



Cathedral Kitchen News

CK HITS THE ROAD!



The "Souper Van" making a stop at Bowman & Company LLP.

In 2013, the CK staff was visited by a grad student from Rutgers/New Brunswick, Nick Kubian, who along with his fellow students, had launched a food truck they called the "Souper Van" as part of their graduate studies. The truck addressed hunger through the concept of "buy a meal—give a meal". They would sell food at various work sites and universities and donate the profits to local nonprofits fighting hunger. Nick and his

friends had finished their studies and were looking for a new home for the truck. Someone told him about CK, so he drove the truck down to our parking lot. When CK's Executive Director Karen Talarico looked out her window and saw his very cool food truck, she said, "I want that truck!"

Karen's dream was a food truck that could be an extension of the CK Café as an income generator, and would also allow CK to create a way to provide mobile food outreach to people who cannot come to the dining room for meals. Nick's van went into storage for several years while CK worked to find funding to acquire the truck. Thanks to a 2015 grant from Bank of America's Neighborhood Builders program, the match was made and CK acquired the truck. It was made road-worthy and re-wrapped to become CK's own "souper van", keeping the slogan "buy a meal, give a meal" to continue the work originally envisioned. Board member Donna Siegel Moffa used her public administration graduate studies project as an opportunity to research the food truck business: including everything from licensing to venues to menu options---all delivered to Karen in a three-ring binder.

Once the inspections and permits were in place, the CK Souper Van was ready to hit the road. Beneficial Bank (Continued p. 2)



"I want that truck!"

Karen Talarico

She's the Best!



Wanda Hardy of the NPDC with Karen Talarico

The Nonprofit Development Center of Southern New Jersey awarded CK's Karen Talarico "Executive Director of the Year" at their annual awards dinner held in April. During her 14 years of service, Karen has led the organization from a grass roots meal program operating in a high school gym to the multi-faceted organization CK is today.

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Executive Director's Message



Dear Friends,

As the summer winds down, we all have vivid recollections of that first day of school, the blend of nerves and excitement that accompany the start of a new school year.

This August, CK welcomed our 18th class of Culinary Arts Training Students. The 31 students enrolled in the culinary and baking programs are embarking upon 17 weeks filled with hands on kitchen training, classroom lectures, practical and written exams, guest chef demonstrations, financial counseling, job preparation and life skills workshops. All of the students come to us unemployed or underemployed, many with histories of incarceration and homelessness. The support and care we provide helps them develop the confidence to hold their heads high and begin a new career. Our greatest joy is when graduates return a year, or in some cases now, nine years later, to tell us what they have achieved and what CK has meant to them.

I hope you can join us in celebrating our current students' accomplishments at this year's **Harvest for Hunger**, on November 3rd at the Collingswood Ballroom. The students prepare and serve the delectable array of sweet and savory dishes, and they take great pride serving as CK ambassadors— and we are equally proud of them!

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Founded in 1976, The Cathedral Kitchen is a registered 501(c)(3) organization. Tax ID: 22-3114500

Mission Statement

Cathedral Kitchen uses food to change lives.

We use food to nourish, train and employ people to offer them hope for improving their lives.



CK HITS THE ROAD (cont.)



provided a grant to help launch and staff the truck. CK hired Melvin Marrero, a recent graduate of our Culinary Arts Training program, to work on the truck. A trial run took place at Campbell Soup Company and the first official road test that generated income was on June 6th at Bowman & Company in Voorhees, NJ. Nearly 40 Bowman employees stepped up to the window and chose from a variety of panini sandwiches, soup, dessert and beverages. The favorite that day was the

Caprese Panini: mozzarella, pesto, spinach, fire roasted tomatoes and balsamic glaze on a tandoori naan. Sounds delicious, doesn't it?

Since then the truck has been to a number of locations, including Camden's Ronald McDonald House and Urban Promise. Plans are to participate in food truck events to spread the word about CK and generate income to further our mission to "use food to change lives". If you are interested in having the CK Souper Van at your location, please call Chef Mari at 856-964-6771.

Remembering “Pop”

Clyde “Pop” Jones was the chief cook at CK from 1991 to 2009 when he and his wife, Theresa “Mom” Jones retired. He prepared thousands of meals out of a 9’ x 12’ kitchen along with Mom and Sister Jean Spena. He somehow always knew if we needed 200 meals or 500 meals to feed the number of dinner guests each night. Pop passed away in April after having lived a wonderful life offering kindness to all who knew him. His ribs will be remembered in Camden for



UNFORGOTTEN HAVEN PARTNERSHIP



*Above: Unforgotten Haven supporters and Chick-fil-A Voorhees donated 1,850 sandwiches to CK’s meal program.
Below: Saturday clothing distribution*

Cathedral Kitchen is very fortunate to partner with many non-profits in the area who share our mission to help those in need. Founded in 2014, The Unforgotten Haven is a newcomer to the community but its reach has expanded far beyond expectations in a very short period of time.

