



Cathedral Kitchen News

The CK LunchBox Debuts in Camden City



Camden Mayor Frank Moran helps out during the grand opening by serving lunch to Shahid Rana from Cooper's Ferry Partnership.

On May 8th Cathedral Kitchen opened the CK Café LunchBox, a new social enterprise located at Roosevelt Plaza Park in Camden. The LunchBox will be open through October, Tuesday to Friday, from 11:00 a.m. to 2:30 p.m. CK social enterprises support our human services programs, such as the CK meal program and job training.

The project, which was coordinated by Cooper's Ferry Partnership and funded by an Urban Enterprise Zone grant, uses shipping containers that were outfitted to become cafes. The site also includes a baked goods vendor operated by Respond, Inc., another Camden nonprofit. The boxes enhance the public park outside of City Hall and provide another lunch option for employees and visitors to the area. Cooper's Ferry plans to add additional programming for the area including live music.

CK's COO Bea Gosik says, "A grab and go food venue is the perfect extension of our CK Café. Not only does it generate income to help us run our programs, it publicizes our catering offerings and has created jobs for two Camden residents—a primary goal of CK's social enterprise initiatives." The CK café is located at 1506 Federal Street.

A Focus On Nutrition



CK is very pleased to welcome Kate Jones, RD, who has joined our staff as the Nutrition and Training Coordinator. Kate will provide nutritional guidance in the planning and preparation of CK meals. After earning a bachelors degree in Spanish, she decided to go back to school to pursue a career as a registered dietitian, where she could combine her passions for health, nutrition, and education. Prior to joining CK, Kate worked for ShopRite, providing individual nutrition counseling sessions, supermarket store tours, and nutrition education events in the community. Kate will also be providing weekly nutrition lessons to the students in the culinary and baking arts training programs, and offering recipe ideas and nutrition tips to the dinner guests and seniors living at low-income housing facilities in Camden.

- Exec. Director Letter2
- Student Care Fund2
- Community Outreach.....3
- Alumni Reunion3
- Tribute to Karen4-5
- Community Partners.....6
- Harvest for Hunger7-8

A few LunchBox menu highlights. . .

The Pyne Point: Chicken breast, pesto, fire roasted tomatoes, provolone cheese and spinach grilled on crusty bread ~ \$9.00 (a CK Café favorite)

The City Hall: Hummus sandwich on seeded rye with guacamole, fire roasted tomatoes and cucumber slices ~ \$8.50

The Rosedale Salad: Super greens with grilled chicken, blueberries, walnuts, cucumbers & feta cheese with choice of dressing ~ \$9.00

Calling All **FOODIES!**

**Downtown's
Newest Food Hub
the "LunchBox"**

Launches at Roosevelt Plaza Park
(Camden City Hall)

520 Market Street, Camden, NJ 08102

Shipping Container
Food Kiosks | Local Sourcing
Creative Placemaking
Powered by Cooper's Ferry Partnership

Cathedral Kitchen Board of Directors

Officers:

Glenn Giveans

President

Robert Marrone, CPA, RMA, CGMA

Vice President

Wanda Smith, MBA, PHR

Vice President

William P. Carozza

Treasurer

Elaine Moore Wright

Secretary

Directors:

Rachael Brekke, Esq.

Ronald DeAbreau

Catherine Gavin

Kathleen Goodman, EdD

John Headley

Samuel Monnie

Lisa M. Only, Esq.

Richard Pacheco

Terry Ruggles

Cathedral Kitchen Leadership:

Karen Talarico

Executive Director

Bea Gosik

Chief Operating Officer

Jonathan Jernigan

Executive Chef

Cathedral Kitchen

1514 Federal Street

Camden, NJ 08105

Office: (856) 964-6771

Fax: (856) 964-6772

www.cathedralkitchen.org

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

Executive Director's Farewell Message

Dear Friends,

I would like to take this opportunity to thank all of you who are reading this newsletter for your support during the fifteen years I have been the Executive Director of the Cathedral Kitchen. A lot has changed over those years—new buildings, new initiatives, new staff. But the one thing that has stayed the same has been the steadfast support of our donors. It has been your donations that have helped the Kitchen to grow and flourish in the way that is has.

