



Cathedral Kitchen News

CK Hosts Resource Fair for the Homeless

In September, Cathedral Kitchen was the kick-off site for Camden County’s new six point plan to address the problem of homelessness in our area. Representatives from more than a dozen city, state, county and private agencies greeted some of those affected, as a first step in bringing relevant resources together to address the issue in a coordinated approach.

The U.S. Department of Housing and Urban Development estimates that 500 to 600 individuals are homeless on any given day in Camden County. Drugs and behavioral health problems are some of the biggest causes resulting in loss of a job and/or housing.

At the press conference one of CK’s employees, Mark Woodall, spoke about his life after being released from prison in 2010. He had spent 18 years in and out of prison and feared he would become homeless. Mark was accepted into our Culinary Arts Training Program and after graduation was hired to work in our kitchen.

Today, Mark still works at CK and volunteers to speak to troubled teens in the hopes he can help them make good decisions. He says, “coming home from prison and not having a place to stay is a very scary thing. If I didn’t have everyone at Cathedral Kitchen caring for me, I would still be out on the streets, doing what I was doing.”

The County’s six point plan is not just for unsheltered individuals, but for hundreds who are couch surfing or staying in motels who are at risk of becoming homeless at any moment. “We see the cycle of homelessness every day in our dining room,” states CK Executive Director Karen Talarico, “the motivation for developing our job training program was to teach people marketable skills to provide for themselves and their families. We are pleased to be a part of this coordinated effort to make a difference in the lives of those we serve each day.”

(See page 2 for more information on causes of homelessness)



Above: (R-L) CK employee Mark Woodall at the press conference with VOADV COO Pat McKernan and Freeholders Lou Capelli and Carmen Rodriguez. Below: CK staff and volunteers from many organizations came together to launch this major Camden County initiative to address homelessness.

The County’s six point plan recognizes that a coordinated effort is key to addressing the problem:

- 1) resource fairs with social service partners in one location
- 2) housing-first initiatives for those with medical needs
- 3) a rapid re-entry program to help incarcerated people transition to civic life
- 4) a 24-hour Homeless Navigator system and hotline that tracks the population and matches them with services
- 5) expanded partnerships among public and private organizations that provide needed services
- 6) vocational initiatives that connect homeless people with opportunities for day work

Volunteer Manager of the Year



Cody Miller, Director Foundation and Alumni Relations at Rowan College at Gloucester County and President of the Volunteer Center, presented Alex with a well deserved Volunteer Manager of the Year Award.

In October, Jersey Cares honored our own Alexandra Wills, Director of Community Relations, for her work in staffing the volunteer needs of Cathedral Kitchen. Alex schedules over 9,000 volunteer slots each year! She also speaks at various community events to promote the work of Cathedral Kitchen.

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Letter from Executive Director

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Founded in 1976, The Cathedral Kitchen is a registered 501(c)(3) organization.

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. We are working to feed and energize a healthy community.



Dear Friends—

As I read through this newsletter, I was struck by how many people are pictured in the photos that accompany each story. I think that is a story in itself. One of the great things about the Kitchen is that so many members of the community offer their support in so many different ways.

There are those who volunteer in our dining room or in efforts at their schools, offices, churches or even their homes, to provide support to our dinner and outreach programs. Others welcome our students and employees to their workplaces, to provide instruction and learning experiences that open new worlds for our students.

