

# THE DISH

*The Community Meals Newsletter--  
connecting community to issues big & small*

## THIS WEEK'S MEAL INSIGHT:

This week, we'll use whole wheat pastry flour in our banana bread.

Haven't tried it? It's a high-quality whole grain flour that you can swap with muffins and other bake goods. Try it!



## RISING PRICES AFFECT EVERYONE

Community Meals stays dedicated to its purpose to provide healthy food for everyone

It is no secret that everything is a bit more expensive now that it was a year ago. And for some of the families this program serves, that meant no special Christmas Eve dinner for Buena Noche on December 24th, the day when many from Latin America celebrate. Or choosing between a special dinner and having presents for children on that special night.

Factors affecting these price hikes are increase consumer demand, the pandemic, and supply chain issues.

(Washington Post, "Inflation emerging as top economic challenge in 2022," Rachel Siegel and Laura Reiley). The rising costs are also affecting our operations as a program, as a very generous in-kind food donor has had to tighten its belt, and we sometimes can't have our orders for eco-friendly packaging materials filled.

But, for now, we are not raising our suggested donation for our food. Why? We would rather have a program that is accessible to everyone. We appreciate who you are, where you, and what you can give no matter how small. Your participation, your involvement is what is most important to us.

## SPOTLIGHT ON KITCHEN STAFF



Helen joined our cooking crew this past summer when she moved here from New York City. Previously, Helen cooked delicious Guatemalan food and (the longer she has been here) American food at home for her family, but now she arrives every Monday and Tuesday to work hard for neighbors so that everyone can enjoy something delicious. Helen has especially taken charge of the desserts we make—she was responsible for our delicious pumpkin cheesecake squares, gingerbread cake and, most recently, the cinnamon rolls. In this new year, Helen, along with two other kitchen volunteers, will participate in a training program with one of our non-profit partners, the Central Kenilworth Avenue Revitalization Corporation (CKAR).

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### **Did you know?**

Our meal distribution on Tuesdays is just one aspect of our food program.

On Thursdays, we are a distribution site for the Restaurant Meals program made possible by CKAR, and we have a food pantry that we open to families as needed.

That's it! Our first newsletter. Please send us tips, ideas for stories, etc.  
And stay safe out there!