

inspirations

winter 2019



New long-term study shows that Head Start reduces poverty

Early childhood education is central to our mission of ensuring those impacted by poverty have the skills and resources to achieve their full potential. Each year we serve 728 low-income children and their families through seven Head Start centers — and it's really impossible to overstate the value to future generations.

We're happy to share that a new and growing body of rigorous evidence shows that Head Start has positive lasting effects. Economists at the University of Michigan reviewed decades of data that shows adults who are former Head Start students use fewer social services than their peers who did not attend Head Start. The economists say this data suggests that Head Start is a cost-effective program that pays for itself and produces valuable results.

EDUCATIONAL ATTAINMENTS

2.1% more likely to complete high school

8.7% more likely to enroll in college

19% more likely to complete college

ECONOMIC ATTAINMENTS

12% reduction
in
adult
poverty

29% reduction
in
public assistance
receipts

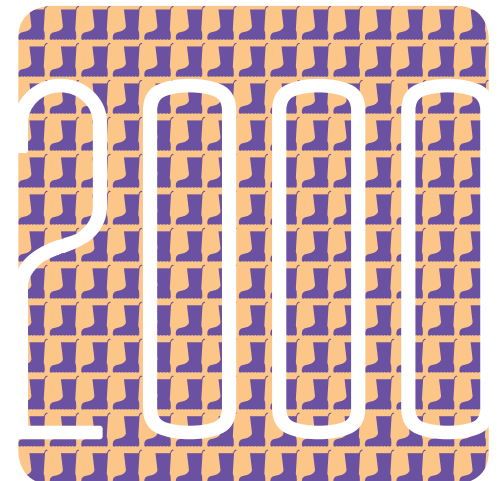


**HAVE YOU SEEN THESE TRUCKS
OUT ON THE ROAD?**

**7,000
healthy
meals
delivered
daily.**

Full Story on page 3

**Spotlight on Giving:
2,000 pairs of boots!**



Full Story on page 6

VOLUNTEERING

Art in the Classroom

Every Wednesday in January, Karen Ellis visited our Head Start classes in Patterson Park to provide our children with hands-on experiences with art and creativity. Recently retired from Human Resources at Medstar Health, Karen is an avid artist who has also volunteered for Art with a Heart.



A year dedicated to volunteering

Crystal Morgan moved to Baltimore and took a year off from work to regroup and give back. In 2018, every Tuesday and Thursday you could find Crystal manning the front desk at Sarah's Hope to answer the phone, greet clients, and answer questions. Crystal has an infectious spirit and loved interacting with the clients — especially the children. She had a large collection of drawings presented as gifts to her by children living at Sarah's Hope. Thank you, Crystal — you are missed.



Mom and Man



Volunteer Coordinator Sierra Jackson (L) and Alicia Clarke outside Beans & Bread.

Alicia Clarke was once a client. Today she's finishing nursing school. She is also the founder of Mom and Man, which she established to teach her elementary school-aged son about serving the community. Together they made 50 sandwiches and bagged lunches for Beans & Bread.

12 years of serving dinner



L to R: Melvin Lewis, Berlina Knight, Myoshi Smith, Linda Taylor, Yvonne Taylor, Walter Burris (seated) serving Saturday dinner at Sarah's Hope

Immaculate Conception and St. Cecilia are Baltimore City parishes that have been twinning for more than 30 years. They joined forces 15 years ago to form a St. Vincent de Paul Parish Conference. The two parishes collaborate on many community events and outreach projects. Together, they been preparing & serving dinner once a month at Sarah's Hope family shelter for 12 years.

KIDZ TABLE

continued from page 1

> At **5:00 a.m.** each weekday, the KidzTable state-of-the-art production kitchen roars to life when three chefs and a culinary staff of five turn on the lights and kick off their day.

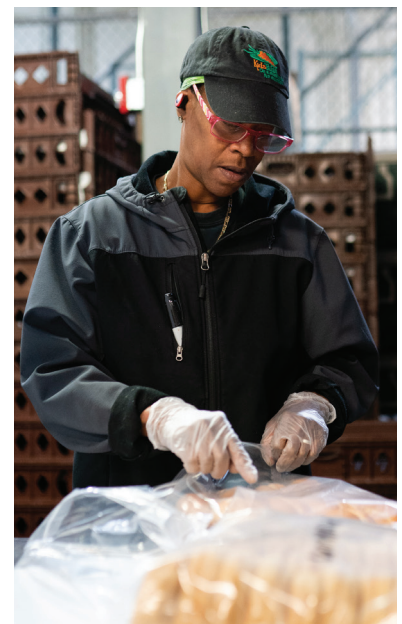


> Meanwhile, in the back loading area a packing team of five prepares the day's deliveries. It takes a lot of organization and planning to make sure the day's delivery runs are seamless.



