

rainbowkitchen

COMMUNITY SERVICES

NEWSLETTER



WINTER 2010-11

Dear Friends,

This has been quite a year for us at Rainbow Kitchen! We are busier than ever, as the poor economy and high unemployment rates continue to wreak havoc on the lives of so many. I have heard the same sentence over and over again this year: "I never thought this would happen to me." It's been spoken by people who have just lost their job or their home, by struggling parents of small children, by seniors who worked all their lives, by people who are doing everything they can just to keep their heads above water. Spoken with shock, disbelief, shame, anger, grief, and tears.

Thanks to our superb staff and volunteers, and your generous support, Rainbow Kitchen has been able to help these people. On behalf of everyone at Rainbow Kitchen, I thank you, and wish you a joyous holiday season, and all the best in the New Year!

Donna Little, Executive Director

Staff

Renee Conte, Jim Harvey, Marlene (Pumpkin) Murphy, Barb Peterman, Lori Roadway, Bob Willkomm

Board of Directors

M. Robert Thomas, President; Jay Srini, Vice President; Carl Maskiewicz, Treasurer; Crissy Regan, Secretary; Subash Alias, Antoinette Cardamone, Sean Fabich, Colin Gallagher, Barbara (Peppy) Lindner, Navin Parmar, Dave Passavant, Tony Thompson



Thanksgiving Day guests at Rainbow Kitchen

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.

Holiday Meals

On Thanksgiving Day, Rev. Tom Johnson and **The Neighborhood Academy** Basketball Team prepared and served a traditional Thanksgiving meal here at Rainbow Kitchen. **Bar Louie at the Waterfront** also prepared a Thanksgiving feast, for our volunteers to deliver to low-income seniors. Special thanks to **Allegra Hearth Bakery** for their generous donation of an abundance of brownies, breads and cookies for Thanksgiving dinner.

Preparations are now underway for our annual Christmas Day meal, which will be served at Rainbow Kitchen from 11 a.m. - 1 p.m. by members of our staff, Board, and volunteers.

We are also looking forward to Saturday, Feb. 12th, when volunteers from the Allegheny County Bar Foundation's **Attorneys Against Hunger Campaign** will prepare and serve a special Valentine's Brunch. Since 1993, the Attorneys Against Hunger Campaign has raised over \$935,000, every dollar of which has gone to fight hunger. Last year, Attorneys Against Hunger raised over \$111,000 for local hunger agencies.

Holiday Activities

Some of the other ways in which Rainbow Kitchen's staff, volunteers, and donors have helped to brighten the holiday season for our neighbors in need:

- ❖ 268 adults and 116 children have received winter coats, hats, scarves and gloves to date, with additional distribution dates scheduled
- ❖ 372 families received KDKA Turkey Fund gift cards
- ❖ 48 families received turkeys or holiday baskets
- ❖ 20 families participated in the annual Max Starks & His Home Team Thanksgiving Celebration
- ❖ 44 families were adopted through Rainbow Kitchen's Adopt-a-Family holiday gift program
- ❖ 40 seniors who participate in our food pantry program were adopted through Adopt-A-Family
- ❖ More than 100 children of our pantry families will receive holiday gifts
- ❖ Our Christmas Day meal guests will receive gifts of collected toiletries and other necessities
- ❖ All of our food pantry participants have benefited from the extraordinary generosity of those who conducted or contributed to holiday food drives for Rainbow Kitchen

Rainbow Kitchen

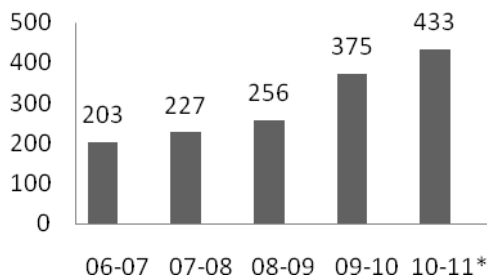
Programs & Activities

Anti-hunger programming has always been a cornerstone of Rainbow Kitchen's mission, and we continue to expand our food assistance efforts as we work to meet the ever-increasing need in our community during this extended economic downturn. We are very fortunate to have a wonderful, dedicated group of staff and volunteers who have worked very hard this year to meet the growing need, significantly increasing both the number of people served and the amount of food provided to each household.