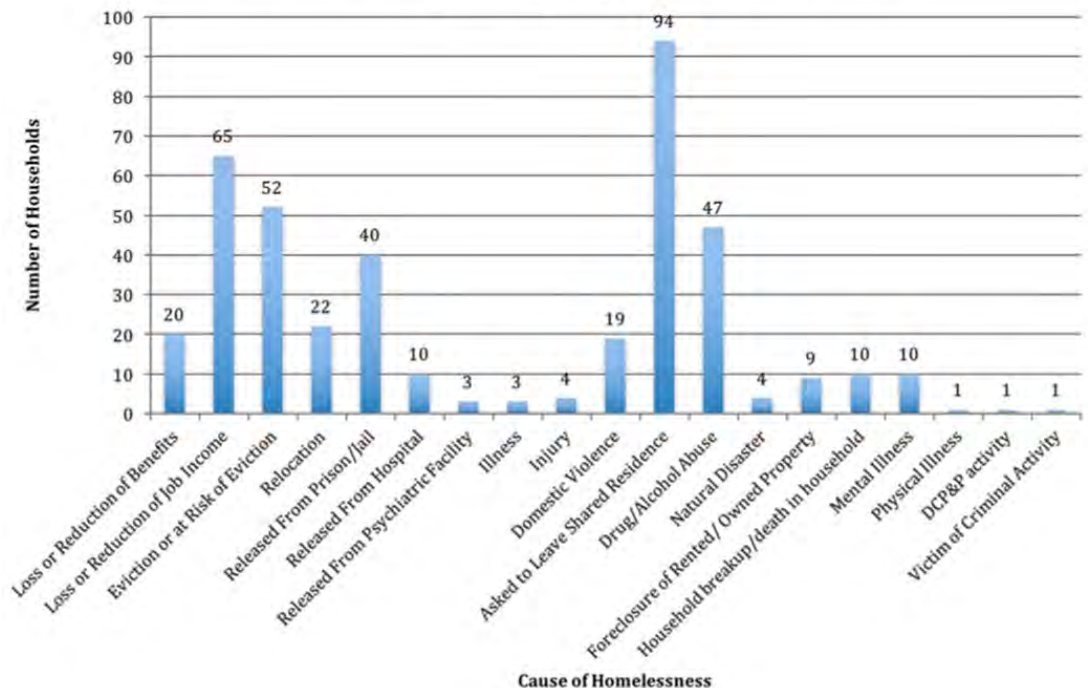
Colleagues at organizations throughout Camden share their expertise and work with us to improve the lives of those in our city. Guests at our fundraising event, our graduations and our CK Café help the Kitchen carry out our mission to “use food to change lives”. Our wonderful staff supports that mission every day as they work in our office and our kitchens. And of course, our donors and funders who make our work possible through their monetary contributions.

I have always felt that the greatest asset of Cathedral Kitchen is people. I think this issue of our newsletter illustrates that perfectly. My thanks to all who work in any way to support the mission of Cathedral Kitchen.

Continued from page 1

CAUSES OF HOMELESSNESS IN CAMDEN CITY

Fig. A.14. Number of Households by Cause of Homelessness



Credit: Camden County 2017 Point in Time Homeless Report.

A Partnership That Works



Above: The 1506 team produces 1,600 meals each day from 4:00 am—7:00 pm;

Below: The team preps oven roasted turkey and stuffing for more than 500 VOADV residents.

the CK kitchen where food is prepared fresh from scratch is a great benefit to the residents of our shelters and halfway houses,” says VOADV Chief Operating Officer Pat McKernan. CK has received very positive reviews regarding the quality of the food and service from VOADV’s residents and management .

The operation is run by Chef George Kralle and Sous Chef Dan Mallgrave. It runs seven days a week, with nearly 600,000 meals going out each year. “While the idea of an additional income source was very attractive to us as a nonprofit, the operation’s ability to provide employment opportunities in Camden has been one of the most satisfying outcomes,” says CK’s COO Bea Gosik. “We require the food be nutritious and satisfying for the residents and that our employees who prepare and deliver the food are supported beyond just earning a paycheck.”

In 2011, Volunteers of America Delaware Valley (VOADV) first approached CK about providing meals for its eight sites (halfway houses and shelters) on a contract basis. The need was for three meals a day, totaling 1,600 meals, 365 days year. With limited kitchen space, CK was only able to take on a pilot program at that time.

The pilot was a success and in 2013 CK was fortunate to be able to acquire the building next door and rehab it into a social enterprise that could take on VOA’s full contract meal request as an income generator, as well as serve as an employment site for CK’s culinary graduates and Camden residents.

The project launched December 2014 and now has three years of full operation to be proud of. Each meal is required to meet the nutritional standards set by the State. “Having meals provided by

New to the Board

Cathedral Kitchen welcomed two new members to the Board of Directors in 2017. We appreciate their service.