In addition to our donors, I want to thank the many people who have served on the board of directors, and my incredible staff, past and present, who have been so instrumental in helping the Kitchen to use food to change lives in so many ways. I have enjoyed incredible support in all of our endeavors, and could not have asked for a better team to spend my working days with. I am grateful to you all, and will carry memories of all of our good times together forever in my heart. Thank you all.



Student Care Fund

Since I have announced my retirement, I have had many people offer their congratulations to me. I find this fascinating, since I am not sure that retiring is something that merits congratulatory sentiments. I have also been the recipient of many nice notes and good wishes, and surprisingly, some donations have been made in my "honor". This is very touching, and I would like to dedicate those donations to establishing a Student Care Fund.

So many times we have had our culinary students get their first job and find that they are finally making enough money to afford to get their own apartment, but can't swing the security deposit; or their car breaks down and they can't get to work, and can't afford to get it fixed. It would be wonderful if the Kitchen were able to help out in these situations, to give our graduates that little extra boost they need to make it on their own.

I was always lucky enough to have family to help me out in a financial crunch, or when I had an unexpected piece of bad luck, but so many of our graduates do not have a support system to help them through tough times. They continue to think of the Kitchen as their "family", and seek us out when they need help. I envision the Student Care Fund to be a vehicle to enable the Kitchen to be that help.

So I offer my heartfelt thanks those who have made these donations and encourage you to help me "pay it forward" long after I am gone.



Going Into Our Community



CK continues to work to move food where it's needed out into our Camden community.

- ⇒ Weekly: over 400 seniors at three low-income housing facilities receive donated groceries and can shop for free.
- ⇒ Each center is paid a monthly visit by CK's food truck for a lunch of soup and sandwiches.

- ⇒ Twice a month CK joins Volunteers of America Delaware Valley to provide a meal and conduct outreach for the homeless on the streets of Camden.
- ⇒ Several times a week CK provides a meal for after-school and summer programs for children at Puerto Rican Unity for Progress (PRUP), Urban Promise, and Viet Lead
- ⇒ Each Friday CK delivers a meal for the residents of Joseph's House, a homeless shelter offering 75 people a place to sleep each night (pictured).
- ⇒ Once a month food is provided to St. Wilfred's Open Door Clinic.

None of this would be possible without the many food donations we receive and our refrigerated truck that can handle the pick up of large quantity food donations and keep them at safe temperatures.

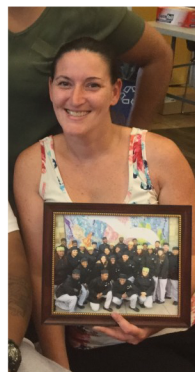
Alumni Homecoming



On June 25, CK hosted its first Culinary and Baking Arts Alumni gathering. Forty five of our graduates were treated to lunch on a Monday afternoon—the day chosen because many restaurants where graduates work are closed. They were welcomed with hugs, framed pictures of their graduating class and a rolling video of picture highlights from all 19 classes. Students were excited to see former classmates, both in person and on the screen. And of course the highlight of the day was seeing their mentor, Executive Chef Jonathan Jernigan.

They had a great time sharing stories about their experiences during the program and their achievements since graduating. Many of them spoke of how they can still hear Chef Jonathan in their head, repeating the famous quote shown below. Fortunately, many of the former students have been able to make positive changes in their lives.

If nothing changes, nothing changes — Chef Jonathan



Farmers Pitch In



It's growing season, and New Jersey Farmers Against Hunger, along with Carversville Farm Foundation, America's Grow-a-Row and the Camden County Master Gardeners have all pitched in to provide CK with farm fresh produce. Pictured above are our friends from the Carversville Farm Foundation who delivered 15 cases of eggs for our meal program—that's 2,160 farm fresh eggs!

