Did you know that one in six children in Winnebago County are living in poverty and are at risk of going hungry? Children living in poverty are often fed inexpensive food since it is all that parents can afford, and unfortunately the food is usually “empty calories” offering no nutritional value.

On average 2,056 children on a monthly basis are receiving foods from the pantry. We are fortunate that we can provide nutritious, healthy food to the children. Why is it so important that children consume enough calories of healthy food?

Poor nutrition during early years leads to profound and varied effects including*:

- Delayed physical growth and motor development
- General effects on cognitive development resulting in lower IQs (lower by 15 points or more in the severely malnourished)
- Greater degree of behavioral problems and deficient social skills at school age
- Decreased attention, deficient learning, and lower educational achievement.

9,000 Jars of Peanut Butter Needed

A donation of $18.50 will buy a case of 18 oz. peanut butter. Help us today by sending your check with Peanut Butter Rally noted in the Memo section!

We can do it with your help! During the months of April and May the RRVP must collect 9,000 jars of peanut butter in order to meet the summer needs for families with children. Why is this so important? In the Rockford School system more than 70% of the children are eligible for a free or subsidized lunch, but when school is out for the summer that is a meal the children are not guaranteed of having. By placing a jar of peanut butter in every food box, along with a loaf of bread, the RRVP makes sure that the children can have at least a sandwich for lunch! We made our goal last year thanks to you-help us do it again! Thank you to Gerber Collision & Glass for their sponsorship of the Peanut Butter Rally drive!
Today is a typical day at the Rock River Valley Pantry. Our van, along with our driver Darryl and volunteer Dennis, left at 8:00 am. to deliver pre-packed bags to our morning pantry site at Crusader Community Health Ctr. on Broadway. After they restocked the freezers and filled the shelves with “family sized” bags of groceries they headed to the grocery stores to pick up donated breads, produce, dry goods, and meat. Along the way they dropped off two collection barrels for a food drive to be held at Macy’s as part of their “Bag Hunger” campaign.

While they were out our S. Rockton location was busy this morning assisting families with gently used clothing for children through the Children’s Clothes Closet program, a meeting was being held with our master gardeners to discuss what to plant this spring, students from East High School labeled cans of corn, and volunteers were packing bags in our pantry area for the afternoon pantry distribution. Our “packers,” the volunteers that prepack the food bags, have their work cut out for them as we distributed food to 137 households the day before.

We opened our S. Rockton doors at 1:00pm and the lobby quickly filled. Another “standing room only” afternoon! Our two volunteer registrars began checking in the households and verifying their family size. The families were then given color coded cards, indicating their family size, which they presented to our volunteers in the grocery area. With the help of these volunteers the families selected foods to take with them. While they were “shopping” another group of volunteers were retrieving the pre-packed bags of food and adding frozen item to those bags and queuing them in order for the clients. Clients were then taking the pre-packed along with the items that they shopped for and headed home. If there was any lull in the action the volunteers were busy restocking shelves and the packing room freezers were replenished. This continued until the last of the 122 client left at 4pm.

Thank you to all who make this possible, donors, gardeners, volunteers, and staff. Inside of eight hours you touch hundreds of lives and provide a basic human need. Most importantly you give people hope!

Kim Adams-Bakke
Executive Director

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**Pantry Operation Tours Available**

The 2nd Wednesday of each month, in the morning, is set aside for tours. Contact us if you or your group would like to see “behind the scenes” at the S. Rockton location. Tours are usually 45 minutes in length. Call us at 815.965.2466 to schedule a tour. We are looking forward to meeting you!

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**Thank You Very Much for Your Support**

Because of your generosity over the last six months we were able to distribute 240,006 pounds of donated food. With your monetary gifts during those six months we were able to purchase 215,671 pounds of urgently needed food for the family food boxes. We are very grateful for your support as you are the one who makes it possible for us to provide food to the men, women and children going hungry in our community.

