

The Community Kitchen Inc.
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PO Box 1315
Keene, NH 03431

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*“He who wished to secure the goods of others, has
already secured his own.” ~ Confucius*

Local Hunger. Local Need. Local Support.

Dedicated to serving families and individuals for 39 years.

Thank you for joining us in making a difference in your
community. In the end, we are all neighbors!



The Community Kitchen
thecommunitykitchen.org

A few words from Sarah Harpster ...

As I have been settling into my new role as Executive Director, I have been coming to terms with the reality that The Community Kitchen is facing a particularly challenging time as an organization. It is also clear that these struggles are not specific to our organization, and I can draw a direct line out to our community and see how our experiences are a reflection of challenges that all of us are facing together.

Of course, even before the pandemic, many Americans were already dealing with chronic poverty and food insecurity. In fact, research done for the book, “Poorly Understood: What America Gets Wrong About Poverty,” found that nearly **60%** of Americans will experience at least one year of poverty or near-poverty between the ages of 20 and 75. Furthermore, **65%** of Americans ages 20-65 will reside in a household that receives a means-tested welfare program at some point in their lives. There is a lot of stigma around experiencing poverty and receiving assistance, and yet most of us will do so at some point. I will be the first to share that I would not have been able to reach my personal and professional potential without taking advantage of these programs myself.

In 2022, many of us have returned to the labor force, but inflation is taking a bite out of our buying power. Over the past couple of years, we’ve all experienced rising grocery costs and empty spaces on store shelves. The increase in food costs has even surpassed the inflation rate. According to the [Consumer Price Index Report](#) published by the Bureau of Labor Statistics, the price of food increased 11.4% between August 2021 and August 2022.

Groceries overall are up **13.5%** for the same period, with bread up **16.2%**, milk up **17%**, and eggs up **39.8%**. We are paying **21.6%** more for food than we were in 2019. While some household budgets can absorb the extra cost for necessities, many cannot, and, for some, that means turning to food pantries for the first time or needing more from them than they have in the past. It also means the generous donations The Community Kitchen and other charitable food organizations receive don’t go nearly as far as they used to. Supply shortages have also left our local grocery stores and wholesalers unable to donate unsold food in the quantities available in the past. To make up for the shortfall, we’re purchasing more food than we ever have so we can continue providing for our guests.

As an organization, we are struggling with the rising costs of doing business, as well as the challenges of recovering the steady volunteer levels that we were used to before the pandemic. When I look outside the doors to what the wider community is experiencing, it is easy to see similar challenges all around us. Of course, those challenges ultimately result in a rising need for our services and a reminder of our need to double down on our efforts to deliver our critical mission. So, now more than ever, we need your continued support with your generous donations of time and money to help our neighbors in these especially difficult times.



2022
VOLUME 11, ISSUE 3

Inside this issue:

Looking to the Future-
Sarah Harpster

Gleaning Update

Recipe from the Kitchen

Want to volunteer?

