

# rainbowkitchen

COMMUNITY SERVICES

NEWSLETTER



WINTER 2013

*Dear Friends,*

As 2013 draws to a close, I want to take this opportunity to thank you again for your generous support of Rainbow Kitchen's efforts throughout the year. Whether you made a monetary donation, held a food drive, collected toiletries or other non-food essentials, donated winter outerwear, participated in the Walk And Ride Against Hunger, donated goods or services, 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 less fortunate neighbors.

Indeed, it is only through *your generosity* that Rainbow Kitchen can continue to provide a vital safety net for hungry children, struggling families, low-income elderly and disabled individuals, the homeless, and many, many people who have lost their jobs or are among the working poor. We literally could not do it without you! We are very grateful for your support, which makes our success possible during this holiday season and throughout the year. On behalf of everyone at Rainbow Kitchen, I wish you a joyous holiday season and a happy New Year!

*Donna Little, Executive Director*

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

**Board of Directors:** Carl Maskiewicz, President; Crissy Regan, Vice President; Tony Thompson, Treasurer; Jeff Sabo, Secretary; Geoff Andrison, Antoinette Cardamone, Terri Deasy, Colin Gallagher, Navin Parmar, Nick Willlocks

**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.



*Looking Sharp! Rainbow Kitchen volunteer Ron Thomas at our winter coat distribution*



*Looking Sharp! #2: The Neighborhood Academy Basketball Team are ready to serve (jackets courtesy of Uniforms Unlimited)*

## Holiday Meals

On Thanksgiving Day, The Neighborhood Academy Basketball Team prepared and served a traditional Thanksgiving feast here at Rainbow Kitchen, while volunteers packaged and delivered meals to a group of low-income seniors in our community.

Our Christmas Day meal will be served by volunteers from the Jewish Federation of Greater Pittsburgh participating in Mitzvah Day 2013. Mitzvah Day is held annually on December 25<sup>th</sup>.

We are also looking forward to Saturday, Feb. 15<sup>th</sup>, when volunteers from the Allegheny County Bar Foundation's Attorneys Against Hunger Campaign will prepare and serve a special Valentine's Brunch.

## Holiday Activities

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

- ❖ 1,330 adults & children received new or gently-used winter coats, hats, scarves and gloves
- ❖ 435 families benefited from KDKA Turkey Fund
- ❖ 94 families received complete holiday meal baskets donated by Churchill Wilkins Rotary & the Student Physical Therapist Assistant Club at CCAC Boyce (50 baskets) and students at Carnegie Mellon University (44 baskets)
- ❖ 10 families received turkeys for Thanksgiving, donated by Senator Jay Costa
- ❖ 13 families were adopted through Rainbow Kitchen's Adopt-a-Family holiday gift program
- ❖ 85 children who participate in Kids Café will receive holiday gifts from our friends at M\*Modal
- ❖ 80 children of our food pantry families will receive angel tree gifts from St. Therese Church
- ❖ All of our Christmas Day meal guests will receive holiday gift bags
- ❖ All of our program participants benefited from the generosity of everyone who contributed to food, toy and toiletry drives for Rainbow Kitchen

## Programs, Services & Activities

Rainbow Kitchen distributed 300,000 pounds of supplemental groceries and non-food necessities to families in need through our **Food Pantry** program, which served 510 households a month. We provided 16,000 nutritious daily **Kids Café** meals to hungry low-income children and served an additional 17,000 substantial daily meals to our **Breakfast** program participants. The **Rainbow Kitchen Farm Stand** provided wholesome, affordable, locally-grown fresh fruits and vegetables to more than 100 households a week through the season. Our **Case Management** and supportive services program provided 200 households a month with help for immediate/crisis needs, short-term and extended case management. Some of the other outcomes of our supportive services and collaborative efforts this year included:

- 150 families received mattresses and box springs, thanks to a generous donation from Courtyard Marriott Waterfront. Many thanks also to Avis Budget Truck Rental, and to Steel Valley High School athletes for the heavy lifting!
- 110 seniors received Commodity Supplemental Food Program's extra monthly food assistance
- 60 households received Volunteer Income Tax Assistance (VITA) services
- 50 children received back-to-school backpacks donated by Citizens Bank, filled with school supplies donated by M\*Modal
- 46 children and accompanying adults had a memorable day of summer fun at Idlewild Park
- 43 families were assisted in applying for SNAP (food stamp) benefits
- 30 seniors shared a special dinner before boarding Molly's Trolley to see the holiday lights
- 28 individuals received added Medicare benefits and help with medical and prescription needs

