RRVP Mission Statement:
Rock River Valley Pantry fights hunger in the community
by providing food to those in urgent need.

RRVP: Respect, Responding, Valuing, Partnering!

Yes, I want to make a difference and fight hunger in our community!
Use my donation to purchase food that is urgently needed. Please Respond today!

- $500 = 369#s of Ground Turkey
- $250 = 290#s of Whole Grain Pasta
- $100 = 415 cans of Sweet Peas
- $50 = 665 pkgs. Hamburger Helper
- $25 = 36 cans of Peach Halves
- $ Other = every dollar makes a difference!
- $ Peanut Butter Rally

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

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<th>Address</th>
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City/State/Zip

Email (your information will not be shared or sold)

Rock River Valley Pantry • Food For Thought • Spring 2015 Newsletter

Want To Help/Need Help? Call us at 815-965-2466
Check out our website at www.rrvp.org. Like us on Facebook!
Visit us at 421 S. Rockton or 1100 Broadway, Rockford IL

Do You Know Someone That Needs Our Help?
We are here to provide food to those going hungry in our community!
We offer hunger relief Mon-Fri from two locations, including morning and afternoon distributions. Once a family or individual is registered, which is a very short process, they will leave with 3-4 days’ worth of food and a list of other food resources.

We Need Your HELP!
Want to make a difference in the lives of those going hungry? Donate or volunteer today! Host a food drive; send a donation to feed a family or volunteer at one of our events, in our garden, or at the pantry. Please note that monetary donations allow us to purchase what we urgently need and that we have tremendous buying power. We can usually purchase food for 1/3 less than what you spend at the retail stores.

Contact us today at 815.965.2466, go to our website at www.rrvp.org or email our volunteer coordinator at ann_rrvp@rockriver.net.
You Asked For It!

We asked our Facebook friends what they would like to know about the Rock River Valley Pantry. We have answered some of their questions here, while others we have answered on Facebook.

What exactly do we do?
Since 1974, the RRVP has been providing emergency food to families and individuals that need assistance. We are, however, providing hunger relief in much greater numbers than when we were founded. Annually, we distribute over 1,000,000 pounds of nutritious food. Our volunteer dietician designs the food bags to provide balanced meals that are appropriate for breakfast, lunch, and dinner. We provide each client with three days’, and sometimes four days’, worth of food which they can take home and prepare.

Who are our clients?
The Rock River Valley Pantry, through our sites on South Rockton and at Crusader Community Health Center on Broadway, assists 3,000 households each month, providing emergency food assistance for over 7,000 children, women, and men. Thirty-nine percent of these are children, and six percent are adults over 65. We also assist school children that are part of the Jr. League of Rockford's weekend food backpack program, provide food bags to the homebound registered with Lutheran Social Services, and deliver food bags to KenRock Elderly Apartments.

Why do so many people need help?
The poverty rate in Winnebago County is 17.5%, which is greater than in Cook County! A symptom of poverty is hunger. The Rock River Valley Pantry assists on average over 7,000 clients per month. What contributes to their poverty? Some people are born into poverty and know no other life. For others whose income is stretched thin, it may be because of a medical crisis, an unexpected mechanical problem, or high utility bills. It could be a reduction in hours at work or the loss of a job. Even trying to provide enough food for growing children has led many to our door. For others it could be mental illness, being homeless and unemployable, or it could be a person dealing with a disability. The struggles aren’t always obvious, but the impact of being hungry can be staggering. Teachers will tell you that trying to teach a child that comes to school hungry is more than challenging; it is nearly impossible. When we help with nutritious food, those children can come to school prepared to learn.

* http://quickfacts.census.gov/qfd/states/17/17201.html

How do we help?
To start with, 93 cents of every $1 is dedicated to program services. We are really proud of the commitment that the Board and staff have made to being diligent to our donors’ wishes. We provide three days of nutritious food that individuals can take home and prepare for themselves and for their family members. Food that is provided to the clients is obtained four ways. 1) Through our own vegetable garden production and the local Plant A Row program, 2) state issued commodities, 3) donated food from the community, and 4) purchased food from food brokers and No. IL Food Bank. Clients can use our services once per month as we are an emergency food pantry.
Spring has sprung!

RRVP President’s Message...