Lights, Camera, Cook!



CK chefs and nutritionist Kate Jones are teaming up with freelance video producer John Bauwens to create monthly cooking videos that demonstrate how to create a meal for a family of four for \$10. Each segment will feature a CK chef preparing a recipe for a healthy balanced meal on a budget. The videos and associated recipes will be published on CK's Facebook page and website.

Building a Home for the Kitchen



Karen was hired to help the Kitchen build its first permanent home.



An unlikely site that proved to be quite a challenge was secured in 2006.



After jumping through many hurdles, Karen and the board broke ground in 2007.



The building's grand opening was held in the fall of 2008.

Karen Talarico. . .



Karen was hired in 2003 as CK's first Executive Director. She worked out of the former shower room of a school gym. She did it all—served the meal...



. . . walked for hunger



. . . raised funds from new sources



. . . entertained our dinner guests



. . . and, of course, she did it with laughter!

... one class act!

In the new building Karen continued to raise funds to support new programs she helped to create—culinary training and the Project Smiles dental program . . .



... spoke at countless community events. . .



... opened a second building next door with a café, a rooftop garden, and a contract meal program. . .



... she even got her hands dirty in the garden she built . . .



... all while continuing to laugh!!!



Making It Grow



The CK Café opened in May of 2015 and has grown into a wonderful food venue and social meeting place in Camden.



CK's Souper Van hit the road in 2016 with the motto: **buy a meal—give a meal.**



A refrigerated truck was needed to safely pick up donated products that help support our meal and culinary programs and do provide outreach for children and seniors.



We will miss her!!!

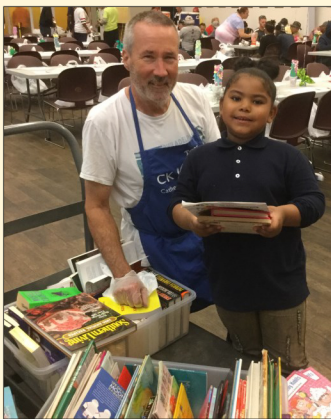
Welcome to the Neighborhood!



Cathedral Kitchen was honored to cater and attend Subaru's ribbon cutting ceremony for its new building, located just around the corner from the Kitchen. CK's Alexandra Wills, Karen Talarico, Subaru Manager of Corporate Responsibility and Philanthropy Sandy Capell, and CK Nutrition and Training Coordinator, Kate Jones, helped celebrate Subaru's move to Camden.



Future librarian in the making. . .



Thanks to CK volunteer Tom Martin for bringing the Camden County Pop-Up Library to the Kitchen each month. Tom's passion is encouraging the love of reading for our dinner guests, old and young. Thousands of donated books are given away by this organization's "book foot soldiers."

Community Partners



This past spring, the **Tonewood Brewing** in Oaklyn offered to donate part of all tap beer sales to Cathedral Kitchen during its annual Saison Day celebration. The event was well attended by CK volunteers, board, staff and community members. Tonewood Brewing will be sponsoring and pouring their craft beers at our 2018 **Harvest for Hunger**.



Cathedral Kitchen was excited to be selected as **Auburn Road Vineyard & Winery's** 2018 Give Peach a Chance Charity of the Year!

Twenty-five cents of each bottle of "Give Peach a Chance" will be donated to CK. We are thrilled to be following in the footsteps of last year's beneficiary, our partner organization, The Unforgotten Haven. We look forward to developing our relationship with Auburn Road as they will be a tasting table at this year's Harvest for Hunger and their team plans to volunteer at our meal program. Our thanks to CK volunteer Sherry Kilpatrick for nominating Cathedral Kitchen for this honor.