In 2010, we founded KidzTable to provide healthy meals to children. Today we deliver nearly 7,000 meals to children across greater Baltimore every day. And we've begun expanding to meet the needs of adults in group settings such as homeless shelters, adult day care, and behavioral health care providers.

Access to healthy food is critical to everyone, but it's especially critical to children. When kids don't have proper nutrition and energy, they face short-term and long-term health effects — and they can have trouble learning. The Centers for Disease Control and Prevention link poor diets to higher rates of absenteeism, tardiness and low grades.



> And by **8:30 a.m.** seven fully loaded KidzTable trucks pull out and fan out across Baltimore to deliver meals to 73 different sites.

At **12:30** they head back out again for a second, afternoon run.



Meeting a wide range of dietary restrictions and preferences

KidzTable is a nut-free facility, and we accommodate a wide range of dietary needs and restrictions.

Meals for those with food allergies are prepared by dedicated staff in a separate area to make certain there is no cross-contamination.

dairy free
vegan
vegetarian
soft/pureed
gelatin free
nut free
gluten free
diabetic
low sodium



Sasha Kolodny, Food Access Specialist confers with Sylva Stewart, a kitchen assistant in the special meals section



CHEF HARRIETT

Dorethea Harriet Jackson has been with KidzTable since its start in 2010. She is the production manager and manages all staff cooks and Next Course students in the kitchen.



CHEF IAN

Ian Smoot joined us five years ago as the lead cook for KidzTable. He helps manage SVDP staff cooks and NextCourse students on the hot side.



CHEF ANGIE

Angela Thompson is a cook who joined KidzTable six years ago. She helps manage SVDP staff cooks and students in the prep and cold side. When things get hot in the kitchen you'll hear Chef Angie's call out, "yeah baby" to keep things positive.

PARTNER SPOTLIGHT

Holly Poultry is a locally-owned chicken processor and distributor serving the Mid-Atlantic. They've been a generous donor, providing more than 20 cases of chicken a month.



RECOGNITION

On June 14, 2018, KidzTable was recognized by the Governor's Office of Community Initiatives for working to make healthy food accessible to children across the Baltimore region.

NEXT COURSE

Many who face poverty in Baltimore city have trouble finding employment. They're held back by barriers such as low educational attainment, lack of work skills, or appropriate social skills.

In 2010, we created a culinary workforce development program called Next Course that is a complement to KidzTable. Food service is an important industry in Baltimore, and it's a career where one can grow professionally and personally to reach long-term financial security.

Next Course integrates three focus areas into 12 weeks of food service training.

1. CLASSROOM CULINARY INSTRUCTION All training starts in the classroom where students learn basic kitchen and food handling skills and progress through to master the full range of culinary skills needed to be professional.

Students can earn both Servsafe Certification and ServSafe Manager Certification, positioning them to enter food service work above minimum wage.

2. PRODUCTION KITCHEN EXPERIENCE Once they conquer essential skills, students qualify to work alongside the professional staff in the KidzTable kitchen perfecting functions such as basic food prep, and meal packaging, and gradually learning a full-range of higher level skills. This time spent in a real production kitchen under the tutelage of a professional training chef helps build confidence in the new skills.

3. CAREER DEVELOPMENT TRAINING Even a master chef needs soft skills to have a successful career. Next Course includes lessons that focus on conflict resolution, reliability, and employability skills that have proven especially important in helping students develop the job skills they need to flourish after graduation.

DONOR SPOTLIGHT

Dick and Audrey Stermer have been dynamic champions of SVDP's workforce development programs since the 1980s. The Stermers believe individuals deserve the opportunity to invest in themselves for long-term change — and they are active Next Course supporters.

Tyrvain Young, Director of Next Course; Dick Stermer; Joseph Stermer; Audrey Stermer; John J. Schiavone, President & CEO; Majid Zaghari, General Manager, KidzTable; Kathy Shulman, Director of Healthy Food Access



Chef Mo teaches a knife skills session



Students at work in the KidzTable kitchen



Trenae' Watson, Career Development Specialist, helps a student work on her resume.