As you can see from the below charts (reflecting statistics for the past four years, and this fiscal year to date*) participation in our **Food Pantry** program has more than doubled over the period, with an increase of nearly 70% in just the past two years. We also continue to have strong participation in our daily hot meal programs, currently serving close to 1,600 meals a month through our **Breakfast** program, and 1,760 meals a month to hungry low-income children through **Kids Cafe**. The amount of food we provide each month has increased three-fold overall; we are serving more people *and* providing more food to participants each month to help ensure that the low-income families, children, elderly, ill and disabled individuals we serve do not go hungry.

In addition to our regular food pantry distributions, this year Rainbow Kitchen worked in collaboration with the Greater Pittsburgh Community Food Bank to serve as one of the distribution sites for four special monthly TANF (Temporary Assistance for Needy Families) distributions. The **TANF distributions**, funded by federal American Recovery and Reinvestment Act stimulus money, provided extra meat, paper and household products, to low-income families with children under age 18. This was a tremendously popular and successful program. Here at Rainbow Kitchen, participation grew from 152 families the first month, to 337 families by the final month, and we distributed an *additional 35,280 pounds* of food and non-food necessities to help low-income families.

* 2010-11 fiscal year to date, July 1 - November 30



Food Pantry # of Households Served Each Month

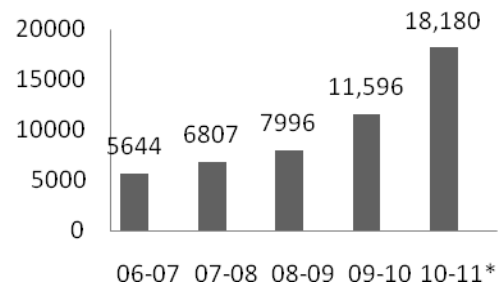
Over the past year, our Case Manager responded to an average of 200 requests a month, providing low-income families and individuals in our community with direct assistance, referrals, assistance in accessing resources, and follow-up for **immediate or crisis needs** in areas that included:

- Housing
- Utilities
- Employment, job training
- Furniture, clothing, household items
- Drug & alcohol issues
- Mental health resources
- Disability/SSI benefits
- Food stamps
- Medical/dental/vision care
- Transportation
- Family support

We expanded our outreach efforts on behalf of the **youth in our community**, offering an open-door for young people in need of community service hours, and working in collaboration with other local organizations to bring summer jobs, mentoring opportunities, and other special programming to low-income youth.

Rainbow Kitchen provided many additional services throughout the year to improve the quality of life for low-income members of our community. We also work in collaboration with other service providers to bring additional opportunities to the people we serve. Some of the outcomes resulting from these **collaborative efforts** in our last fiscal year include:

- > 99 individuals obtained access to WORKLINK, which provides free scheduled van transportation to enable participants to get to jobs, job training, and work-related support services.
- > 97 people registered for the Medical Assistance Transportation Program, which provides free public transportation to medical appointments for individuals who receive medical assistance.
- > 37 families were assisted in applying for SNAP (food stamp) benefits.
- > 9 street homeless individuals obtained housing, mental health services, drug & alcohol services, medical services, and other various needed services.



Pounds of Food Distributed Each Month



*M*Modal Family Volunteer Day*

Foundation Support

We are grateful for the generous support of:

- ❖ Allegheny County Bar Foundation - Attorneys Against Hunger Campaign
- ❖ Citizens Bank Foundation
- ❖ Anne L. & George H. Clapp Charitable and Educational Trust
- ❖ Kennywood Entertainment Cares
- ❖ The Curtis I. Kossman Foundation
- ❖ Massey Charitable Trust
- ❖ Hyman & Lillyann G. Parker Foundation
- ❖ The Pittsburgh Foundation, various funds and PittsburghGives Fund
- ❖ Rock Bottom Foundation
- ❖ Julius L. & Libbie B. Steinsapir Family Foundation
- ❖ United Jewish Federation Foundation
- ❖ The Hilda M. Willis Foundation

We would also like to say a special thank you to **M*Modal** and their wonderful, generous employees. In addition to their ongoing support as a major sponsor of the W.A.R. Against Hunger, our friends at M*Modal have really taken Rainbow Kitchen into their hearts this year, maintaining a steady stream of support as they collected and contributed money, food and non-food necessities, household items, toys, clothing, winter coats and outerwear. They also gave of their time, "running for Rainbow Kitchen" in the Pgh. Great Race, and holding Family Volunteer Day at Rainbow Kitchen.

