

rainbowkitchen

COMMUNITY SERVICES

NEWSLETTER



WINTER 2017-18

Dear Friends,

It has been another busy year for all of us here at Rainbow Kitchen, as we work to provide nutritious food and other vital assistance to our neighbors in need. Our work can be challenging at times, but it is always rewarding, often inspiring – and sometimes a lot of fun! We had some great events with “celebrity visitors” this year, and we are proud of all that we accomplished through our efforts to improve the quality of life for the low-income people we serve.

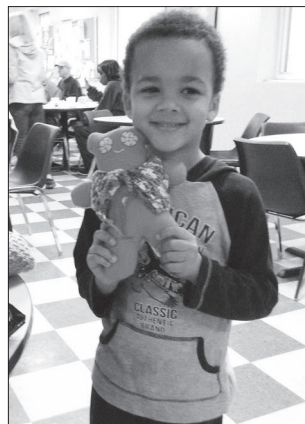
We are fortunate to have a truly dedicated and caring staff here at Rainbow Kitchen, as well as wonderful volunteers, and loyal friends like you who contribute to our efforts in so many ways. Thank you for your support, which makes our success possible during this holiday season and throughout the year. 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, Marlene (Pumpkin) Murphy, Barb Peterman, Lori Roadway, Vann Rutledge, Bob Willkomm

Board of Directors: Geoff Andrison, President; Tony Thompson, Vice President; Lonnie Johnson, Secretary; Lisa Bush, Treasurer; Ivan Frank, Brian Kelly, Carl Maskiewicz, Navin Parmar, Casey Quinn, 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.



Pittsburgh Penguins' Ian Cole served a Thanksgiving meal to this happy young fan at Rainbow Kitchen (L); Dollies Making a Difference provides one-of-a-kind handcrafted dolls for children in need (R)



Pittsburgh Penguins with Rainbow Kitchen Staff & Volunteers

Welcome, Pittsburgh Penguins!

We were thrilled to welcome the Stanley Cup Champion Pittsburgh Penguins to Rainbow Kitchen last month! Ian Cole, Jake Guentzel, Phil Kessel, Chad Ruhwedel, Bryan Rust and Conor Sheary served Thanksgiving turkey and all the trimmings to 150 of our program participants. Everyone was excited to meet these local heroes, who graciously signed autographs, posed for photos, and mingled with our guests.

Rainbow Kitchen was also honored at a recent Penguins game to receive the Walmart Community Playmakers award, which is presented by Walmart and the Pittsburgh Penguins to recognize members of the community who are dedicated to improving the lives of others and being a force for good.

Holiday Activities

The Neighborhood Academy Basketball Team served a feast for 130 guests on Thanksgiving Day. Our Christmas Day meal will be served by volunteers from the Jewish Federation of Greater Pgh. Some of the other ways we helped to brighten this holiday season for our neighbors in need:

- ❖ 1,187 adults & children received new and gently-used winter coats and clothing
- ❖ 135 families received turkeys and holiday meal baskets donated by Churchill Wilkins Rotary & CCAC Boyce Student Physical Therapist Assistant Club, Carnegie Mellon University Student Life, and Franjo Construction
- ❖ 70 of our Food Pantry families received turkeys and all of the sides from the Pittsburgh Steelers/ Greater Pgh. Community Food Bank distribution
- ❖ 411 households received Giant Eagle gift cards from the KDKA Turkey Fund
- ❖ 100 children who participate in Kids Café or attended our winter coat distribution received beautiful, unique handcrafted dolls from Dollies Making a Difference

(cont. on page 2)

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Holiday Activities *(cont.)*

- ❖ 165 children from our Food Pantry families and Kids Café received holiday gifts, thanks to our friends at M*Modal and St. Therese Church
- ❖ 40 seniors who participate in our Munhall Retirement Apartments food pantry site received holiday gift bags from various private donors
- ❖ 10 families were adopted through Rainbow Kitchen's Adopt-a-Family holiday gift program
- ❖ Our Thanksgiving guests received cozy blankets from our friend Elsie D., and all Thanksgiving & Christmas Day guests received 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

Programs & Services

Rainbow Kitchen distributed 317,400 pounds of supplemental groceries to families in need through our **Food Pantry** program. We provided 17,020 nutritious **Kids Café** dinner meals to hungry low-income children, and served an additional 18,760 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 187 households a month. We provided nearly 50,000 pounds of fresh fruits and vegetables through our Anti-Hunger Programs.

Some of the other outcomes of our programs and supportive services this year include:

- 300 people received bed pillows donated by Holiday Inn Express & Suites Monroeville
- 145 seniors received Commodity Supplemental Food Program extra monthly food assistance
- 100 children received back-to-school backpacks filled with school supplies
- 96 veterans were provided with supportive services, information, and assistance in applying for veterans benefits
- 59 individuals received added Medicare benefits and help with medical and prescription needs
- 40 households received bed linens and towels donated by Holiday Inn Express Waterfront
- 40 children learned about cooking and nutrition
- 40 families were assisted in applying for SNAP (food stamp) benefits
- 22 families were assisted in applying for Section 8 housing

Hunt.Fish.Feed.

Sportsman Channel and Comcast teamed up to host a Hunt.Fish.Feed. event at Rainbow Kitchen, serving venison sloppy joes and a variety of tasty side dishes to more than 100 people. Hunt.Fish.Feed. is a national campaign created by Sportsman Channel to educate the public about providing natural resources to help combat nationwide hunger.

