



421 S. Rockton Avenue
Rockford, IL 61102

Call us at 815.965.2466
or visit www.rrvp.org
and donate today!



Non profit Org.
US Postage
Paid
Perm, it No. 804
Rockford, IL

BOARD OF DIRECTORS

Tiffany Bates
Jon Bauch
Ken Buss
Ron Carlson
Dave Denowh
Kira Devin
Sean Grennan
Jenny Howell
Jess Hunley
Colin Hurka
Cindy Leib
Fred Lierman
Esther Lodge
Lori Mack
Larry Rowlett
Dorice Royce, Pres.
Amy Sola
Tyler Slack
Glendy Thompson
Reggie Tillmon
Lori Wallace
Kathy Walls
Ron Welte

EXECUTIVE DIRECTOR
Kim AdamsBakke

Did you know?

- RRVP spends .94 of every dollar on Program Services
- RRVP operates two locations
- RRVP has 100+ active volunteers
- RRVP helps Winnebago County residents
- RRVP has been operating for 48 years
- RRVP's mission is to fight hunger in the community. By providing nutritious food to those in urgent need.



RRVP Mission Statement:

Rock River Valley Pantry fights hunger in the community by providing nutritious food to those in urgent need.

YES, I want to help the Rock River Valley Pantry provide food to those in need!

___ \$100 ___ \$50 ___ \$25 ___ Other ___ Sign me up for monthly giving plan!

Name _____ Please charge my credit card: ___ VISA ___ MC ___ DISC

Address _____ Card Number _____

City _____ Zip _____ Name on Card _____

Email _____ Exp Date _____ Security _____

Signature _____

Address _____

City _____ Zip _____

Phone _____

- Make checks payable to:
Rock River Valley Pantry
421 S. Rockton Ave.
Rockford IL 61102
- To charge a gift by phone please
call 815.965.2466
- To make a gift online go to www.RRVP.org
- The RRVP is a 501c3



Please cut and mail back in the envelope provided in this newsletter!

Need Help?

If you don't know where your next meal is coming from, or if you are unsure how you are going to feed your family, then contact us! We are here for you and your family!

Want to Help?

Make a donation today, host a food drive, volunteer your time, or support the Peanut Butter Endowment. Your support today could mean someone has food tomorrow!



Food for thought

FIGHTING HUNGER ONE MEAL AT A TIME

It's Peanut Butter & Jelly Rally Time!

Your donation of a jar of peanut butter or jelly will help a child this summer! When school lets out in June we need on hand 20,000 jars of PB & J to ensure that every food bag that leaves our Pantry has the makings for a PB & J sandwich!

Host a Peanut Butter & Jelly Rally by scheduling collection barrels to be dropped off at your office, place of worship, club meeting, or event. Or, you may choose to donate \$20 and we'll purchase a case of 18 oz jars of peanut butter for distribution! Thank you to this year's sponsor WIFR 23 for supporting the community wide effort!

Peanut butter is high in protein, requires no refrigeration, and most children can make their own sandwich, or snack, if no one is home to help them. Check out our TikTok at @RRVPantry to see how to make a grilled peanut butter and jelly sandwich, or a peanut butter smoothie!



Donors Make a Difference in the Client's Lives

Since January 1, 2022, the RRVP's two locations, with donor support, are making a difference!

- Have assisted **more than 7,500** people with emergency food
- **18% of clients are adults 65** years and older
- **26% of clients are children**
- We received more than **110,000 lbs. of donated food**
- Volunteers have **donated 2,455 hours** of their time



Special thanks to *Rockford Mercy* (26,890 lbs) and *Four Rivers Sanitation Authority* (1,724 lbs) for their recent food donations.

Every box, every can, makes a difference.



REMINDER

Schedule your Peanut Butter & Jelly Rally today by calling 815-965-2466 or email RRVP@rrvp.org and we'll put you on the schedule for barrel delivery!



President’s Message

Greetings from the RRVP Board of Directors,

The Rock River Valley Pantry is always excited to welcome the season of Spring. We spring forward each day to focus on our mission, to fight hunger in the community by providing nutritious food to those in urgent need. There is a beautiful quote that I came across by Saint Teresa of Calcutta that reads,

“Love cannot remain by itself-it has no meaning. Love has to be put into action, and that action is service. Whatever form we are, able or disabled, rich or poor, it is not how much we do, but how much love we put into the doing; a lifelong sharing of love with others.”

