

# 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](http://www.musicandpotlucks.org)

## Stay in touch

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[www.musicandpotlucks.org](http://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!

## 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 & POTLUCKS

## 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](mailto:musicandpotlucks@gmail.com).

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

Find us at [www.musicandpotlucks.org](http://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