

 **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 provide nutritious meals to anyone in need 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 in Bend 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 19,000 meals each month. We have operated as the Family Kitchen Trust led by a Board of Trustees, sponsored by Trinity Episcopal Church. (Tax ID #93-0427371).

In late 2023, Family Kitchen is a 501(c)(3) nonprofit organization. Our EIN is 93-4777187.

In 2024, we will be making the big move from our founding location to a new “services hub” where we can serve alongside other agencies working to end houselessness and alleviate the trauma of precarious housing in Central Oregon. Contact us for more information and updates! info@familykitchen.org

Meals

Hot lunches are provided onsite Monday, Wednesday and Friday 10:30a-12:30p, Saturday 11a-12:30p and Sundays from 2-4p. 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 Lighthouse Shelter – 3 meals a day
- 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 2023, we provided 215,296 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 \$4.00 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, and in 2024, we began providing meals in Redmond in partnership with the Mt View Fellowship church.

Funding

Operational funding comes primarily from caring community members, and also from organizations including Newport Avenue Market, St Charles Community Solutions, Central Oregon Health Council, Oregon Community Foundation, Deschutes Brewery, WCP Solutions, Brooks Resources, The Hunger Prevention Coalition, Bank of the Cascades, On Point Community Credit Union, Central Oregon Association of Realtors, local churches, and other grants.

Leadership

Family Kitchen is managed by an active Board of Directors:

Rob Knoth, President
Carla Stevens, Secretary

Dana Black
Susan Massey, Treasurer

Mark Quon
John Striff, Vice President
John Trachtenberg (President Emeritus)
Savannah Stalker

Dawn Rae Knoth
Lior Kogot
Allison Slater
Kimberly Rivers

Kitchen Manager and Meal Coordinator: Spencer Light
Volunteer Coordinator and Meal Coordinator: Tori Tremble
Meal Coordinator, Sisters: Flora Bates
Meal Attendant: Steven Vick
Meal Coordinator, Redmond: Jesse Blough
Operations Manager: Dana Richards
Executive Director: Donna Burklo

Contact

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