GIVING



Santa visited Innterim House

The most amazing Santa ever stopped by our Innterim Family Shelter in Pikesville. Through the generosity of the Wolman Family, Santa arranged his visit for the homeless families living in the 10 units. It is never a good time to be homeless, but the holidays can be especially tough for parents who want their children to have a warm and magical experience. Throughout the holidays, so many across Baltimore reached out to help — our hearts are warmed.



Coats at Head Start

Thanks to *Delivering Good* and *Burlington*, students and families in all 42 of our Head Start classrooms got warm new coats this winter.



John Hopkins Children Hospital

The Nursing staff of John Hopkins Children Hospital donated over 500 new toys for our 43 Head Start classrooms. Items include but were not limited to gross motor items, educational games, puzzles, trucks and dolls for our learning environments.



Boots for Baltimore

Boots for Baltimore started in 1987 when a few women at Towson's Church of the Redeemer saw a crying need for appropriate boots for day laborers in Baltimore City. Since then the generosity has expanded profoundly. Through the years they have grown in generosity and size.

In 2018, the all-volunteer team raised more than \$50,000 to and donated some 2,000 pairs to 22 different agencies who work with individuals experiencing homelessness.

At Beans & Bread we were about to hand out 200 pairs of socks and 400 pairs of new boots.



L-R Sierra Jackson, Volunteer Coordinator; Marcus Scott, Case Worker; Colin Kroll, Jesuit Volunteer

VOLUNTEER WITH US AT THE SHAMROCK 5K

We are proud to announce that Charm City Run has made St. Vincent de Paul of Baltimore the Official Charity Partner for the 2019 Under Armour KELLY St. Patrick's Day Shamrock 5K.

Race day is Sunday March 10. Bring your friends and family out for a fun afternoon!

We need volunteers to help us staff the starting line, water stops, and the post-race tent. The more volunteers we turn out, the more money the race donates to our work. Bring your friends and family.

It's going to be a fun afternoon — and you'll be in the perfect spot to watch the St. Patrick parade kick off directly after the race!

Did we mention that all volunteers will get a super-cool official Shamrock 5K race shirt?

Plus, students can earn service hours. (Anyone 12 years and older is eligible to volunteer — but under 18 years old requires parent or guardian participation.)

Sign up at vincentbaltimore.org/do

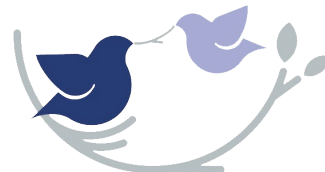


GO MAKE A DIFFERENCE



Kate Mumaw, Maya Ammons, and Kristin Finkelstein

SHAREBABY



Donations help provide essential items to the families living in our care. Among our most solid partners is ShareBaby. Through their generous support, struggling families receive regular supplies of diapers as well as important gear such as baby clothes, pack and plays and strollers.

The story of ShareBaby is a true inspiration for anyone who wants to make a difference.

In 2014, three Baltimore mothers set out to share their new or gently used baby items with the families that need them most. When they looked at U.S. Census numbers, they estimated there are 25,000 children of diaper age living in poverty in Baltimore City. What started as their small passion project is now an effective city-wide nonprofit working to ensure that all children get the basics to have the best possible start in life.

13TH ANNUAL EMPTY BOWLS



DATE:
March 23, 2019

TIME:
1:00pm - 4:00pm

LOCATION:
Maryland State
Fairgrounds in Timonium
— Exhibition Hall

Because no one should ever have an empty bowl.

Empty Bowls is St. Vincent de Paul of Baltimore's signature event.

It raises critical funds to help us build better futures for those struggling with poverty and homelessness in Baltimore City and County.

ABOUT THE EVENT

ALL-YOU-CAN-EAT SOUP FROM TOP RESTAURANTS

**THOUSANDS OF HANDCRAFTED BOWLS —
YOU CHOOSE ONE TO KEEP!**

SPECIAL ENTERTAINMENT FOR THE ENTIRE FAMILY

Individual Tickets (open seating) \$35/each

Reserved Tables with seating for 10 are \$375

Purchase tickets online
www.vincentbaltimore.org/empty-bowls

ITEMS NEEDED FOR SILENT AUCTION

Donate to our silent auction! A restaurant gift card or a unique item will help raise the critical funds needed to support our programs and clients. Learn more at www.vincentbaltimore.org/empty-bowls

CALL FOR VOLUNTEERS

To volunteer at the event: Complete the online application at www.vincentbaltimore.org/empty-bowls



Want to get involved?
www.vincentbaltimore.org/Icare

www.vincentbaltimore.org
giving@vincentbaltimore.org
(410) 662-0500