New Mission, Vision & Values

Mobile Food Pantry Update

New in the Pantry-
Kate Leversee

New Team Members

Upcoming Events

Things We Need

Gratefully supported by:
Monadnock



GLEANNING PROJECT

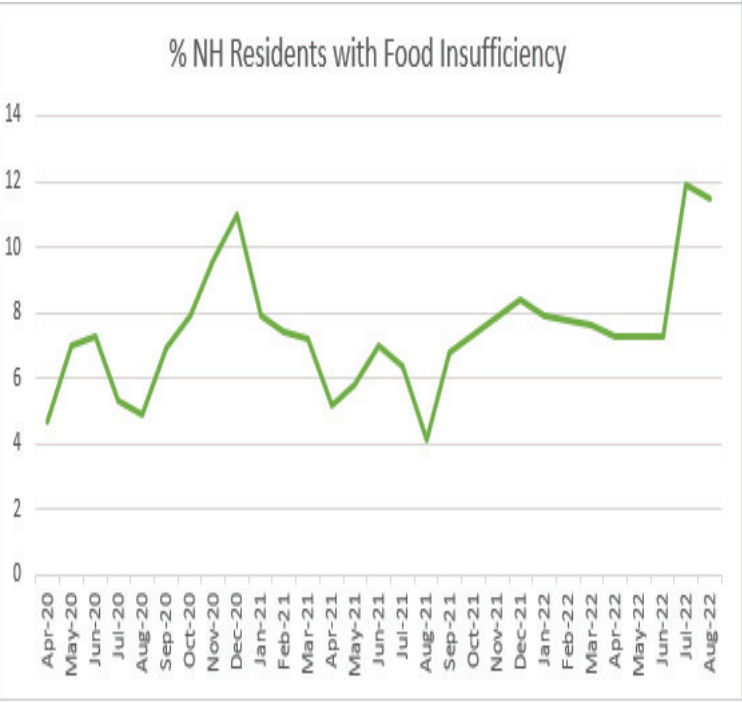
Season of 2022 totals
37,000lbs

THANKS ARE DUE TO:

Piccadilly Farm
Pete’s Farm Stand
Green Wagon Farm
Cheshire Garden Connections

And the many individual growers who donated their excess produce to our programs.

Since the beginning of the pandemic, the Census Bureau has been conducting periodic phone surveys of residents across the country, checking in on several data questions that help public health officials better understand people’s needs. This graph depicts how people in NH have answered regarding their access to enough food.



KITCHEN RECIPE

Chicken Fried Chicken (C.F.C.)

Prep Time: 25 mins Cook Time: 20 mins
Total Time: 45 mins Servings: 6

Ingredients

- 30 saltine crackers
- 1 cup breadcrumbs
- 2 tablespoons all-purpose flour
- 2 tablespoons dry potato flakes
- 1 teaspoon seasoned salt
- ½ teaspoon ground black pepper
- 1 egg
- 6 skinless, boneless chicken breast halves
- 2 cups vegetable oil for frying

Directions

1. Place crackers in a large resealable plastic bag; seal bag and crush crackers with a rolling pin until they are coarse crumbs. Add the flour, potato flakes, breadcrumbs, seasoned salt, and pepper and mix well.
2. Beat egg in a shallow dish or bowl. One by one, dredge chicken pieces in flour, then egg, then place in bag with crumb mixture. Seal bag and shake to coat.
3. Heat oil in a deep-fryer or large saucepan to 350°
4. Fry chicken, turning frequently, until golden brown and juices run clear, 15 to 20 minutes.

Black Pepper Gravy

Prep Time: 5 mins Cook Time: 13 mins
Total Time: 18 mins Servings: 16 Yield: 4 cups

Ingredients

- 4 cups skim milk
- ½ cup margarine or C.F.C. drippings
- ½ cup all-purpose flour
- 1 tablespoon salt
- 1 ½ tablespoons ground black pepper, or more to taste

Directions

1. Pour milk into a microwave-safe container and heat in a microwave oven until warm, about 2 minutes.
2. Melt margarine in a saucepan over medium heat. Whisk in flour and continue cooking until the mixture bubbles, about 5 minutes.
3. Pour milk into the saucepan slowly while whisking. Cook and whisk until the mixture begins to thicken, about 3 minutes.
4. Add salt and pepper. Continue whisking until the gravy comes to a boil, about 3 minutes more. Remove from heat.

FOOD DRIVE

Changing the way we care for one another.

Why? Because we want to help people in need.
How do we do it? Involve your friends, family or like minded organizations. Collect what you can and recieve gratitude for what you can give.

WHAT WE NEED

HOLIDAY PANTRY

- ▶ CRANBERRY SAUCE
- ▶ CREAM OF MUSHROOM SOUP
- ▶ FRIED ONION RINGS
- ▶ GRAVY/ POUCHES OR PLASTIC
- ▶ STUFFING

NORMAL PANRTY

- ▶ BOTTLED WATER
- ▶ GRANOLA BARS
- ▶ INSTANT POTATOES
- ▶ JELLY
- ▶ PEANUT BUTTER

UPCOMING EVENTS

2nd Annual Buy Local Restaurant Gift Card Fundraiser



Help us support & boost local restaurants,
while helping us too.

