

 **Family Kitchen Fact Sheet**

Guided by the belief that nobody should go hungry, Family Kitchen has been providing free meals to anyone in need since 1986. Our mission is **“To serve anyone who needs nutritious meals in a safe and caring environment”**. Our diners are treated with respect and are asked nothing but to leave with a full stomach.

History

In 1986 six women from Trinity Episcopal Church were concerned that local families would be adversely affected by the closing of the local lumber mills and the resulting hard economic times in Bend. They began by preparing meals in their homes and serving them once a week in the church hall. Other churches joined in and the meal schedule was expanded. Today Family Kitchen continues as an outstanding ecumenical and community effort serving over 8,000 meals each month. We operate as the Family Kitchen Trust led by a Board of Trustees, sponsored by Trinity Episcopal Church. (Tax ID #93-0427371)

Meals

Hot lunches are provided onsite Monday, Wednesday and Friday 10:30a-12:30p, Saturday 11a-12:30p and Sundays from 12-1p. Hot dinners are served onsite Tuesday, Thursday and Friday from 4:30-6:30p.

In 2021, we began meal service in Sisters once weekly – a dinner on Tuesdays from 4:00-6:00p.

Our fresh to-go meals are also delivered to:

- Bend Shelter – 3 meals a day
- Sisters Cold Weather Shelter 1x/week
- Stepping Stone Shelter Daily
- COVO Camp Check-ins 3x/week
- Redmond Collective’s Aid Event 1x/week
- Peace Kitchen Outreach 1x/week
- Home deliveries 2x/week
- Low income housing 3x/week
- Additional camp deliveries 1-3x/week

In 2022, we served 133,472 meals.

Operations

Meal teams prepare and serve meals weekly, biweekly, monthly or quarterly. Other teams shop for food and pick up donated breads and desserts from local markets. Individual volunteers help us with recycling, laundry and pet food pickup. Our Operations Manager oversees the purchase of ingredients from local grocery stores and obtain some donated or reduced-price meat and canned goods from Neighbor Impact. Our fully loaded cost per meal (includes staff and all building costs as well as ingredient costs) is about \$4.31 per meal. Our 450+ monthly volunteers come from groups of friends, churches, civic groups, schools, and businesses.

Facilities

In 2010 a new kitchen was built on the ground floor of St. Helens Hall of Trinity Episcopal Church. The kitchen is certified “commercial” and is subject to regular county health inspections. The range was donated by Jan and Jody Ward. A lovely mural on one wall was painted by local artist Kim Smallenburg.

When COVID hit and our meal count exploded, we sought assistance from local restaurant partners and rearranged and added freezers and a warming oven and an additional convection oven. We’ve been able to more than double the number of meals while remaining in this location. This did come at the cost of about half of our seating, so we are actively considering ways to bring that back.

Our Sisters meal is served from the Sisters Community Church.

Funding

Operational funding comes primarily from caring community members, and also from organizations including Newport Avenue Market, Pine Mountain Sports, Les Schwab Tire Centers, Deschutes Brewery, WCP Solutions, Brooks Resources, The Hunger Prevention Coalition, Bank of the Cascades, On Point Community Credit Union, Central Oregon Association of Realtors, United Way, local churches, and other grants.

Leadership

Family Kitchen is managed by an active Board of Trustees:

John Trachtenberg (President)

Carla Stevens (Secretary)

Kristine McConnell

Carol Spongberg

Rob Knoth

David Butler is our President Emeritus

Dana Black (Vice President)

Susan Massey (Treasurer)

Mark Quon

Dawn Rae Knoth

John Striff

Operations Manager: Julie Stamper

Meal Coordinator and Lead Cook: Spencer Light

Kitchen Attendant: Tori Tremble

Executive Director: Donna Burklo

Contact

Family Kitchen

231 NW Idaho

mail to: 469 Wall Street

Bend, OR 97703

info@familykitchen.org

www.familykitchen.org

541-760-5677