Thank you so much to our donors and volunteers because you allow us, each day, to show love in action.

Happy Spring!

Dorice Royce
RRVP Board President



Volunteer and Client Survey Results

As we prepared for a three year Strategic Plan session we recognized the importance of volunteers and clients feedback to the overall success of the Rock River Valley Pantry. Board members were provided with the results of both surveys and used the information as a guide to the future.

Six hundred, ninety-five clients were surveyed and results included their need for more of the following food items:

- Butter and cheese
- Eggs
- Meat
- Sliced bread



As we look to the future we will focus on obtaining more of the needed food items!

Volunteers, when surveyed on why they volunteer, responded overwhelming with the desire to help others in the community and how much they enjoy volunteering with other volunteers.



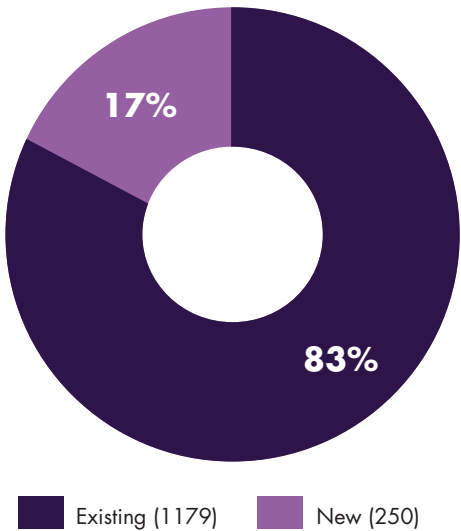
“We provide a valuable service to those in need in our community (benefit to others).”

“It gives me the opportunity and privilege to interact with a segment of the population with whom I probably would not otherwise (benefit to me). I frequently get more than I give.”

-Volunteer comments from 2022 survey

17% of All Households are NEW to the RRVP since January 2022

For many reasons, new households in Winnebago County have begun to steadily increase. The clients represented in the graph below are first time users of pantry services. On average most households use our services up to three times before they’re again food stable. Regardless of the number of visits needed, we’ll be here for those that need us!



Who in our community needs help to get through the month?

Douglas, 62 yrs. old and walked to the Pantry. “I’ve been living on air. I finally got social security and can buy some food. I eat everything you give me.”

Gladys, 73 years young, shared a ride with her neighbor to come to the pantry. “This winter was hard for me. I’m really glad it’s getting warmer. Like most of my friends our heat bills went up, and when it goes up we have less money to spend on food and other bills. I’m fortunate that my house is paid for!”

Ginny, neighbor of Gladys. “I don’t want my kids to know that I needed help. They have their own worries. I’m awfully glad for the pantry and the food you give me. Thank you.”

John & Mary, married couple which use the Pantry a few times a year. “The price of groceries keeps going up. We both got raises in our social security checks but Medicare went up, too. We like this Pantry and like the good food we get.”

Robert, “I heard there was venison today and I’m going to make chili when I get home. I appreciate the help as at my age the jobs just aren’t coming.”



Volunteer Kathy, filling the food bags



Pantry Garden grows and Green thumbs needed

The 32 raised bed garden will soon be planted with cold crops and with transplants that were grown in the new, experimental greenhouse inside our warehouse. Our all-volunteer corp will be planting, watering, harvesting, and helping clients select fresh produce for their household later this summer. Last year close to 2,000 lbs. was raised in the garden and distributed to clients.

We are in need of early morning volunteers to help water the garden. Please contact us if you can spare a couple of hours one morning a week. One of the top five items that clients request is fresh produce. With your help we can provide this nutritious food source.



Chip In For Hunger golf outing benefiting the Got Milk 4 Kids program!

Join us for our annual golf outing on May 16, 2022 at Forest Hills Country Club. Spend a fun afternoon with friends and coworkers while benefiting the Rock River Valley Pantry’s, Got Milk 4 Kids program. Your donations and support stay local and help children get the milk they need.

12pm Lunch & Contests
1pm Shot Gun Scramble Start
Appetizers and awards to follow

Register today! \$125 per person, registration due by May 9th.

Thank you to The Power Connection- IBEW/NECA and Amazon Air for your Eagle level sponsorship! Thank you also to the Par, Bogey, and Hole sponsors! Because of your support we can host this “fun”raising event.