Select the gift card amount:

\$25/ \$50 / \$100

& corresponding donation amount:

\$10 / \$25 / \$50

Get everything done in one spot.

For more information please check our website
for participating restaurants.

www.thecommunitykitchen.org

Did you realize that one of every three people served by food banks are children? It is reported today nearly one of four people in soup kitchen lines is likely to be a child. More than one in three households being helped by local food banks and pantries includes children. This year's "Scouting for Food" effort will benefit more than 150 pantries, kitchens and closets throughout New Hampshire. Each year on the first weekend of November, Cub Scouts, Scouts, Venturers, Explorers and their leaders will deliver Scouting for Food door hangers throughout their neighborhoods and state. On the next Saturday, Scouts will return to collect the donated non-perishable food items left outside with and take them to a convenient drop-off location within their local communities.

Drop-off:

November 5th

Pick-up:

November 12th



VOLUNTEERS NEEDED

Pantry Program

Wednesday Pantry

Prepare produce, bread &
grocery bags during drive
thru pantry

**10:00am- 1:00pm or
1:00pm-4pm**

Thursday walk thru Pantry

Hand out produce, bread,
grocery or meat to walk
thru guests

**10:00am- 1:00pm or
1:00pm-4pm**

Thursday Deliveries

Delivered to individuals unable
to pick up their own groceries.
Requires lifting up to 40lbs &
ability to climb stairs.

Hot Meals

Weekday Food Prep

Per direction of the Hot Meals
Manager, help with
peeling, chopping preparing
salads, cutting up desserts

10:30am- 1:00pm

Weekday Serving/Clean-up

Help fill clamshells and bags
with the evening meal & help
with clean-up

4:30pm-6:45pm

Sunday Serving/Clean-up

Help fill clamshells and bags
with the lunch & help with
clean-up

10:30am-12:45pm

Interested in volunteering? Email: ayoung@thecommunitykitchen.org or call 603-352-3200

*"Giving is not about making a donation. It is about
making a difference." ~ Kathy Calvin*

New Mission statement:

The Community Kitchen strives to provide nutritious meals and groceries; to educate and empower our guests, community, and partners; and to be a leading advocate to strengthen food security in the Monadnock Region.

Vision Statement:

All people in the Monadnock Region are able to provide healthy nutritious food for themselves and their families.

Values:

Dignity- We treat everyone with respect, empathy, non-judgment, and confidentiality. We value diversity, equity, and inclusion.

Integrity- We earn trust with reliability, consistency, high standards, and quality work.

Teamwork- We work together with positivity, helpfulness, interdependence, and solidarity, within our organization and beyond, to achieve our mission.

Sustainability- We will achieve a sustainable business and lasting impact on community food security with adaptability, resourcefulness, and innovation.



2022 Holiday Pantry Schedule

Thanksgiving Pantry

Wednesday Nov 16th
12:30-5:30

Thursday Nov 17th
11:30-4:00

Christmas Pantry

Wednesday Dec 21st
12:30-5:30

Thursday Dec 22nd
11:30-4:00

UPDATES

MONADNOCK MOBILE FOOD PANTRY

“POP-UP” PROJECT

Available at the Mobile Pantry were: shelf stable pantry staples, meat, and a generous variety of fresh, vibrant produce locally sourced from Tracie’s Community Farm, LLC, Green Wagon & Pete’s Stand. Southwestern Community Services was on site with information about SNAP benefits and heating assistance. The Monadnock Humane Society was also present with information and pet food.

Thank you to our community for a very successful second and third event!