Ronald DeAbreu is a Senior Employee Relations Partner at Independence Blue Cross. He has over 33 years of human resources experience in the hospital and health care industry. Ron is a Councilman for the Borough of Lawnside and has served on the Board of Education and the Planning Board.



John Headley, Regional Vice President, Beneficial Bank, is the board’s newest member. John has been an integral part of growing the Beneficial brand in the NJ marketplace by introducing various non-profit organizations, including CK, to the Beneficial Foundation, as well as assisting the NJ market business development and strategic planning.

Making the Grade

CK recently earned a four star rating from Charity Navigator, an American independent charity watchdog organization that evaluates charitable organizations in the U.S. Its stated goal is "to advance a more efficient and responsive philanthropic marketplace in which givers and the charities they support work in tandem to overcome our nation’s and the world’s most persistent challenges".



Young Volunteers Help Too!



This year 11-year old Noah, pictured here with Karen Talarico, packaged his extensive Lego collection to pass on to our young dinner guests. He gathered a wide assortment of colors, shapes and sizes to spark creativity, mental stimulation and hands-on learning.



For Rachel's 13th birthday, instead of asking friends and family for clothing, electronics or the latest teen trends, she asked everyone to purchase items on CK's wish list. She was so excited to receive bundles of food, toiletries, feminine hygiene products and so much more for CK's dinner guests. Denise King (L) and Alex Wills (R) accepted her generous donation.

Just a few of the many ways people help...



The **KEY CLUB** at **West Deptford High School** held their "Serving Up Hope" Volleyball Marathon and raised \$2,300 to support CK programs. Community Relations Director Alex Wills visited the students and expressed our appreciation for their generosity. The students obtained business sponsorships, as well as individual donations for the fundraiser.

Farmers across the state donated produce that would normally be wasted through participation in **Farmers Against Hunger** and **Grow-A-Row**. Some of our CK volunteers go out to the farms to help harvest the produce and bring it back to CK where it can be used in the meal, given away at our free Market Stand each day, or shared with our low-income senior centers for their free food shopping day.



Every month Subaru employees volunteer at Habitat for Humanity and come to the **CK Café** for lunch. By giving the Café their business, they help support our social enterprise that funds our human services programs and employs Camden residents. Many of CK's supporters and local business people have made the café a regular stop for a great lunch. A growing number order catered meals for meetings and events.



Thanksgiving weekend about 30 athletes **Burned the Bird** at **Impact Performance & Fitness** in Voorhees. Their workout generated a nice donation!

Best Year Ever!

A sold-out crowd of more than 400 guests came to support CK's **Harvest for Hunger** event in November which generated a record high profit of more than \$125,000, which will be used to support 10% of our human services program budget.



Board member Sam Monnie and wife Lydia Hamilton-Monnie hosted a table for the evening.



Streamers, music, and a standing ovation for the students were highlights of the evening.



Lou Moffa, Ann Beck and Pam Giannini enthusiastically join into bidding wars over wines, trips and chef's tables.



Guests enjoyed winning a record number of unique items in the silent auction and the basket raffle. This was the first year CK used GiveSmart, which allowed guests to bid from their phones.



Board member Elaine Moore Wright and husband Spencer Wright reviewing the wines being offered for the live auction.



Culinary students helped CK chefs prepare and serve at food stations and with butlered offerings.



SAVE THE DATE - HARVEST 2018 November 2nd The Collingswood Grand Ballroom

For more information, please contact
Noreen Flewelling at noreen@cathedralkitchen.org
or 856-964-6771, ext. 126.



Thank you to Harvest for Hunger 2017 Sponsors

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New Partners in 2017

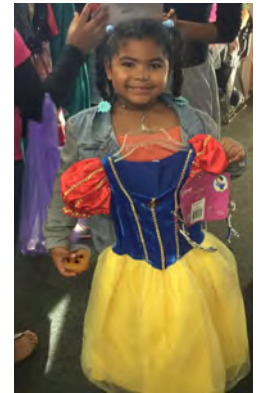


Whole Foods Market, Cherry Hill, selected CK to be the beneficiary of its Community Giving Day last summer with a donation of 5% of the day's proceeds. Along with regular Whole Foods' shoppers, many CK supporters came out to shop to support our mission that day.