<table>
<thead>
<tr>
<th>Year</th>
<th>Total # of Individuals</th>
<th># of Children</th>
<th># of new clients</th>
</tr>
</thead>
<tbody>
<tr>
<td>September</td>
<td>6212</td>
<td>2129</td>
<td>221</td>
</tr>
<tr>
<td>October</td>
<td>7111</td>
<td>2501</td>
<td>262</td>
</tr>
<tr>
<td>November</td>
<td>6747</td>
<td>2300</td>
<td>234</td>
</tr>
<tr>
<td>December</td>
<td>5737</td>
<td>1919</td>
<td>207</td>
</tr>
<tr>
<td>January</td>
<td>6557</td>
<td>2211</td>
<td>212</td>
</tr>
<tr>
<td>February</td>
<td>4373</td>
<td>1278</td>
<td>137</td>
</tr>
</tbody>
</table>
Mark your Calendar for RRVP Upcoming Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Information</th>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanut Butter Rally</td>
<td>9,000 jars of peanut butter needed for summer food</td>
<td>April - June 7</td>
<td>Gerber Collision &amp; Glass 6801 Mill Rd. and</td>
</tr>
<tr>
<td>Sponsored by Gerber Collision &amp; Glass</td>
<td>distribution</td>
<td>June 7th wrap up</td>
<td>7902 Forest Hills Rd.</td>
</tr>
<tr>
<td>Peanut Butter Duathlon</td>
<td>Run, Bike, Run and help feed the hungry</td>
<td>April 27, 9:00am</td>
<td>Rock Cut State Park</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Harlem Rd entrance</td>
</tr>
<tr>
<td>Peaks 5K “Run Against Hunger”</td>
<td>1 Mile Fun Run/Walk &amp; 5K Run</td>
<td>June 8</td>
<td>Peak Fitness-Perryville/Peak entrance</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food For Fun Drive</td>
<td>Receive $5 off Magic Waters admission with a food</td>
<td>June 10</td>
<td>Magic Waters Waterpark</td>
</tr>
<tr>
<td></td>
<td>donation</td>
<td>10:00am - 9:00pm</td>
<td></td>
</tr>
<tr>
<td>The Rockford Pro Am Golf Tournament</td>
<td>Attend this annual event and support local nonprofits.</td>
<td>July 15</td>
<td>Forest Hills Country Club</td>
</tr>
<tr>
<td></td>
<td></td>
<td>8:30am - 3pm</td>
<td></td>
</tr>
<tr>
<td>Windsor Auto Sales Race Against Hunger</td>
<td>Wrap up event at the Rockford Speedway</td>
<td>August 24 at 7:00pm</td>
<td>Rockford Speedway, Forest Hills Rd.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gates open at 5</td>
<td></td>
</tr>
<tr>
<td>Empty Bowls, Full Glasses</td>
<td>9th Annual dinner, wine tasting and art auction</td>
<td>September 27</td>
<td>Radisson Hotel &amp; Conference Ctr.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6:00-10:00pm</td>
<td></td>
</tr>
<tr>
<td>“Stuff the Truck” Food Drive</td>
<td>National ‘Make a Difference Day’ food drive</td>
<td>October 26</td>
<td>Logli’s Supermarket</td>
</tr>
<tr>
<td></td>
<td></td>
<td>8:30am - 5pm</td>
<td>on Charles St.</td>
</tr>
</tbody>
</table>

Garden Report

Volunteer gardeners have increased the number of raised beds to 21 and we are looking forward to another bountiful crop. The fresh produce we grow compliments what we receive from the Plant A Row (PAR) program on an annual basis. All of the nutritious, fresh produce is distributed to our clients as it is harvested. Do you have a green thumb but no space to garden? We could use your help! Volunteers are needed to assist with the watering schedule which has been set for M/W/F mornings. Contact Ann at 815-965-2466 to be placed on the schedule. Help to grow the produce and fill the bellies of those going hungry in our community!