Fitzwilliam-Sept. 24th- 16 new clients

Gilsum-Sept. 30th- 7 new clients



Final Events

Winchester- Oct. 15th 1-3PM

ELMM Community Center
21 Durkee Street

Antrim - Oct. 17th 4-6 PM

The Grapevine Family & Community Resource Center
4 Aiken Street

The last two events in are being held in Winchester and Antrim. Towns throughout the surrounding Monadnock Region, and guests are warmly encouraged to attend. If you are interested in supporting future mobile pop-up events or would like to volunteer, please call the Kitchen’s main line 603.352.3200 and ask for Kate.

THANK YOU TO OUR WEEKLY DONORS



NEW IN THE PANTRY-

Kate Leversee

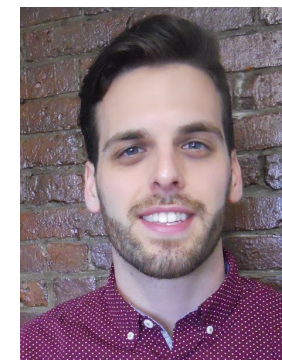
The Community Kitchen strives to make our guests feel welcome as completely as possible. Our goal is to meet their dietary, nutritional and cultural needs. We are making a concentrated effort to respond to specialized diets, including gluten free, vegan and vegetarian. We have in stock a significant store of plant-based meat alternatives, and are pleased to announce the we are offering halal meat. If you are a new guest at the kitchen, please ask our staff about these special offerings.



WELCOME NEW TEAM MEMBERS

PANTRY & MOBILE ASSISTANT

Alex Lamothe was born and raised in Keene, and started volunteering at TCK in high school. He got his degree in human development and international affairs at the University of New Hampshire. He then moved to Boston, where he taught in a high school, coordinated a speakers bureau for formerly homeless advocates, and fundraised for a youth arts and a sexual violence prevention nonprofit. His experience has taught him the importance of ensuring people have the resources they need to thrive. Most importantly, he has learned how people who access services are the very best advocates for the longer term solutions that address inequity at its deep roots. Alex's passion is to work with organizations and coalitions that envision an equitable world. He feels this is especially important in the field of food justice, which covers the core needs of people and families. Because of this, he is especially thrilled to join the TCK team and the effort to foster food justice for the people of the Monadnock Region. He deeply admires the grassroots spirit of the TCK and their dedicated volunteer team, and the deep respect and partnership it maintains with its guests and their families. He is excited to work on the ground in the TCK pantry and mobile pantry, contributing to how TCK helps hundreds of people and their families in Keene and beyond maintain a full and nutritious diet in trying times. Outside of TCK, Alex enjoys hiking, swimming, reading and writing.



ADVOCACY COORDINATOR

Jocelyn Desmarais relocated to Keene 10 years ago with her family and fell in love with the community. Prior to moving to Keene, she completed a bachelor's degree in Political Science and worked on a variety of projects related to health and wellbeing and she later completed her Masters in Community Development Policy and Practice at The University of New Hampshire Carsey School of Public Policy. Born in New England, Jocelyn grew up with intergenerational trauma, addiction, and chaos. She observed patterns that simply didn't make sense and often made things worse. She felt dismissed and voiceless to impact change for much of her upbringing, but never shut up anyway. These experiences combined with deep love and hope have driven her to seek solutions to many of the systemic issues that prevent families and individuals from realizing their highest potential and sharing their gifts with their communities. Peer support is a key factor in realizing these changes and Jocelyn was honored to serve as the Director of a local peer support organization where she gained important experience learning what can work to build strength and resilience within a community of individuals navigating difficult circumstances. She is committed to elevating the voices of people with lived experience and ensuring that we have a seat at the table when it comes to policies and practices that will impact us directly. She is looking forward to getting to know new faces and reconnecting with others in the community. She is seeking a dream team of individuals who are ready to roll up their sleeves and pilot an advocacy training series for people experiencing food insecurity to take their seat at the table and make meaningful change in their own lives and their community!

Advocacy

The act of pleading or arguing in favor of something, such as a cause, policy, or interest active support of an idea