Rainbow Kitchen



Senator Jay Costa & Scott Leysath, Executive Chef for Hunt.Fish.Feed. and star of Sportsman Channel's "The Sporting Chef"

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 produce and perishable foods, which would otherwise go to waste, to people in need
- Braddock Carnegie Library and Carnegie Library of McKeesport to offer Case Management outreach to the community
- Adagio Health participates in all of our programs to provide information & resources for healthy eating and good nutrition on a limited income
- Mon Valley Initiative, to provide outreach and referrals for individuals seeking employment assistance through the MVI Workforce & Business Development Program
- 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, including screening for benefit eligibility, and assistance with obtaining housing, healthcare benefits, DD214 & other required paperwork

How You Can Help I

You can help to support our efforts by volunteering at our food pantry, holding a food drive, or collecting non-food essentials, such as toiletries, household cleaning & paper products, infant or adult diapers, school supplies, etc. Most volunteer opportunities occur within our regular hours of operation, Monday through Friday, 9 am - 5 pm. Special projects or volunteer opportunities can be designed for groups and individuals, including projects you can do on your own if availability is a factor. For more information call Rainbow Kitchen at 412-464-1892.

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Foundation Support

We are thankful for the generous support of:

- ❖ Allegheny County Bar Foundation – Attorneys Against Hunger Campaign
- ❖ Anne L. and George H. Clapp Charitable & Educational Trust
- ❖ Dollies Making a Difference
- ❖ FedEx Ground
- ❖ Giving2Grow Giving Circle
- ❖ Kennywood Entertainment Cares
- ❖ Macy's Foundation & Macy's Waterfront – Bag Hunger & Make Good Cents Campaigns
- ❖ Massey Charitable Trust
- ❖ McKeesport Hospital Foundation
- ❖ The Opportunity Fund
- ❖ The Park Foundation
- ❖ Hyman and Lillyann G. Parker Foundation
- ❖ The Pittsburgh Foundation – Katherine Bassara Memorial Fund, John and Betsy Baun Fund, Critical Needs Alert, Terry and Janet Serafini Fund, Small And Mighty Grant, Spiardi-Gerstenhaber Fund
- ❖ Pittsburgh Presbytery Hunger Fund
- ❖ PNC Charitable Trust – H. Glenn Sample Jr. MD Memorial Fund
- ❖ PNC Foundation
- ❖ Walmart Foundation

How You Can Help II

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
- ❖ Designate your United Way contribution to Rainbow Kitchen, Code #1636
- ❖ Federal employees: Designate your Combined Federal Campaign contribution to Code #15703
- ❖ Check with your employer; many employers offer a matching program for charitable donations
- ❖ Shop **AmazonSmile** (smile.amazon.com) with Rainbow Kitchen as your designated charity and Amazon will donate a portion of your purchase price to us, at no cost to you
- ❖ Join us for the 2018 Walk And Ride Against Hunger



Eat'n Park Day of Smiles volunteers helping out in our Food Pantry

Rainbow Kitchen



2017 W.A.R. Against Hunger registration

Walk And Ride Against Hunger

Mark your calendar now for the 14th annual Walk And Ride Against Hunger on **Saturday, June 2nd**. The W.A.R. Against Hunger is a walk and bicycle-ride along the Great Allegheny Passage trail, starting at the Pump House 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. The event also includes a Health & Wellness Expo. Details will be available soon at www.rainbowkitchen.org.

Many thanks to our 2017 Walk And Ride Against Hunger sponsors:

Title Sponsor: UPMC Health Plan

Platinum: Comcast, Epic Systems Corp.

Gold: Employees of M*Modal

Silver: Rainbow Kitchen Board of Directors, WHEMCO Inc.

Bronze: Hire Quest Resources, PA American Water Co., Pittsburgh Steelers, TJS Financial Services

T-Shirt: Dollar Bank, Meyer Unkovic & Scott

Rest Station: 90.5 WESA & 91.3fm WYEP, Advanticom Inc., Decision Resources Inc., Erie Forge and Steel, a.m. Rodriguez Associates & Congregate Management Services, Sarris Candies

Mile Marker: ASKO Inc., John Bush DMD, Churchill Wilkins Rotary, Dick's Sporting Goods, Eat'nPark Hospitality Group, Elite Heating & Air Conditioning, First Commonwealth Bank, H2R CPA, Hefren-Tillotson Inc., Heritage Seubert Financial, Isaly's, JRG Advisors, Kerotest Manufacturing Corp., KU Resources, Merging Media, Morgan Stanley, Seubert & Assoc., Steel Valley Rotary, Vigliotti Landscape & Construction

Walmart Foundation for Hunger Relief

We are grateful to the Walmart Foundation for the award of a \$50,000 State Giving Program grant for our daily served-meal programs, Kids Café and Breakfast. Hunger relief is a primary focus of the Walmart Foundation. The Foundation's mission is to create opportunities so people can live better.

Rainbow Kitchen Community Services program participation & program costs:

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

73 Average number of individuals served each day

Cost per individual:

\$ 80.69 per month

\$ 968.27 per year

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

430 Average number of households served each month

Cost per household:

\$ 14.41 per month

\$ 172.93 per year

KIDS CAFÉ - Provides a hot, balanced dinner meal to hungry low-income children, Monday - Friday, year-round.

72 Average number of children served each day

Cost per child:

\$ 78.10 per month

\$ 937.12 per year

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

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

Cost per household:

\$ 43.57 *(average - cost varies with extent of services required)*

YOUR TAX-DEDUCTIBLE CONTRIBUTION OF:

\$ 30 will provide a month of nutritious supplemental groceries for 2 low-income families

\$ 50 will support the cost of assisting a family in a time of crisis

\$ 75 will ensure a month of nutritious daily dinner meals for a low-income child through Kids Cafe

\$ 100 will provide more than a month of substantial hot daily meals for a needy low-income individual

\$ 175 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