Rainbow Kitchen worked in collaboration with a variety of other programs and initiatives, including:

- Hope Camp, a summer volunteer program in which youth join together from around the country to learn about giving back to others
- Walgreens in Homestead, which provided free flu shots to our program participants



Children boarding the bus for the trip to Idlewild Park

## Rainbow Kitchen



Michael Franti (center, in black cap) asked his fans to bring non-perishable food items to donate to Rainbow Kitchen, when he performed at Carnegie Library Music Hall in September. Look at all those beautiful smiles!

- Penn State University NEEDS Center of Nutritional Science, for a nutrition data collection research project that assisted PSU in the creation of a nutrition web site
- Allegheny County Dept of Human Services, Office of Community Services and other social service organizations to facilitate a poverty simulation for Gateway Health Plan employees
- Best of the Batch Foundation, Clark Memorial Baptist Church & Allegheny County detectives to host an event for young girls in our community to discourage bullying and fighting
- Allegheny Grows and local community leaders, to establish a community garden in Homestead. The Amity Harvest garden provides fresh organic produce for area residents and Rainbow Kitchen, and offers nutritional education, family-oriented activities and volunteer opportunities.

### Good Neighbors: Bottom Dollar Food

The opening of a new Bottom Dollar Food store in Homestead last August brought new jobs to our community and made grocery shopping more affordable for our low-income neighbors. It also brought a wonderful new partnership to Rainbow Kitchen, and ongoing benefit to the people we serve. Even before the store opened, Bottom Dollar Food reached out to Rainbow Kitchen to share their commitment to ending hunger in the communities they serve. They worked with us to ensure job opportunities at the new store for several of our program participants. Bottom Dollar Food presented us with a monetary donation at the store's grand opening, and their generosity continues with large donations of food from our Bottom Dollar Food store in Homestead every week. We have received 4,075 pounds of food, including over 2,000 pounds of meat, in just 4 months! These donations have made a significant difference to Rainbow Kitchen, enabling us to provide more food to families and seniors through our Food Pantry program, and better meals for our Breakfast and Kids Café participants.





Walkers & riders warm up with a yoga stretch led by BYS Yoga

## Foundation Support

We are grateful for the generous support of:

- ❖ Allegheny County Bar Foundation - Attorneys Against Hunger Campaign
- ❖ Bottom Dollar Food Charitable Foundation
- ❖ Campbell Educational & Community Foundation
- ❖ Anne L. & George H. Clapp Charitable and Educational Trust
- ❖ Fifth Third Bank Foundation
- ❖ Jewish Community Foundation
- ❖ Kennywood Entertainment Cares
- ❖ Massey Charitable Trust
- ❖ McKeesport Hospital Foundation
- ❖ The Pittsburgh Foundation, various funds and PittsburghGives Fund
- ❖ Julius L & Libbie B Steinsapir Family Foundation
- ❖ Walmart Foundation
- ❖ Wesco International Charitable Foundation

## 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:

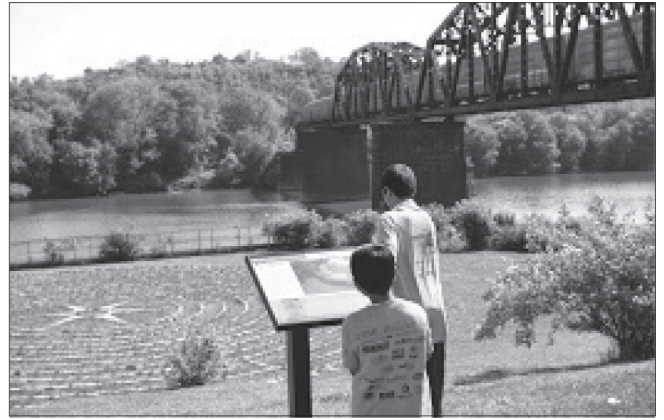
- \* Contribute online at [www.rainbowkitchen.org](http://www.rainbowkitchen.org)
- \* Mail your donation in the enclosed envelope
- \* Designate your United Way contribution to Rainbow Kitchen, Code #1636
- \* Federal employees: Designate your Combined Federal Campaign contribution to Code #15703
- \* If your employer offers a matching program, please provide information with your donation

You can also help by volunteering, holding a food drive, or collecting non-food essentials.