The Unforgotten Haven had a simple beginning. Founder Michele Gambone came across a homeless family living out of their car with four children and another on the way. Michele collected clothing for the family and decided to make it her mission to help the less fortunate by making them

“forgotten” no more. Jeanne Haller Rodrigues joined forces with Michele and The Unforgotten Haven was born. Today, the organization has over 40 volunteer managers and team members, 32,500 followers on Facebook and 64 partnerships. CK is one of those partnerships.

For the past year The Unforgotten Haven has been setting up “shop” with clothing and baby necessities for CK’s Saturday lunch meal service once a month. Our guests have been thrilled to receive the items on a regular basis. For Mother’s Day, they brought purses filled with toiletries for our female dinner guests. “CK is extremely grateful to collaborate with

organizations in our area who provide services for those in need. The partnership with Unforgotten Haven is a perfect example of combining varied services to meet the mission of both organizations,” says CK’s Case Manager Denise King.

Unforgotten Haven recently conducted a fundraiser at Chick-fil-A Voorhees which resulted in a donation of 1,850



Rachael Brekke Joins CK Board



CK welcomes Rachael B. Brekke, Esq., a commercial litigation and estate planning lawyer at McDowell Posternock Apell & Detrick, PC, to its Board of Directors. Rachael received her JD/MBA from Rutgers University School of Law Camden. She is a Board of Trustees member of the Camden County Bar Association and serves as Vice President for the Camden County Bar Foundation. Rachael also sits on the Board of Directors for Jewish Senior Housing and Health Services.

Born and raised in Voorhees, NJ, Rachael volunteered at CK’s meal program for a number of years prior to joining the Board. She is also actively involved with and volunteers at the Anna Sample House, Boys and Girls Club, Better Tomorrows and mentors her Little Sister Taniyah with Big Brother Big Sister.

Rachael has been instrumental in connecting CK with the South Jersey

Saving Food for Good



Food waste has become a problem in our country. It is ironic that while many in our country do not have enough to eat, food waste is on the increase.

Saving food from the waste stream allows CK to support the federal government's initiative to reduce food waste by 50% by 2030, while improving food security for those in Camden and conserving natural resources.

Feeding America, a national network of food banks, reports that up to 40% of the good, safe food produced in America never makes it to people's plates. Instead 70 million tons of food goes to waste each year.

By diverting some of this food from the trash stream, CK is reducing landfill waste and increasing our own sustainable food management, while providing more food to those who need it most.

In addition, for the past several years, CK has partnered with New Jersey Farmers Against Hunger, who bring us food gleaned from local

Food Donations Become Essential



Executive Director Karen Talarico surrounded by CK staff as they celebrate the arrival of the newly wrapped refrigerated truck.

CK is always looking for cost-effective ways to provide more nutritious food for our dinner guests. We incorporate donated food to meet that goal, as well as offer a free "Market Stand" in the dining room each day. In addition, since moving to the current location on Federal Street, we have extended our food outreach to children in after-school programs and seniors in low-income housing complexes.

Nonprofits who work with children tell us that children demonstrate the effects of hunger in their inability to focus and learn. Many children talk of always being hungry because there is not enough food to eat in their homes.

Senior citizens are also a vulnerable population, as they have limited access to transportation and resources to sustain a proper diet to support their health. Feeding America reports that the incidence of diabetes and high blood pressure is high among the senior client population who are also at risk of depression, asthma and congestive heart failure exacerbated by poor nutrition.

Donated food has played an ever-increasing part in our outreach efforts in the past several years. However, we were often unable to pick up donations due to the quantity and refrigeration requirements to safely transport the food. It was apparent that so much more could be done to provide quality food, including fresh fruits and vegetables, to those we serve.

We realized that to fully meet this challenge, we needed to acquire a large refrigerated food truck. Thanks to a grant from the Haines Family Foundation, our dreams were realized this past summer. The 16 foot truck allows us to accept donated food from large purveyors, such as BJ's, Sam's Club and Whole Foods, who will not allow perishable food



Fresh donated fruits and vegetables offered at CK's Market Stand during the meal service (left) and boxes of fresh veggies dropped off by Farmers Against Hunger.



