# 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

Betsy Sweeney Backes
Mark Dvorak
Stephanie Schrodt
Liz Ziehl

musicandpotlucks@gmail.com www.musicandpotlucks.org



## A heartfelt thank you to Lee & Nancy Pennington

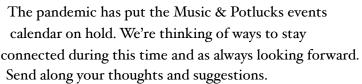
Lee and Nancy
Pennington of Oak
Park, are ongoing
supporters of Music &
Potlucks with their
songs, generosity and
friendship. Earlier in the
month Lee and Nancy
donated a portion of
their COVID-19



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!





food & music? I'm there!



#### 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 <a href="mailto:musicandpotlucks@gmail.com">musicandpotlucks@gmail.com</a>.

## We can sing our way out of this...

Find us at <u>www.musicandpotlucks.org</u>. 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

food & music? I'm there!