



FROM THE DIRECTOR

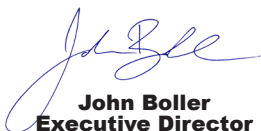
Here we are in the dead of January: holiday magic passed, temperatures dipping low, work responsibilities piling up, reports of endless global calamities, and, oh, a virus spreading like wildfire.

It is hard to stay hopeful, I must admit. A brighter future seems out of reach.

We must take care of each other and ourselves in the days ahead. But how? I'm no expert, but here's a few ways I will try to ward off hopelessness in Winter 2022:

- Check in with friends and family, whether through text or in-person coffee dates.
- Make food for my loved ones.
- Brave the cold with hiking, biking, and other outdoor adventures (bundling up is key!).
- Tune in to mindless fun that's not social media. For me, it's video games, Netflix, or Iowa Basketball.
- Read + listen to podcasts.
- Remind myself & others that **it's okay to just survive right now.**

Looking for a way to disrupt the listless winter routine? Try volunteering at the food pantry! You'll meet some incredible people and will make a huge difference. See you soon!


John Boller
 Executive Director

DEC 2021 STATISTICS

Total Visits/Deliveries: 802
 Families Served: 346
 Individuals Served: 1,590
 Food Distributed: 46,516 LBS

This organization is an equal opportunity provider.



Year In Review

At the Coralville Community Food Pantry, **we believe food is a human right and food has the power to bring people together.**

In 2021, the Food Pantry—powered by dedicated staff, volunteers, and supporters—worked to ensure that all who call our community home could access the food they needed every single week. The past two years have been filled with immense hardship, and we are proud to have served as a place of refuge and support for our neighbors.

Last year, the Food Pantry made its largest impact since opening our doors in 2009. Below is a brief summary of the good made possible by your support in 2021, plus a sneak preview of where we are headed in 2022.

2021 Impact

Food Distributed:
643,767 pounds

Home Deliveries:
4,143

Households Receiving Food:
1,201

Avg Food Per Visit/Delivery:
58 pounds

Individuals Receiving Food:
3,480

COVID Vaccines:
1,328 doses

Pantry Visits:
6,891

Community Meals:
2

2022 Looking Ahead

- **Begin Construction for New Building**
- **Renovate Commercial Kitchen at Future Site**
- **Implement 4 Community Meals**
- **Expand Veggie Rx Program**
- **Launch Mini Pantry at Coralville Public Library**
- **7,500 Pantry Visits**
- **4,500 Home Deliveries**
- **700,000 Lbs of Food**

Stay tuned for more info!

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)



Volunteer Spotlight | **Becky Mullins**

When the COVID pandemic hit back in March 2020, we lost nearly 75% of our volunteer base. **Becky Mullins** is one of those community heroes who stepped up (and stepped in!) to help the Food Pantry continue its important work when many had no choice but to stay home for their own safety. With a contagious smile, genuine friendliness, and a patient demeanor, Becky is a natural at helping new members and volunteers alike feel welcome. She is happy to tackle any task that comes her way, whether its checking in members with the iPad, repackaging cat litter, or sifting through and organizing Table to Table food deliveries. Becky also volunteers with the Lettuce Feed Others garden, and was integral in delivering an abundance of freshly harvested produce directly to the Food Pantry all summer long. This community is lucky to have her in it--thank you, Becky! *Learn more about Becky in her own words below.*

Tell us a little bit about Becky!

I was born in New York and grew up in Massachusetts. I am a retired physical therapist, a wife, and a mother of two adult children. We've lived in Coralville since 1997. We are members of St. Andrew Presbyterian Church in Iowa City and we are blessed to share the love of Christ with people we see every day through service.

How did you get involved with the food pantry?

I started volunteering at CCFP in March, 2020 as the COVID pandemic was starting. Since I am not at high risk myself and had time during my week to help out, I started by volunteering once a week, receiving deliveries and preparing bags of food for distribution. In February, 2021, I added a second volunteer shift per week, during open pantry, when the members come. This gave me added perspective on the mission of the pantry which made the work of sorting, storing and stocking up even more meaningful.

What has been your favorite part of volunteering here?

My favorite part of volunteering at the food pantry is the people I meet! There's a fun camaraderie among the volunteers and with the staff, and I've also been blessed to get to know some of the members. I get much reward from my volunteering experience.

What are you looking forward to in 2022?

In 2022, I am excited to watch the construction of our new CCFP site, knowing it will enhance our ability to address food insecurity in our community. I'm eager to see continued progress in the More Than A Pantry campaign to fund the building. Volunteering over the last couple years has shown me how very necessary this new space is in order to expand what the food pantry can offer.



Need a 2021 tax receipt for your financial contributions?

Email us at john@coralvillefoodpantry.org

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 _____