How You Can Help

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

- * Contribute online at www.rainbowkitchen.org
- * Mail your donation in the enclosed envelope
- * Designate your United Way Contributors Choice donation to Rainbow Kitchen, Code #1636
- * Federal employees, designate your Combined Federal Campaign contribution to Code #15703
- * Hold a fundraising event or food drive to benefit Rainbow Kitchen
- * Join us as a participant, donor or sponsor of the 2011 Walk And Ride Against Hunger

Rainbow Kitchen

Walk And Ride Against Hunger

Many thanks to all who contributed to the success of the 2010 W.A.R. (Walk And Ride) Against Hunger as sponsors, contributors, participants, or volunteers. The W.A.R. Against Hunger, a walk and bicycle-ride along the South Side Trail, is our major annual fundraising event. We are grateful for the support of our sponsors for the 2010 W.A.R. Against Hunger:

Title Sponsor: UPMC Health Plan

Silver Sponsors: Epic Systems Corp., M*Modal, Zoltun Design

Bronze Sponsor: WHEMCO Inc.

T-Shirt Sponsors: First Commonwealth, Philips Responics

Rest Station Sponsors: Heritage Seubert Financial, Isaly's, JRG Advisors, Meyer, Unkovic & Scott/Tony Thompson, O'Toole Printing, PA American Water, Pittsburgh Steelers, SCS Ventures, Student Hunger Action Coalition of Taylor Allderdice High School

Mile Marker Sponsors: Ameritas Financial Services of Western PA, ASKO Inc., Centers for Rehab Services, CoGo's, Dick's Sporting Goods, Erie Forge and Steel, Horovitz, Rudoy & Roteman, Kerotest Manufacturing Corp., Schneider Downs, United Steelworkers, the Westfall Family

Mark your calendar now for the 7th annual W.A.R. Against Hunger on **Saturday, April 30, 2011**. Details and registration information will be available soon at www.rainbowkitchen.org. To learn how you can help support the 2011 W.A.R. Against Hunger, including information on sponsorship opportunities and program book advertising, please call 412-464-1892 or email info@rainbowkitchen.org.

In Memory

The 2010 W.A.R. Against Hunger was dedicated to the memory of Yvonne Zanos, who was a strong supporter of anti-hunger efforts in our region, and always a good friend to Rainbow Kitchen. Yvonne was our MC and honored guest at every Walk And Ride since the first.

We also said good-bye this year to Paul Lodico. As co-coordinator of Homestead's Mon Valley Unemployed Committee, Paul worked tirelessly and passionately to secure the benefits and rights of unemployed workers, and ensure a strong safety net for struggling low-income families and individuals.



Yvonne Zanos

Paul Lodico

Rainbow Kitchen Community Services program participation and program costs, for our most recently completed fiscal year:

BREAKFAST PROGRAM – Provides a free hot morning meal, Monday through Friday, year-round.

Average cost per person:

	\$ 2.16 per day
75 Average number of individuals served each day	\$ 10.80 per week
	\$ 45.36 per month
	\$ 544.32 per year

FOOD PANTRY – Provides low-income participants with at least a 5-day supply of supplemental groceries, once a month.

Average cost per household:

375 Average number of households served each month	\$ 12.95 per month
	\$ 155.43 per year

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

Average cost per child:

	\$ 3.85 per day
80 Average number of children served each day	\$ 19.25 per week
	\$ 80.85 per month
	\$ 970.20 per year

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

Average cost per household:

200 Average number of requests for short-term, crisis, or extensive Case Management assistance each month	\$ 32.08 (average - cost varies with extent of services required)
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YOUR TAX-DEDUCTIBLE CONTRIBUTION OF:

- \$ 20 will provide 2 weeks of substantial hot meals for a low-income elderly, ill, disabled, or homeless individual
- \$ 35 will support the cost of helping a family through a crisis
- \$ 75 will ensure a month of nutritious dinner meals for a low-income child at risk of hunger
- \$ 150 will provide 12 low-income families with at least a 5-day supply of groceries
- \$ 250 will ensure 3 months of nutritious daily dinner meals for a hungry child
- \$ 500 will sponsor an individual in our Breakfast program for a year
- \$1,000 will sponsor a child in Kids Café for a full year

* These programs are funded in part by a grant provided by the PA Dept. of Community and Economic Development.