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

It's Easy To Make a Difference - Become A Donor!
- Monetary gift
- Volunteer
- Food Rescue
- Warehouse
- Client Intake
- Client Selection
- Garden

Did you know that you can:
Donate online today, go to www.rrvp.org.

1,187,973 Pound of Food Distributed Last Year

1,187,973 pounds of food was distributed last year, which is equal to 1,161,424 meals!

Yes, that is one million, one hundred eighty-seven thousand, and nine hundred seventy-three pounds. Thank you to all that donated to the effort to feed those who are in need of food.

Retail Donation 363,619
Food Donations 109,843
Purchased 425,339
EFP 276,675
Garden / PAR 12,607

Your Dollar Goes Twice as Far!
When we buy green beans we buy them by the pallet! Usually it’s not one pallet but two or three, which results in deeply discounted pricing. Your monetary donation can go 2x as far as what you might spend at a grocery store. The RRVP purchases from food brokers and the food bank for best pricing.

As an example of our purchasing power let’s go shopping and compare the difference of some basic staples:

<table>
<thead>
<tr>
<th>Grocery Item</th>
<th>RRVP Price</th>
<th>Average Retail</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheerios 11.5 oz</td>
<td>.50</td>
<td>$2.99</td>
</tr>
<tr>
<td>Peanut Butter 18 oz</td>
<td>.94</td>
<td>$1.39</td>
</tr>
<tr>
<td>Green Beans 15 oz</td>
<td>.24</td>
<td>.69</td>
</tr>
<tr>
<td>Spaghetti Sauce 16 oz</td>
<td>.52</td>
<td>$1.00 (24 oz)</td>
</tr>
<tr>
<td>Spaghetti 1 lb</td>
<td>.44</td>
<td>.79</td>
</tr>
<tr>
<td>Canned Peaches 15 oz</td>
<td>.59</td>
<td>$1.19</td>
</tr>
<tr>
<td>Baked Beans 20 oz</td>
<td>.79</td>
<td>.55 (15 oz)</td>
</tr>
<tr>
<td>Hamburger 1 lb</td>
<td>$1.25</td>
<td>$3.24</td>
</tr>
</tbody>
</table>

Total $5.27 $11.89
President’s Message

Thank you donors for supporting this family focused event. Volunteers came together to load cars with a holiday food box, milk, fresh potatoes, extra vegetables, rolls, butter, and a pumpkin pie. Coming together over a meal is a wonderful way to celebrate our nation’s history and family. Thank you donors for supporting this family focused event.

Thanksgiving in August Provides a Holiday Meal in November

Registration is completed, and thanks to our Thanksgiving in August donors, 500 families will be able to enjoy a traditional Thanksgiving food box that is scheduled for distribution on Saturday, Nov. 17th. Last year, over 40 volunteers came together to load cars with a holiday food box, milk, fresh potatoes, extra vegetables, rolls, butter, and a pumpkin pie. Coming together over a meal is a wonderful way to celebrate our nation’s history and family. Thank you donors for supporting this family focused event.

Client Testimonials

When asked, “How does the Pantry make a difference to you and your family?” our clients responded:

“We are able to eat and that is major for our survival.”

Anna, Single mom, one child, working but struggling to pay all expenses

“We are able to eat and that is major for our survival.”

Ariana, single mom, two children, student

A Unique Partnership is a Win, Win, Win!

It started with an RRVP volunteer taking donated, bruised fruit back to her apartment complex for the residents that were in need, and has now developed into a three way partnership that provides pantry services to the residents of Luther Center.

Alpine Kiwanis provides the volunteers that assist the clients, and Luther Center provides the transportation to the downtown pantry. Connie Schlupp with Alpine Kiwanis shared, “This has been a great partnership. The Kiwanis members particularly like helping the guests from the Center.”

Kathy, a Luther Center resident expressed her thanks for the program, “This is a super program. I can ride the van over, then the volunteers help me pick out the groceries from the Pantry, and they help load them back into the van. Sometimes when we get back to the Center there are volunteers from the college that help me get the food to my apartment.”