We were thrilled to receive a first-time grant from the Phillies organization. Grant recipients were all invited to the ballpark for a recognition dinner. CK's Karen Talarico and Bea Gosik had some fun with the Phillie Phanatic.

Holidays at CK



Donated Halloween costumes were a big hit with the children who come for meals at the Kitchen.



Volunteers enjoy the festive atmosphere during the holidays.



Senior center deliveries included lots of turkeys and even gift cards donated by a CK supporter.



CK's young volunteers make festive place-mats to brighten our dinner guests' day.



Camden police got into the spirit by distributing blankets, socks and toiletries.



Members of the Symphony in C helped bring the sounds of the season to the Kitchen at a holiday meal service.



CK Case Manager Denise King distributed hundreds of donated gifts to the children who come for meals.



Culinary Training News

Sharif Byrd, valedictorian of our 4th culinary class in 2011, returned to the Kitchen in December to deliver the keynote address at graduation. Sharif is a manager at the Compass Group. He and his wife Tanita purchased their first home two years ago. Sharif told the graduates, "We all deserve second chances. Keep working and you can do it. Your journey begins with one step and today is your first step." (L to R) Sharif joins fellow CK alumni: Melvin Marrero, CK Cook; Anthony Aponte, CK Lead Cook; and Lamont Blackwell, graduate.



Our Baking Arts Training students had the unique opportunity to learn all about chocolates, truffles, pastries and much more from Classic Cake's world renowned Chef Robert Bennett. Classic Cake has been a longtime supporter of the Kitchen, making bi-weekly donations of their desserts for our dinner guests to enjoy.

Thanks to Whole Foods Market Cherry Hill for hosting our students for a cooking demonstration and behind the scenes tour with tastings. Chef Jenny Harris taught students how to make a heavenly sweet corn risotto with almond herb pesto: the key ingredient—patience! Whole Foods Marketing Leader, Carol Shapcott, then took the students on a tour of the store, sampling a variety of gourmet foods from around the world.



For our spring and fall semesters, we asked our Facebook friends to be the judges for the Baking Arts cake decorating contests. The cakes with the most likes were the winners.

More than 2,000 thumbs up and hearts were received and the winners were chosen. The only sad thing was the judges couldn't taste the yummy cakes.

Single Stop



Last year CK announced its partnership with Single Stop (SS), an organization that utilizes its "anti-poverty app" designed to create a one-stop shop model that connects people to resources and helps move them to economic security. As data is entered, potential benefits appear on the screen, such as qualification for food stamps, energy assistance, Earned Income Tax Credits and more.

In the first year of our partnership, 146 households were served, resulting in \$299,271 in benefits. The benefits counselling has been incorporated into our job training program with \$72,280 in benefits going to students.

SS and CK also partnered with the United Way and the Campaign for Working Families, Inc. last year to provide free tax preparation for low-income individuals. 177 tax returns were prepared at CK's site with an average return value of \$2,990. The average filer received \$1,697 in Earned Income Tax Credit. CK will serve as a tax site again this year, Mondays and Wednesdays 2:00 pm–6:00 pm now thru April 18th.

CK Souper Van Hits the Road!



Cathedral Kitchen has taken its culinary expertise on the road! Our food truck features a delicious menu of made to order panini sandwiches, fresh soups and sweets. We would love to bring it to your office location or special event!

If your office has 150 or more employees, we can bring the truck for a two hour lunch service. If you are having a party or special event, you can host the truck at your home to provide food for your guests.

For more information about scheduling the CK Souper Van, contact Chef Mari at 856-964-6771.

Coming Soon!



Starting this spring, Cathedral Kitchen will be launching its newest social enterprise, the CK Café LunchBox. Owned by Coopers Ferry Partnership, the LunchBox is located in Roosevelt Park, in front of Camden City Hall. Coopers Ferry awarded CK the contract to operate the incubator restaurant which will be open from April through October. The CK Café LunchBox will serve popular grab-n-go items from the CK Café and Souper Van menus.

The hours of operation will be Tuesday through Friday from 11:00 am—3:00 pm. Stay tuned for the grand opening and be sure to stop by to say hello!

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