



FROM THE DIRECTOR

In late August I celebrated my 9-year anniversary with the food pantry. And by celebrate, I mean I saw the notification on my Google calendar and thought to myself, "wow, has it really been 9 years?" and then moved on.

What has kept me here for so long, you ask? Well, first and foremost, it's the people. I am continuously astounded by all of the incredible human beings that I have encountered in this role. Colleagues, volunteers, members, and community supporters have become dear friends and trusted partners. And second, I am committed to this work. I don't want to stop advocating for a future where everyone has the food they need and deserve, in addition to everything else that makes life not just bearable, but good.

Finally, reaching this new milestone of kicking off our building campaign (which has been a long time coming!), is yet another motivator that keeps me moving forward. I am so excited at the prospect of finally having a facility that will allow us to optimally engage in meaningful anti-hunger work. Thank you for helping make that possible--I am hopeful that we will meet our goal in record time. And a year from now, as I'm waxing poetic about my 10 year anniversary, it'll be from a brand new food pantry building.



John Boller
Executive Director

NOV 2021 STATISTICS

Total Visits/Deliveries: 730

Families Served: 337

Individuals Served: 1,502

Food Distributed: 48,250 LBS

This organization is an equal opportunity provider.



All are invited to stop by the Coralville Rec Center (1506 8th Street) on **Friday, December 10** from **5-7pm** to enjoy a delectable free meal prepared by Food Pantry pantry staff and volunteers.

The meal will take place in the Rec Center's large gymnasium, with tables and chairs spaced out to ensure adequate social distancing. Meal attendees are instructed to enter the building and walk through the food line to select which items they wish to enjoy. All food will be served in to-go containers, allowing for easy take-home options for those not comfortable eating indoors. Masks are required for entry into the Rec Center and all attendees must keep their masks on while waiting in line and not seated at a table. The Rec Center will provide attendees with a take home activity for an entire family to enjoy.

"It has been two years since we last gathered indoors for one of our beloved community meals," says Hai Huynh, Community Projects Coordinator for the Food Pantry. "We are excited to ease back into this important community building activity in a way that is safe and provides the choice to dine-in or take a meal home."

All menu items will be prepared vegan and gluten free, with the exception of the meat entree and dessert. Food prep workers will adhere to strict safety protocols as prescribed by Iowa Department of Public Health and the Center for Disease Control.

What's on the menu?

- Kabocha squash soup (vegan, gf)
- Steamed rice (vegan, gf)
- Carmelized tofu (vegan, gf)
- Carmelized meat
- Fresh fruits/veggies (vegan, gf)
- Dessert (TBD)

Learn more at:

coralvillefoodpantry.org/events/meal

MAKE A DIFFERENCE

Every \$1 donated to the Coralville Community Food Pantry becomes 5+ pounds of food. Help transform Coralville into a hunger-free community by making a financial gift today. Thank you for your support!

DONATIONS CAN BE SENT TO OUR MAILING ADDRESS AT:

CORALVILLE COMMUNITY FOOD PANTRY
PO Box 5523
CORALVILLE, IA 52241

Secure donations can also be made online at

www.coralvillefoodpantry.org

We are a 501(c)(3) organization (Tax ID #: 47-3509757)



PROUD PARTNER

Volunteer Spotlight | Tara McGovern

Tara McGovern is a force to reckon with. Most know her as a deeply talented fixture in the local Irish and folk music scene, fiddling about (literally) with an impressive slate of music makers. Upon first glance (or listen, rather), one might assume that the soothing sounds flowing from her fingers and voice equate to a passive personality. *Au contraire!* Tara burns bright with a passion for justice. Led by empathy and a determination to build a better world, Tara continues to show up and speak up for and with her neighbors every chance she gets. Earlier this year, Tara joined the Food Pantry Board and has volunteered on the frontlines with us for six months. We are so grateful to have someone so caring and passionate as Tara on our team and in our community. Learn more about Tara below and be sure to visit her website to read and hear some of her incredible work: www.taramcgovern.com

Tell us a little bit about Tara!

I'm a musician (Coppers & Brass, The Soft and Low, Mektoub and Kerak) and my music therapy degree is from The University of Iowa ('00). My folks live in California where I grew up along with many years in Minnesota. I have lived in Coralville for 20+ years with my partner Joe, the young people who share our lives (Liam and Atticus) and the creatures who have stolen our hearts (Maxwell the dog and Chris the bearded dragon).

How did you get involved with the food pantry?

My band The Soft and Low provided music for the virtual Music for Meals in 2020 and I became a board member sometime after that. I've been a weekly in-service volunteer since the pantry reopened.

What do you wish people knew about hunger or poverty and how those issues impact our neighbors?

Poverty is political and it is essential for us to prioritize examining and dismantling oppressive systems alongside caring for each other and ourselves.

What has been your favorite part of volunteering here?

I enjoy getting to know my neighbors and chatting with them each week.

Anything else you wish to add?

The Coralville Community Food Pantry has an incredible staff who inspire me constantly.



Thanks to YOU, we are getting closer to reaching our building project goal!

Your year-end gift will put food on the table for our neighbors for years to come!

www.coralvillefoodpantry.org/morethanapantry

DONATION FORM

Every \$1 donated to the Coralville Community Food Pantry becomes 5+ pounds of food.

NAME: _____

ADDRESS: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL ADDRESS: _____

YOUR CONTRIBUTION: \$5 \$10 \$25 \$50
 \$100 \$250 \$500 Other Amount _____