Opening day at our new Kids Café location. Volunteers at Morningstar Baptist Church are now serving the children at Mon View Heights Apts.

## Rainbow Kitchen



W.A.R. Against Hunger participants reading about the Homestead Labyrinth. The labyrinth, which is adjacent to the Pump House, adds to the beauty and serenity of this waterfront setting. It serves as a memorial to those who died in the Battle of Homestead, fought between striking workers and Pinkerton guards during the Homestead Steel Strike of 1892.

## Walk And Ride Against Hunger

2013 marked another successful year for the Walk And Ride Against Hunger. The W.A.R. Against Hunger is a walk and bicycle-ride event that also features a Health & Wellness Expo. It is our major annual fundraising event, and a significant source of funding for our programs and services.

Our new location for the event, the **Historic Pump House** at the Waterfront in Homestead (which is a trailhead of the Great Allegheny Passage) was a big hit with participants. Many thanks to our 2013 Walk And Ride Against Hunger sponsors:

**Title Sponsor:** UPMC Health Plan

**Platinum:** Comcast

**Silver:** 90.5 WESA & 91.3fm WYEP, Epic Systems Corp., Flying Cork Media, M\*Modal, WHEMCO Inc.

**Bronze:** FedEx Ground, TJS Financial Services

**T-Shirt:** PA American Water Co., Pittsburgh Steelers  
**Rest Station:** Eat'nPark Hospitality Group, Erie Forge & Steel, Isaly's, JRG Advisors, O'Toole Printing, Sarris Candies, Inc., Seubert & Associates, The Waterfront Shopping Center

**Mile Marker:** ASKO Inc., Centers for Rehab Services, Dick's Sporting Goods, Elite Heating & Air Conditioning, First Commonwealth Bank, Hefren-Tillotson Inc., Heritage Seubert Financial, Horovitz Rudoy & Roteman, Kerotest Manufacturing Corp., KU Resources, Louis Plung & Co., MarketSphere, Meyer, Unkovic & Scott, Starbucks, Steel Valley Rotary, Symphony Corp., United Steelworkers

Mark your calendar now for the 10th annual W.A.R. Against Hunger on **Saturday, May 31, 2014**. Details and registration information will be available soon at [www.rainbowkitchen.org](http://www.rainbowkitchen.org). **To learn how you can support the 2014 W.A.R. Against Hunger**, including information on sponsorship opportunities and program book advertising, call 412-464-1892 or email [donna.little@rainbowkitchen.org](mailto:donna.little@rainbowkitchen.org).

**Rainbow Kitchen Community Services program participation and program costs, for our fiscal year ended June 30, 2013:**

**BREAKFAST PROGRAM** - Provides a substantial hot morning meal, Monday through Friday, year-round.

	<b>Cost per person:</b>
<b>70</b> Average number of individuals served each day	\$ 60.25 per month
	\$ 723.00 per year

**FOOD PANTRY** - Provides low-income participants with supplemental groceries, once a month.

	<b>Cost per household:</b>
<b>510</b> Average number of households served each month	\$ 12.68 per month
	\$ 152.16 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.

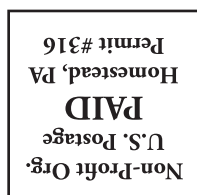
	<b>Cost per child:</b>
<b>71</b> Average number of children served each day	\$ 99.75 per month
	\$1197.00 per year

**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.*

	<b>Cost per household:</b>
<b>200</b> Average number of requests for short-term, crisis, or extensive Case Management assistance each month	\$ 30.62 (average - cost varies with extent of services required)

**YOUR TAX-DEDUCTIBLE CONTRIBUTION OF:**

- \$ 30 will support the cost of helping a family through a crisis
- \$ 60 will provide 4 weeks of substantial hot daily meals for a needy low-income individual
- \$ 100 will ensure a month of nutritious dinner meals for a low-income child at risk of hunger
- \$ 150 will provide 12 low-income households with a month's supply of supplemental groceries
- \$ 300 will ensure 3 months of nutritious daily dinner meals for a hungry child
- \$ 600 will sponsor 4 low-income families in our Food Pantry program for a full year
- \$ 725 will sponsor a low-income elderly, disabled, or homeless individual in our Breakfast program for a year
- \$ 1200 will sponsor a hungry low-income child in our Kids Café program for a full year



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