As we all look forward to the warm months of spring and summer, I would like to thank you for your continued support during the last few months of record-breaking cold temperatures. We helped approximately 18,000 individuals during the last three months, 39% of them children. The RRVP staff worked the warehouse in hats, gloves, and jackets to keep the heating bills down! Of every dollar donated to the Pantry, 93 cents is used for program services; we don’t want to use your donations to pay high utility bills. As the winter months come to an end and we move into the summer months, we plan on providing extra food for those children who receive breakfast and lunch through their schools and will not have them for the three months of summer. We are mindful of the fact that the children in our community need to be fed with nutritious foods in order for them to grow and develop properly. To that end, we hold a Peanut Butter Rally during the spring months each year. Area businesses have contributed enough peanut butter in the past years to help offset the increased needs over the summer. We are grateful for the community’s support of this effort and ask that you consider donating an extra jar or two of peanut butter to help us.

We are also anxiously looking forward to the planting of our Pantry garden. Under the careful guidance of Winnebago County Master Gardeners and community volunteers, we harvested thousands of pounds of fresh vegetables in the past few years. The abundant produce grown on our very own property goes a long way in supplementing the grocery bags that our clients receive. Stop by the Rock River Valley Pantry sometime in May or June, and you will see the planting of 21 raised beds and 18 large container gardens, and then stop back in August and see the results pay off. We welcome your help in tending the gardens; there is plenty of work to go around!

Thank you for your support of our mission to alleviate hunger in the Rockford area. We couldn’t manage all that we do without the help of volunteers and donor support.

Nonie Broski, President

Rock River Valley Pantry Board of Directors
Peanut Butter Rally

Who needs 10,000 jars of Peanut Butter? We do!

During the summer months when school is out of session, children that receive breakfast and lunch through the government supported meal programs are without that food resource. In June, July, and August we can reach as high as 8,000 individuals, per month, that need food assistance. One of our answers is peanut butter. A jar of peanut butter can be stretched pretty far when making lunches or a breakfast of toast for a child. Hosting a peanut butter drive at your school, workplace, church, or with your service organization membership during the months of April and May can help us stock our shelves with peanut butter.

Make it fun! Have a creamy vs chunky competition or a White Sox vs Cub drive. Then, join us in June at the Gerber Collision and Glass stores for the big wrap-up! We’ll supply the barrels and pick them up after your drive is over.

Can’t host a drive but still want to participate?

For $20.00 per case, your generous donation will allow us to purchase almost 2x what you and I would pay at the grocers. So, write a check today, put PB Rally in the memo section and we’ll use the funds to purchase peanut butter, and only peanut butter, and add those jars to our 10,000 jar goal!
Pantry Update

Numbers, We Got Numbers – The RRVP’s fiscal year will end on June 30th. Every month we tabulate the client use and the amount of food that we have rescued, received in donations, or purchased through your generosity. By carefully monitoring the pantry usage, it allows us to predict and prepare for the upcoming needs. Three-fourths of the way into our fiscal year, we find that clients visits are up by 175 visits per month. We are hoping that the economy is stabilizing and this trend will not continue as we wrap up the last quarter of our fiscal year.

<table>
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<tr>
<th>FY14-FY15</th>
<th>July</th>
<th>Aug</th>
<th>Sep</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>Jan</th>
<th>Feb</th>
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<tr>
<td>Clients FY15</td>
<td>8415</td>
<td>7613</td>
<td>7862</td>
<td>7992</td>
<td>6740</td>
<td>6707</td>
<td>6972</td>
<td>4492</td>
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<tr>
<td>Clients FY14</td>
<td>8561</td>
<td>7680</td>
<td>7002</td>
<td>7895</td>
<td>7077</td>
<td>6321</td>
<td>7189</td>
<td>4893</td>
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Donated Food by Weight

Food Rescue Program – If you see our van at a local grocer, it means we are there rescuing food that the grocers have set aside for the pantry. Our partnership with Aldi, Schnuck’s, and Wal-Mart allows us to rescue dry goods, produce, meat, and seasonal items. We bring the food back to our warehouse where it is inspected, sorted, inventoried, and ultimately, distributed. In addition to the grocery stores, Edible Arrangements, Pepsi, and commercial bakeries are regular stops on the route. Our thanks for the community effort to make sure children, women, and men aren’t going hungry.

