more than 46,500 pounds of fresh fruits and vegetables through our Anti-Hunger Programs.

We were pleased to add a new Kids Café program site this year, working in partnership with the Best of the Batch Foundation to provide daily dinner meals to youth participating in their afterschool program. Kids Café currently provides 80 nutritious dinner meals a day to hungry low-income children.

Other outcomes of our programs and supportive services this year include:

- 240 children received back-to-school backpacks filled with school supplies
- 145 seniors received Commodity Supplemental Food Program extra monthly food assistance
- 78 pantry participants received sturdy carts to transport their food home through the generosity of The Pittsburgh Foundation Wish Book donors
- 68 veterans were provided with supportive services, information, and assistance in applying for veterans benefits
- 50 individuals received added Medicare benefits and help with medical and prescription needs
- 42 households received Volunteer Income Tax Assistance (VITA) services, resulting in \$35,955 in IRS refunds and \$5,700 in PA Rent/ Property Tax refunds to seniors and disabled individuals
- 38 children learned about cooking, nutrition and cuisines from around the world
- 35 families were assisted in applying for SNAP (food stamp) benefits
- 34 individuals received free flu shots



The Boss - twice as nice to Rainbow Kitchen in 2016!

Rainbow Kitchen



Learning about cooking and nutrition at Adagio Health's Cooking with Kids Mini Summer Camp, at Mon View Heights Kids Café

Rainbow Kitchen worked in collaboration with a wide variety of other organizations & initiatives throughout the year to offer outreach, resources, and education to our program participants. Some of these include:

- 412 Food Rescue, to redirect fresh food, which would otherwise go to waste, to people in need
- Adagio Health participates in all of our programs to provide information & resources for healthy eating and good nutrition on a limited income
- American Red Cross, to build knowledge and preparedness for emergency/disaster situations, and provide basic emergency kits
- Mon Valley Initiative, to provide outreach and referrals for individuals seeking employment assistance through the MVI Workforce & Business Development Program. We were proud to be awarded the Mon Valley Initiative Community Partner Award this year!
- Operation Safety Net provided outreach to our Breakfast program participants
- Unified Insurance Management assists low-income Medicaid and Medicare recipients in obtaining supplemental health insurance at no added cost
- Healthcare for Homeless Veterans provides outreach services at Rainbow Kitchen twice a month, offering supportive services for veterans such as: screening for benefit eligibility, assistance with obtaining housing, healthcare benefits, DD214 & other required paperwork

Thanks, Bruce ~ and thanks again!

As every Bruce Springsteen fan in Pittsburgh knows, Bruce has been a loyal friend to Rainbow Kitchen for over 3 decades, and encourages his fans to support our efforts as well. Bruce kicked off The River Tour in Pittsburgh in January, and returned to the 'Burgh in September to wrap up the tour. We were thrilled to be invited to collect donations at both concerts, and even more thrilled when we raised record totals of \$19,578 and \$22,178! Many thanks to Bruce Springsteen for his ongoing support of Rainbow Kitchen, the volunteers who helped out both nights, and as always, to Bruce's amazingly generous fans!

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A Tough Year for Equipment

2016 turned out to be an expensive year for equipment at Rainbow Kitchen. We have been in our current location for almost 20 years, and some of our equipment dates at least that far back. This year we had to replace several pieces of equipment that are essential to our food assistance programs, including our walk-in cooler, grease trap, commercial slicer and walk-in freezer compressor. We also had costly repair bills for our steam table, reach-in cooler, walk-in freezers, plumbing and heating.

Foundation Support

We are grateful for the generous support of:

- ❖ Anonymous (3)
- ❖ Allegheny County Bar Foundation/Attorneys Against Hunger Campaign
- ❖ Anne L. and George H. Clapp Charitable & Educational Trust
- ❖ Campbell Educational & Community Foundation
- ❖ Giving2Grow Giving Circle
- ❖ Kennywood Entertainment Cares
- ❖ Massey Charitable Trust
- ❖ McKeesport Hospital Foundation
- ❖ The Opportunity Fund
- ❖ The Park Foundation
- ❖ Hyman and Lillyann G. Parker Foundation
- ❖ The Pittsburgh Foundation -
Tom Anton Gift From Heaven Memorial Fund, John and Betsy Baun Fund, Hyman L. and Sarah Berkman Memorial Fund/Berkman Social Catalyst Award, Divers Family Foundation Fund, Lucile S. Goldberg Fund, Krahnke Family Fund, John R. & Margaret S. McCartan Charitable Fund, Merrill Lynch Children's Giving Circle, Moraca Family Fund, Chris and Susan Pappas Family Fund, Pittsburgh Gives Day of Giving, Anne Pride Memorial Fund
- ❖ PNC Charitable Trust/Mendel & Sylvia Solomon Charitable Trust
- ❖ PNC Foundation
- ❖ Schwab Charitable Fund
- ❖ Snee-Reinhardt Charitable Foundation
- ❖ Walmart Foundation
- ❖ Hilda Willis Foundation

How You Can Help

Your tax-deductible contribution enables Rainbow Kitchen to continue to provide food and other vital assistance to our neighbors in need:

- ❖ Mail your contribution in the enclosed envelope
- ❖ Donate online at www.rainbowkitchen.org/donate
- ❖ Check with your employer: many employers offer a matching program for charitable donations
- ❖ Volunteer, hold a food drive, or collect non-food essentials (toiletries, household cleaning & paper products, infant & adult diapers, etc.)
- ❖ Join us for the 2017 Walk And Ride Against Hunger

Rainbow Kitchen

Walk And Ride Against Hunger

Mark your calendar now for the 13th annual Walk And Ride Against Hunger on **Saturday, June 10th**. (Please note: due to a scheduling conflict, the event will be held on the 2nd Saturday in June.) The W.A.R. Against Hunger is a walk and bicycle-ride along the Great Allegheny Passage, starting at the Waterfront in Homestead. It is Rainbow Kitchen's major annual fundraising event, and a significant source of funding for our programs and services. Details and registration will be available soon at www.rainbowkitchen.org.

Many thanks to our 2016 Walk And Ride Against Hunger sponsors:

Title Sponsor: UPMC Health Plan

Platinum: Comcast

Gold: Employees of M*Modal

Silver: Epic Systems Corp., FedEx Ground, Rainbow Kitchen Board of Directors, WHEMCO Inc.

Bronze: 90.5 WESA & 91.3fm WYEP, PA American Water, Pittsburgh Steelers, TJS Financial Services

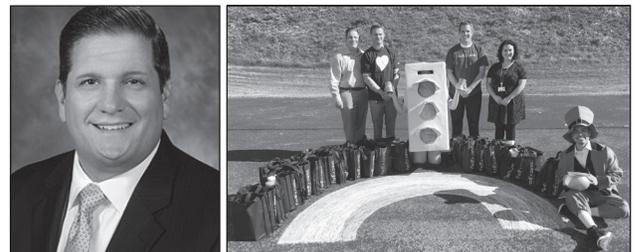
T-Shirt: Dollar Bank, Hire Quest Resources

Rest Station: Advanticom Inc., Decision Resources Inc., Erie Forge & Steel, Meyer Unkovic & Scott, Sarris Candies Inc.

Mile Marker: ASKO Inc., Best of the Batch Foundation, Churchill Wilkins Rotary, Dick's Sporting Goods, Eat'nPark Hospitality Group, Elite Heating & Air Conditioning, First Commonwealth Bank, Heritage Seubert Financial, Horovitz Rudoy & Roteman, Isaly's, John Bush DMD, JRG Advisors, Kerotest Manufacturing Corp., KU Resources, Merging Media, Penny Durbiano/State Farm, Seubert & Assoc., Steel Valley Rotary, Vigliotti Landscape & Construction

In Loving Memory

The Rainbow Kitchen Family mourns the loss of Jeffrey Sabo, who was a long-standing member of our Board of Directors. Jeff was a strong, courageous man who was devoted to and very proud of his family. He was a caring and loyal friend, and a wonderful advocate for Rainbow Kitchen. We are grateful to have had the opportunity to know Jeff, and to benefit from his kindness, commitment, generosity, intelligence, skills and insights.



Jeffrey Sabo; Jeff and his colleagues at FedEx Ground Strategic Planning Dept. were winners of the FedEx Cares Purple Tote Bag Contest/Most Creative Award, winning a \$5000 grant for Rainbow Kitchen!

Rainbow Kitchen Community Services program participation and program costs:

BREAKFAST PROGRAM - Serves a substantial hot daily meal, Monday through Friday, year-round.

80 Average number of individuals served each day

Cost per individual:

\$ 81.76 per month

\$ 981.16 per year

FOOD PANTRY - Provides low-income families and seniors with supplemental groceries, once a month.

467 Average number of households served each month

Cost per household:

\$ 12.78 per month

\$ 153.31 per year

KIDS CAFÉ - Operates in collaboration with area programs serving at-risk youth to provide a hot, balanced dinner meal to hungry low-income children, Monday - Friday, year-round. Meals are prepared at Rainbow Kitchen and delivered to the program sites.

83 Average number of children served each day

Cost per child:

\$ 73.87 per month

\$ 886.48 per year

CASE MANAGEMENT - Helps families to achieve self-sufficiency; provides short-term/crisis assistance, advocacy, and referrals.

This program is funded in part by a grant provided by the PA Dept. of Community and Economic Development.

184 Average number of requests for short-term, crisis, or extended Case Management assistance each month

Cost per household:

\$ 42.05 (average - cost varies with extent of services required)

YOUR TAX-DEDUCTIBLE CONTRIBUTION OF:

- \$ 25 will provide nutritious supplemental groceries for 2 low-income families through our Food Pantry
- \$ 50 will support the cost of helping a family through a crisis
- \$ 75 will ensure a month of nutritious daily dinner meals for a low-income child at risk of hunger
- \$ 100 will provide more than a month of substantial hot daily meals for a needy low-income individual
- \$ 150 will provide 12 low-income households with a month's supply of supplemental groceries
- \$ 250 will ensure 3 months of nutritious daily Kids Cafe dinner meals for a hungry child
- \$ 500 will sponsor 3 low-income seniors in our Food Pantry program for a full year
- \$ 1000 will sponsor a low-income elderly, disabled, or homeless individual in our Breakfast program for a year

Any amount will help to support our programs and services benefiting low-income families and individuals