



FROM THE DIRECTOR

On May 27, we held our Music for Meals benefit concert. This fundraiser has taken place every year since the pantry opened in 2009. I have fond memories of each one (special shout out to last year's scrappy livestream recorded from a van down by the river!), but this year's event takes the cake.

Why? It was a perfect storm (yes, we did move indoors due to rain, but no pun intended). This was the first "normal-ish" function I have attended in the last 15 months. To physically be in the same room as 20+ real life humans, safely spaced and masked up, was special. On top of that, to experience live art, in the flesh, was truly moving.

It's not every day you get to witness the divine bellowing of a renowned opera singer in the small quarters of North Ridge Pavilion. The moment tenor Sam Huang unleashed his first musical phrase of "Panis Angelicus" (God Gives Food), my heart swelled and my eyes watered. And I wasn't alone--there was hardly a dry eye in the room. And then came Sandrah Nina's elegant movements, Caleb Rainey's powerful prose, and Blake Shaw & Dan Padleys contagious grooves. What. A. Night.

Did you miss it? Visit our Facebook page to relive the entire event via recording. Don't forget the tissues.

John Boller
Executive Director

MAY 2021 STATISTICS

Total Visits/Deliveries: 723
Families Served: 328
Individuals Served: 1,405
Food Distributed: 42,400 LBS

This organization is an equal opportunity provider.

VEGGIE RX IS BACK



Farm fresh veggies are back!

We are thrilled to announce that our **Veggie Rx Program** is returning for a second year. We first launched Veggie Rx in 2020 in partnership with the North Liberty Community Pantry, UIHC Upstream Clinic, UI Mobile Clinic, Johnson County's Local Foods Coordinator, and three local farms. The goal? To improve community health. How? By connecting food insecure neighbors with farm fresh produce and specially tailored educational resources on a weekly basis. Despite COVID-related pivots, Year One was a success! In total, 27 families received a weekly CSA share of farm-fresh produce for 25 weeks. This was made possible thanks to a \$50,000 grant from MidWestOne Bank, which will carry over and pair with a recently awarded \$25,000 grant from the No Kid Hungry Foundation to make Year Two even better.

This year, we are expanding the program's reach to 40 families with help from new partners the Center for Worker Justice, IC Compassion, and the UIHC OB/GYN Clinic. We are putting emphasis on health as it pertains to community connectedness and belonging, not just nutrition. We will also offer a series of in-person activities including participant-led cooking classes, gardening demos, discussions about mental health, and an end-of-season harvest party.

We are eager to see Veggie Rx take shape as it was originally intended while offering high quality food to even more families and providing more financial support for local farms.

Visit www.coralvillefoodpantry.org/veggierx to find recipes and other great veggie content all summer long!



3rd Annual

Tee Off Against Hunger

Charity Golf Tournament for the Coralville Community Food Pantry

Friday, Sept 17 | Brown Deer Golf Club
www.teeoffagainsthunger.org

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

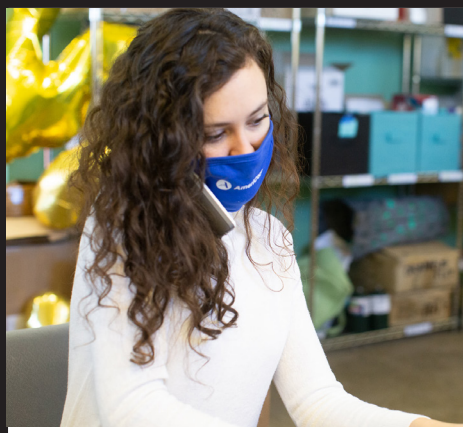
Secure donations can also be made online at

www.coralvillefoodpantry.org

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



PROUD PARTNER



VOLUNTEER SPOTLIGHT

The most serendipitous thing that happened to us in 2020 was reconnecting with Marisa Koontz. In 2019, Marisa served as a marketing intern with us while finishing her final semester at Iowa. Last year, she answered our call when we searched for an AmeriCorps member to grow our burgeoning Home Delivery Program. Marisa joined us in September for a nine month service term. Time moved far too quickly, as we are now nearing the end of her term on June 18. Marisa has been the perfect person to help transform our home deliveries into an efficient, dignified, and sustainable anchor program. Thanks to her leadership, we are set to hire a permanent Home Delivery Coordinator in July to take up the mantle and continue growing this critical program. Thank you, Marisa, for making a tangible impact in our community! We are so excited about your future endeavors--remember that you will always be a part of the Coralville Community Food Pantry family, no matter where life leads you.

Marisa's spotlight deserves much more real estate than our newsletter allows, so we are including a portion of it below--you can **read the full spotlight** by visiting www.coralvillefoodpantry.org/spotlights.

Tell us a little bit about Marisa Koontz!

I'm born and raised in Iowa, and lived my whole adolescent life in Dubuque, Iowa. I attended Central College for a year and a half and then transferred to the University of Iowa, where I graduated in 2019 with degrees in English and sociology.

What were you doing before you joined us?

Before I started this AmeriCorps position I had been a Peace Corps Volunteer in Kosovo, teaching English with two Kosovar counterparts to elementary and middle school-aged children. I had been in Kosovo for 10 months prior to the coronavirus pandemic, and was evacuated in March 2020 back to the United States. After returning to the US I spent the summer of 2020 studying for the LSAT, and I moved to Iowa City in September to take care of my grandmother after she underwent surgery.

What has been your favorite part about working at the food pantry?

Getting to know more about the Coralville community, including getting to know our members individually and building relationships with them. Many of our members receive delivery every week, and I always look forward to the phone calls I have with each of our recurring members. Additionally, I have learned SO much about nonprofit work, grassroots movements, and the collective power of individual stories and voices. My experiences with CCFP have taught me invaluable lessons about how to better engage with and empower local communities, and I now love to engage my friends, family, and acquaintances and challenge them to make small changes in their communities in the ways that I see CCFP staff and volunteers empower the Coralville community every day. These conversations, which I wouldn't have had without my experiences here, are absolutely my favorite ones to have, because I have been given the tools to engage in a meaningful way with those who have the privilege to make a difference in their communities.

Any special memories?

One of my favorite memories, albeit small, came during my third month. I came into work on Tuesday after being off for the weekend to double digit phone messages, all of which were members calling about setting up delivery. Not only was I pleased to see so many members reaching out for food delivery, but one of the coolest parts was that as I was flipping through the messages, the majority of them started with, "Hello Marisa!" and they continued with their delivery request. This simple greeting made me smile each time I heard it that day, and when I was able to call back the members that had left messages they all answered the phone with the same greeting, using my name. This was the moment that I realized I had made a real connection with our recurring home delivery recipients, and it felt great knowing that I could provide them with that sense of consistency each week as they called to receive food for themselves and their families. Also the fact that they even remembered my name and knew I would be the person listening to the messages was a great feeling. Since that time, I have grown to know each of these members on an individual level, and engaging with them every week has been a highlight of my time with CCFP. I will miss them all so dearly after my AmeriCorps position concludes, however I know that they will be in great hands with the rest of the CCFP staff.

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 _____