

POTLUCK NOTES

look forward | listen | learn | join in

Welcome

MUSIC & POTLUCKS is dedicated to nourishing our community by presenting cultural programs in support of neighbors experiencing challenging times.

Three for one

- For every one dollar donated the Pantry can provide three meals worth of food to clients.

Visit us on the web!

- Check back often for our schedule of events, inspiration, recipes & find out how you can become involved.

www.musicandpotlucks.org

Stay in touch

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A heartfelt thank you to Lee & Nancy Pennington

Lee and Nancy Pennington of Oak Park, are ongoing supporters of Music & Potlucks with their songs, generosity and friendship. Earlier in the month Lee and Nancy donated a portion of their COVID-19 stimulus checks to the Beyond Hunger / Oak Park River Forest Food Pantry. Our heroes of the week!



“That’s just who they are,” said Pantry Board President Betsy Backes. Thank you again Lee & Nancy!

On hold

The pandemic has put the Music & Potlucks events calendar on hold. We’re thinking of ways to stay connected during this time and as always looking forward. Send along your thoughts and suggestions.

Music & POT LUCKS

Supporting the Oak Park River Forest Food Pantry at Beyond Hunger

- In 2017 Beyond Hunger distributed over 1 million pounds of food and served over 46,000 individuals.
- Provided 11,500 meals and snacks for children in homes with food insecurity in the summer of 2017.
- Partners with Oak Park Township to provide meals to homebound seniors.

Supporting Housing Forward

- In 2018 Housing Forward provided service and supported housing for 378 neighbors.

Supporting The Oak Park-River Forest Community Foundation

- Over a dozen local musicians have engaged with almost 25,000 local residents at OPRF Food Pantry, OP Senior Services, and provided art supplies for summer camp at Hepziah House.

Beyond Hunger

In the first week of May, Beyond Hunger served 18,000 meals to our neighbors in need. 75% of those meals were served through the Beyond Hunger drive-thru window.

In sunshine and rain, BH volunteers are loading boxes of fresh produce, meat & pantry staples directly in to hungry families' cars safely & quickly.

Music & Potlucks mission is to present cultural events that directly support the **Oak Park River Forest Food Pantry at Beyond Hunger, Housing Forward** and the **Songs For Peace and Justice Fund**.

Please consider making a donation. Just \$10 can provide thirty meals. Contact Stephanie at musicandpotlucks@gmail.com.



We can sing our way out of this...

Find us at www.musicandpotlucks.org. Check back often for events, inspiration, recipes & more. Find out how you join the Music & Potlucks initiative.



"Being generous of spirit is a wonderful way to live..."

- Pete Seeger

"This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness."

- Dalai Lama