CK Café Hits the Big Time!



Cook Daniel Mason with servers July Torres (left) and Saniya Mahan (right).



CK Cafe's New England Clam Chowder

When CK opened the CK Café in May of 2015 we never dreamed it would make the food section of the *Philadelphia Inquirer*—and in a good way!

Food critic Craig LeBan was driving down Federal Street looking for somewhere to eat when he passed the CK Café one day in May. The Café's bright awnings and cheerful flower boxes prompted him to turn around and check it out.

His Thursday column featured a review about the Café, writing that the clam chowder "is as hearty as it is satisfying, and just the kind of chowder-for-a-cause my spoon can happily get behind."

The article has brought in many new customers and put the Café on the map as a "must have" dining experience in southern New Jersey. If you have not dined with us, we hope you will put it on your list and experience our great selection of soups, sandwiches, salads and sweets.

The CK Café is open Tuesday to Friday from 11am to 2pm for lunch. For take-out orders, call 856-225-0257.

The Best in Town!



The CK Café was honored to be included in SJ Magazine's Best of 2017 issue for "The Best Lunch with a Purpose".

The CK Café has become a popular meeting spot for business people and local residents. Stay current with seasonal menu items and happenings by liking the CK Café on Facebook and be sure to rate us on Yelp and Google.

PROJECT SMILES NEWS



Dr. Bob with Toni Gabri-El and patient.

While planning the new building in 2008, Executive Director Karen Talarico told her dentist, Dr. Bob Leonetti, about the plans for CK's move to a building of its own with expanded services for dinner guests. With his hands in her mouth he proceeded to tell her CK should include a free dental clinic, as most volunteer dentistry is done out of the country even though there is a huge need right here at home. Karen presented the idea to the building committee and in 2010 the Project Smiles dental clinic opened.

The clinic has operated with volunteer dentists providing dental care on Wednesdays and

Fridays, including, of course, Dr. Bob as one of the volunteers. While hundreds of patients were seen each year, there has always been a waiting list due to the difficulty in finding enough volunteer dentists to fill the available time.

Last year, as Dr. Bob prepared to retire, he proposed the idea of working for CK one day a week while continuing to volunteer additional days each month. Thanks to a generous donation from one of CK's foundation partners, CK hired Dr. Bob earlier this year as the clinic's first paid clinic director and dentist. We have already seen a 40% increase in our capacity to serve more patients. We have also been able to formalize policies and



In addition to a new Director, the Project Smiles dental clinic also has a brand new dental chair, thanks to a generous grant awarded to CK by the Catholic Human Services Foundation.

The state of the art chair was a welcome addition to the clinic, and the patients and dentists love it!

Culinary Training News

Oh The Places They'll Go...



Johanna Vargas (BAT Class 1 and CAT Class 17) became a US citizen on May 5th at a Naturalization Ceremony on the Battleship New Jersey. Johanna is a cook and manager at Old San Juan in Camden. Pictured with Honorable Joseph H. Rodriguez and Lou Moffa, Esq.



Ethan Graf (CAT Class 5) and his family were regular guests at CK's meal program. Ethan always loved to cook so it made sense for him to apply to CK's CAT program. He graduated in 2011 and has travelled across the country working at several fine dining restaurants. While cooking at the Four Seasons in Vail, Colorado he met his wife Liz. They recently took cook positions on Norwegian Cruise Lines. First stop, Hawaii! Aloha!

The Culinary Arts Training (CAT) program launched with its first class of students in 2009. Today 17 culinary classes, four baking arts classes and nearly 300 students have graduated—with over 80% of them landing jobs.

One of the keys to the program's success has been the "guest chef" demonstrations. Each semester more than two dozen guest chefs from local restaurants, bakeries and the food service industry donate their time and talent to teach a workshop in their area of specialty or host students for a field trip to tour their facilities.

These sessions help to broaden students' understanding of cooking and the workplace, and often lead to job opportunities. Recent graduates have been hired by guest chefs from the following: The Farm and the Fisherman, Maggiano's Little Italy, Grand Lux Café, Red Lobster, Dulce Artisanal Bakery, Lucien's Catering, and Campbell Soup Company. In addition, three students were hired by CK over the past year,



Cayla Moore, CAT 16 (above) was hired by Maggiano's Little Italy. She returned with Chef Bouba Djinko, Chef Joe Gaeta and General Manager Michael Fuller to conduct a cooking demonstration for CAT 17. ♦ Aleah Moore, CAT 16 (below, left) was hired by The Farm and the Fisherman after they conducted cooking and baking demonstrations. ♦ Troy Sease, CAT 16 (below, right) was hired by Grand Lux Café and in no time, achieved their "Employee of the Month" award! He recently returned to CK along with the Grand Lux team for a cooking demonstration.