Woodward Gives Back to Community

Woodward’s Charitable Giving committee designated funds for two projects this year. The first project helped us purchase Thanksgiving meal boxes that were distributed to families the week before Thanksgiving. More than 600 families enjoyed a traditional meal thanks to Woodward and donors like you! The second gift from Woodward was for a capital improvement project required by the City of Rockford. The funding for this project allowed us to install a blacktop loading area that could accommodate semi-trucks delivering pallets of food. We are very grateful for these gifts and for the difference that Woodward has chosen to make in our community!

Family and Friends Remembered

We are very privileged to have received memorial gifts in honor of your loved ones. With your gifts we purchased much needed food to fill the grocery bags and the bellies of those less fortunate. Your generosity makes a difference in the lives of our clients. The Peanut Butter Endowment has been established to accept memorial gifts. If you would like more information visit our website at www.rvp.org or call us! In memory we recognize the following:

- Arne Anderson
- Ron Andrei
- George and Edith Bennett
- Nate and Libbie Blau
- Jim Boeger
- James and Bonnie Bolin
- Adam Brenner
- SeVerne Burke
- Ray Conley
- Lisa Cote
- Wanda N. Crumb
- Hank Curran
- Margaret Dahlgren
- Kathleen Doherty
- Lois Ecklund
- Otto Emerson
- Dee Felker
- Scott Franklin
- Phyllis Gigliano
- Dick Goff
- William J. “Bill” Greenlee
- Virginia B. Gregory
- Romona Groves
- James Hoyt
- Edna Johnson
- Phyllis Logli
- Charlotte Moreland
- Richard Parol
- Glenn Peebles
- Harold and Ruth Rands
- Leon Rosenzweig
- Donald Roush
- Art Sargent
- Jim Schmersae
- Clifford Scott
- Jeanne Shepherd
- Lee Sola
- Russell Swanson
- George Teslik
- Helen Uehara
- Diane Weiland
- Freda H. Williams
- William “Denny” Zimmerman

Food For Thought • Spring 2013 Newsletter • Rock River Valley Pantry
RRVP Mission Statement:
Rock River Valley Pantry fights hunger in the community by providing food to those in urgent need.

Do You Know Someone That Needs Our Help?
We are here to provide food to those going hungry in our community! Want to make a difference in the lives of those going hungry? Donate or volunteer today! Host a food drive, send a donation, or volunteer to distribute food in need. Please note that monetary donations allow us to purchase what we urgently need and we that we have tremendous buying power. We can usually purchase food at 1/3 less than what you spend at the store. We cut and mail back in the provided envelope inside this newsletter.

Want To Help/Need Help? Call us at 815-965-2466, or visit our website, www.rrvp.org. Like us on Facebook!

Want Someone That Needs Our Help?
Yes, I want to make a difference and fight hunger in our community! Use my donation to purchase food that is urgently needed or for food resources.

We Need Your HELP!
We are here to provide food to those going hungry in our community! Please respond today! For information about all of our services contact us at 1815-965-2466 or visit our website, www.rrvp.org.

<table>
<thead>
<tr>
<th>$500 = 600#s of Ground Chicken</th>
<th>$200 = 227#s of Whole Grain Pasta</th>
</tr>
</thead>
<tbody>
<tr>
<td>$100 = 360 cans of Mixed Vegetables</td>
<td>$50 = 540 pkgs. Hamburger Helper</td>
</tr>
<tr>
<td>$250 = 227#s of White Grains Pasta</td>
<td>$25 = 42 cans Applesauce</td>
</tr>
<tr>
<td>$25 = 42 cans Applesauce</td>
<td>$25 = 42 cans Applesauce</td>
</tr>
</tbody>
</table>

Due to our buying power from food brokers we are able to purchase up to 2 to 3 times what you can at retail prices. Also, we can purchase what we need and we can purchase what we need urgently in need of the client’s grocery bags.

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