Community Grants Make an Impact

Every grant makes a difference to the overall operation of the RRVP. Here are examples of the grants, allocations we received this past year.

Cosmopolitan Club members approved a grant that provided two huge overhead garage door pest screens. The screens allow us to keep the garage doors open for cross ventilation in our warehouse, yet prevents flying insects and pests from entering.

Community Foundation of Northern Illinois, Community Grant program allocation, allowed us to purchase healthy canned fruit and vegetables for the clients. The RRVP strives to provide healthy choices for the families and individuals that need our services. Thanks to this grant allocation more than 15,000 individuals enjoyed nutritious vegetables.

Woodward – the support that we receive from Woodward Charitable Trust insures that we will be able to meet the need of families that are in need during the holidays. Their generosity helps us to purchase holiday food boxes that are distributed right before Thanksgiving.

Fun, Enriching, Educational - Volunteering!

Let’s hear it for the backbone of our organization! Volunteers help in all aspects of our operation including: special events, warehouse operations, retail food rescue, stocking of the pantry shelves, registration, assisting the clients with their selection, pre-packing food bags for our homebound sites, gardening, and interior and exterior improvement projects. From youngsters to adults, there is a role for everyone.

If you are interested, please give us a call or come in for a tour, we promise you’ll get more satisfaction from helping others then you could imagine.

Our Clients Have Spoken & We Have Listened

People who are hungry are usually in need of other human services or information. The lobby at our downtown location provides the perfect space for agencies to meet with clients or display helpful information. This past year we have helped pantry clients with demonstrations, information, and services from the following:

- Flu shots
- Prairie State Legal Services
- Voter registration
- Supplemental medical insurance
- SNAP pre-qualification
- U of I Extension nutritious food demo’s and tastings

Don’t you know?

Do you know? Poverty remains higher than pre-recession levels.

Do you know? Almost 1/3 of Illinoisans are considered poor or low income.

Do you know? Women living in poverty are 20% greater than men.

Do you know? 26,748 people live in poverty in Senate District 34, which encompasses Rockford, Loves Park, and Machesney Park. (Heartland Alliance Poverty Update 2018)

Garden and PAR Offer Healthy Choices

“We love the garden and that we can pick what we like,” a recent visitor shared with our Garden Coordinator, Barb.

This summer, thanks to the hard work of many gardeners, plenty of rain, and sunshine, the gardens produced more than 1,500 pounds of healthy food for the RRVP clients. It’s not easy maintaining 35 containers and 28 raised beds, but U of I Master Gardeners, garden club members, and volunteers did just that! The RRVP main location is also a drop off site for the PlantAMove for the Hungry (PAR) in which gardeners can drop off their surplus veggies to be distributed to our clients.

Got Milk 4 Kids & Sr. Milk Programs

We are always in need of funding for our two milk programs. If you are willing to hold a fundraising drive for milk for children or adults 65 and older, it would greatly help to offset $22,000 that we spend for this program which is greatly appreciated by our milk lovers!

President’s Message

A huge thank you to all our donors and volunteers that make the Rock River Valley Food Pantry’s mission become a reality every day.

As the days shorten, we can see that fall is in the air and out on the farm we are enjoying a bountiful harvest here in Northern Illinois just as the gardeners experienced throughout the summer. I feel a chill in the air and know that the land will be going dormant until spring when we look for new life to begin again. With the calendar bringing the holidays closer, I hope your family and you have a blessed and joy-filled holiday season. Through your generous gifts, we can carry out our mission to share the bounty with those who need our services to help make their holidays brighter. Happy Holidays from our Rock River Valley Food Pantry to yours!

94 of Every Dollar Goes to Program Services

The Rock River Valley Pantry focus is to provide food to those in urgent need. We accomplish this through careful management of the support that we receive from people like you, our donors. A small staff keeps our overhead at a minimum, our purchasing power drives the prices lower, and the support of 125 volunteers allows us to focus on providing a basic human need, food.

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