Harvest for Hunger 2017

New On-Line Registration Program!

START HERE:

Go to www.cathedralkitchen.org and click on the **“Harvest For Hunger”** button to register and purchase your tickets.

Harvest for Hunger

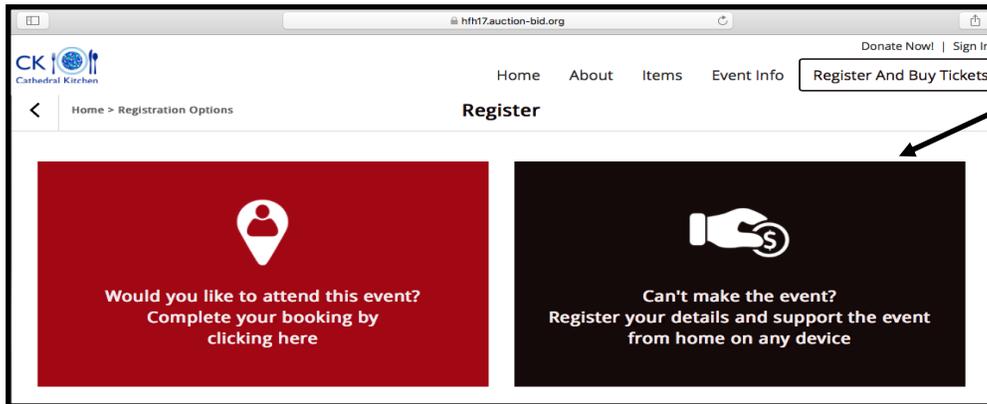
Register to buy tickets



Want to make a donation to help CK use food to change lives? Donate here!

REGISTER

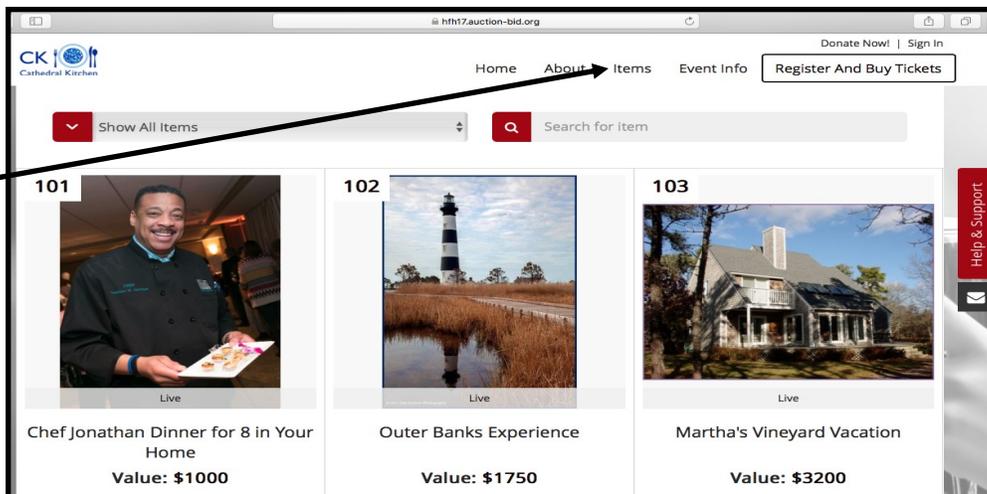
Buy tickets and register to receive event updates and auction previews.



Can't make it this year but want to be part of the fun and bid on silent auction items? Register to

CHECK OUT AUCTION ITEMS

Get previews of live and silent auction items!



Start bidding on silent auction items two weeks before the event!

www.cathedralkitchen.org

If you have questions, or would like to purchase your tickets via mail, please email Noreen@cathedralkitchen.org

Presenting Sponsor:



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Harvest for Hunger
Wine Tasting and Live Auction



Join us for an evening of food and fun for a great cause!

Friday, November 3, 2017

7:00 ~ 10:00 PM

Individual Tickets: \$75

For ticket and other information, go to www.cathedralkitchen.org
or contact Noreen Flewelling at 856-964-6771 or noreen@cathedralkitchen.org

Guests must be 21 or older. Proceeds from Harvest for Hunger benefit the Cathedral Kitchen. Tax ID# 22-3114500

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