Donated Food – We are very grateful for the outstanding food drives and donations that businesses, churches, organizations, and individuals make to the RRVP. This food helps us meet the caloric needs of the clients of the RRVP.

Electronic Billboard

Sincere thanks to Cherry Valley Sign Co. for the donation of billboard time at the intersection of Newburg and Perryville. Their generosity allows us to post monthly notifications of upcoming events and our urgent needs, and allows us to recognize our volunteers, sponsors, and donors.

RRVP CAN ALWAYS USE:
- Cereal
- Pasta & Rice
- Canned Fruits and Vegetables

Yes, you are making a difference with your support!

This letter was received from a client.
Everything’s Coming Up Vegetables!

As you shop for vegetable seeds and transplants for your summer garden, please consider planting one extra row to be donated to the hungry living in the Rockford area. Drop off times are 7:30am - 3:30pm, M-F, at our 421 S. Rockton location. We can always use beans, radishes, onions, lettuce, cabbage, broccoli, and peppers! Last year we distributed over 10 tons of fresh produce from the Plant A Row for the Hungry garden program and over 1,000 pounds from RRVP’s own garden.

Enjoy a Fun Way To Support the Cause

Are you a golfer, runner, country music lover, Speedway fan, and/or a donor looking for ways to help bring awareness to the hunger issue in our community? If so, check out the numerous ways to get involved and help support the RRVP with your time, talents, and donations!

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<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>How to Participate</th>
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<tr>
<td>Peanut Butter Endowment Lunch</td>
<td>April 18</td>
<td>RSVP by 4/11 to the RRVP.</td>
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<tr>
<td>United States Postal Food Drive</td>
<td>May 9</td>
<td>Mail carriers pick up food from your mailbox.</td>
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<tr>
<td>PEAK 5K Run</td>
<td>May 16</td>
<td><a href="http://www.peakfitnessusa.com/">http://www.peakfitnessusa.com/</a></td>
</tr>
<tr>
<td>Biggest Loser 5K Run/Walk</td>
<td>June 20</td>
<td>A portion of the proceeds donated to RRVP; <a href="http://www.biggestloserrunwalk.com/race/2015/rockford-half-marathon-5k">www.biggestloserrunwalk.com/race/2015/rockford-half-marathon-5k</a></td>
</tr>
<tr>
<td>ProAm</td>
<td>July 13</td>
<td>Volunteers needed. Contact the RRVP.</td>
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<tr>
<td>Race Against Hunger</td>
<td>August - TBD</td>
<td>Night at the Rockford Speedway</td>
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<tr>
<td>Flannel &amp; Lace Fundraiser</td>
<td>Sept. 25</td>
<td>Save the Date! More info to follow.</td>
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<tr>
<td>Stuff the Truck</td>
<td>Oct. 24</td>
<td>Make A Difference Day - Volunteers needed!</td>
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Memorials

A tribute to all those that we have loved and lost this past year are the memorial funds that are sent in the name of the family members and friends. We are humbled by the gifts made in their memory. Some of the memorial gifts are earmarked to our Peanut Butter Endowment which means the gift will last forever.

Pearl Adams
Clare Almquist
Dr. Henry Anderson
Raymond Bare
John Bornor
Jean Brawner
Gary Buttikofer
Shirley Cherrey
Agnes Christensen
Barbara Ann Clay
Lisa Coole
Mary Pat Didier
Len Hallen
Ron Haskell

Patrick J. Mera
Joann Nozicka
Alice Olson
Mary Porod
Jane and Earl Price
Artemus Pulford
Jayanthi Raj
Craig and Litzl Schulz
Jeanne Shepherd
Tynne Thompson
Judy Williams
Freda H. Williams
Brad Woest

Peanut Butter Endowment

A gift today benefits families forever! Any gift, big or small, to the Peanut Butter Endowment (PBE) will ensure that the RRVP will meet the needs of the hungry in our community in the future. Our PBE is a fund in which you can donate property, assets, or funds. The principal is never touched; only the income generated from the investments will be used to purchase food.

Join us in this invaluable cause by making a one time or a recurring donation to the Peanut Butter Endowment. Unfortunately there will always be a percentage of people living in poverty and a symptom of that poverty is hunger. Help ensure the RRVP’s ability to feed those going hungry as we look into the future.

Call us at 815-965-2466 or go to our website www.rrvp.org for more information or to donate.