Camden's own **Adventure Aquarium** is offering CK supporters a great deal: they will donate \$5 AND discount the price of each ticket purchased with the code below. To take advantage of this offer to support CK, log into www.adventureaquarium.com and select "Buy Tickets" icon. Enter code CK2018. Tickets are \$23.50 for adults/\$19 for children (plus tax). Enjoy one-of-a-kind exhibits with more than 8,500 aquatic species swimming in two million gallons of water, all while benefiting CK.

In 2018 **Whole Foods** in Cherry Hill donated 5% of its income for a day, resulting in a sponsorship for Harvest for Hunger. CK volunteers manned a CK information table that day in shifts. This year the Cherry Hill and Marlton stores joined together to benefit CK with their *Nickels for Nonprofits* program. CK will receive 5 cents for every reusable bag shoppers bring in to replace paper bags and choose to donate to CK.



CK was the beneficiary of **The Hughes Center for Aesthetic Medicine's** Beauty Brunch and Bubbly event. CK catered the event and also received a generous donation from Dr. Susan Hughes and her team.

Thank you to all our community partners for their generous support and raising awareness of CK!

Harvest for Hunger 2018

On-Line Registration Program!

Go to www.cathedralkitchen.org and click on "Harvest For Hunger" to purchase your tickets, register, and bid online

REGISTER

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

CHECK OUT AUCTION and DONATION OPTIONS

Make a donation towards our **NEW** Student Care Fund in honor of CK Executive Director Karen Talarico.

Harvest for Hunger 2018
7:00 pm - 10:00 pm, Nov 2 | 2018 EDT | OPEN

OVERVIEW BROWSE ITEMS REGISTER BUY TICKETS

Event Details

WHO: [Cathedral Kitchen](#)

WHERE: The Collingswood Grand Ballroom [Get directions](#)

ATTIRE: Business Casual

STARTS: 7:00pm Fri, Nov 2, 2018 [Add to calendar](#)

ENDS: 10:00pm Fri, Nov 2, 2018

[BUY TICKETS](#)

Welcome

Join us for a wine and food tasting and auction supporting the Cathedral Kitchen. A fantastic selection of fine wines, local spirits, and craft beers will be available for tasting! Delectable foods will be served as guests take chances on distinctive gift baskets. The event will feature live and silent auctions for wine, chefs' tables, vacation homes, sports memorabilia and other fabulous prizes.

Featured Items

\$500 [ADD TO BIDS](#)

Live Auction Only

Chef Jonathan In Your Home
DINING OUT

\$250 [DONATE](#) | [DONATED](#)

Karen's Student Care Fund - \$250
DONATIONS

\$600 [ADD TO BIDS](#)

St. James Club MORGAN BAY Saint Lucia

St. James Club Morgan Bay In St. Lucia
VACATION

[BROWSE ITEMS](#)
Browse, bid or buy in the auction

[BROWSE NOW](#)

BUY TICKETS

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

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

Get previews of live and silent auction items!

www.cathedralkitchen.org

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

Harvest for Hunger Wine Tasting and Live Auction



Join us for a very special evening of food and fun!

Help us celebrate the work and service of
Executive Director, Karen Talarico
upon her retirement from the Kitchen.

Friday, November 2, 2018, 7:00 ~ 10:00 PM
Collingswood Grand Ballroom
315 White Horse Pike, Collingswood, NJ
Individual Tickets: \$75

Presenting Sponsor:



Legacy Sponsor:



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

Guests must be 21 or older. Proceeds from Harvest for Hunger benefit the Cathedral Kitchen. Tax ID# 22-3114500
Cathedral Kitchen • 1514 Federal Street • Camden, NJ 08105

Non Profit
Organization
U.S. Postage Paid
Cherry Hill, NJ BMEU
Permit No. 192

Cathedral Kitchen
1514 Federal Street
Camden, NJ 08105
Phone: 856-964-6771
Fax: 856-964-6772
www.cathedralkitchen.org