“If you want to start a Campus Kitchen, you must prioritize it. Do not be afraid of the challenge, you will never regret your efforts.”

-Marty Demoret, student founder, Campus Kitchen at University of Nebraska at Kearney

Read more in *CKP Student Profile* page 4
Dear Graduates,

I wish that I could just say “Congratulations, Graduates! What a fabulous time of your life!” But sadly, I’d be lying. Graduation is an amazing time – new paths, new jobs, blah blah blah – all that hallmark stuff. But when it comes down to it, graduation is really a bit of a mess. You quickly find out about life without summer vacation nor spring break. Your new job is weird and you find yourself at the copier thinking, “I’m not sure this is what I had in mind.” You realize when you move into your new place that you don’t have a trash can or a sauce pan, and what’s worse – you have to pay for it yourself. Nothing’s more disappointing than spending your first paycheck on car insurance and plastic hangers.

Now, if I had to put my money on any graduate not just to survive, but to be that kid where friends say, “Wow! You are awesome at life.” I’d put it on our graduating Campus Kitchen leaders. They know how to inspire people to get a job done. They can make more for dinner than mac and cheese. And most incredibly, they don’t mind getting dirty. Yes, they embrace the mess. They know that life’s going to be challenging and nothing is what they expected. But it’s cool, because they’re ready. They’re Campus Kitchen volunteers. They’ve led this organization to serve more than a half a million meals across the country. The mess isn’t such a big deal. It’s all about being part of something bigger than yourself.

So, congrats, grads! What a messy time of your life!

Karen Borchert, Director

PS: If you’re from one of our incredible partner companies or organizations, believe me: you want to hire this crew. They’re just incredible.
Meet CKP’s Nominees for National Hunger Relief Award

The Sodexo STOP Hunger Award recognizes and rewards students who have made a significant impact in the fight against hunger and its root causes in the United States. The award is open to students (K - college) at the 1,400 schools served by Sodexo. More information about the award is available at www.helpstophunger.org/award. Information about CKP’s student nominees is available below.

**Amy Basa, Northwestern University**

“Amy is a natural leader. She helps receive our food donations as well as organizes educational programs. Her spirit brightens everyone’s day on her weekly deliveries.”

**Matt Presents, Northwestern University**

“Matt leads two volunteer shifts, helps with food recovery, and is a champion of our food drives. He is a great volunteer and we are proud he is on our team.”

**Joanna Flatten, Augsburg College**

“Joanna lends her enthusiastic leadership style to our nutrition programming. She organized our Senior Polka Night and delivers meals twice each week.”

**Jeanette Clark, Augsburg College**

“Jeanette possesses a deep community commitment. She helped start our first Culinary Job Training program and leads Turkeypalooza — our Thanksgiving event.”

**Kendra Powell, Gonzaga University**

“Kendra shows a strong commitment to fighting hunger. She led all meal preparation and delivery shifts during August and is always looking for more efficient ways to serve the community.”

**Ryan Flynn, Minnesota State University Mankato**

“Ryan is key to our meal delivery. He volunteers each week and involved his entire fraternity. He also helped organize a hunger banquet that 200 people attended.”

**Carrie Gapinski, Marquette University**

“Carrie energized our Campus Kitchen with partnerships. She recruited new food donors and organized two community food drives. She inspires others to get involved.”

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Fighting Hunger: It’s Greek to Me

While Greek organizations have long supported their local Campus Kitchens, Greek Life at Washington and Lee University took their involvement to a new level. From before the Campus Kitchen even arrived on campus, sororities and fraternities realized that together, they could have major community impact through the Campus Kitchen. And that’s just what they’ve done.

Jason Rodocker, the Director of Student Activities and Greek Life at Washington and Lee University, commented that, “the impact of the Campus Kitchen has been tremendous for getting Greek individuals involved in community service. My favorite thing is that the Campus Kitchen has partnered very well with existing events. Their activities are creative...and it attracts students to do things that are fun and healthy.”

This spring, Greek organizations demonstrated their support with the second annual Fraternity Pledgeship Cook-Off and the annual Derby Days Grill-off. Both events challenged sorority and fraternity members to test their cooking skills against one another. The friendly competition resulted in more than $2,000 in donations for the Campus Kitchen.

The partnership with the Greek organizations goes deeper still. The Beta Beta Pi fraternity on campus houses the Campus Kitchen and its operations. Since August, CKWLU has delivered 6,800 meals. With the support of the Greek Life and other strong campus partners, the Campus Kitchen is positively impacting the community.

Visit CKWFU’s website: http://groups.wfu.edu/ckwfu/

Coordinator Improves Volunteer Recruitment

Will Clarke, AmeriCorps VISTA and Coordinator of the Campus Kitchen at Wake Forest University (CKWFU), developed an online volunteer recruitment tool that increased efficiency in volunteer management. This technology earned him the CKP Nopalitos Staff Innovation Award and increased the number of Campus Kitchen volunteers. The Nopalitos Staff Innovation Award recognizes staff who develop new programs and concepts that enhance the CKP network. CKP plans to replicate Will’s technological innovation at other Campus Kitchens.

Bowdoin College Contributes to Hunger Relief Efforts

Ian Yaffe, former volunteer of DC Central Kitchen (CKP’s parent organization), started his freshman year at Bowdoin College in Maine committed to hunger relief. After years as a high school volunteer, Ian wanted to bring a Campus Kitchen to his college so he started a task force. Two years later, this group provides the area’s first food recovery program and hosts “Taste for Change” dinners to build awareness about hunger issues. “I believe in the ability of people to do remarkable things when they collaborate,” states Ian and their Campus Kitchen will do just that. While the overall goal is to implement a full Campus Kitchen, Ian knows they are providing valuable community outreach in the process.

In 2006, more than 60 schools around the country participated in CKP through volunteer opportunities, fundraising events, and awareness-building events.

Schools Out; Kitchens Open
Volunteer in a Campus Kitchen this summer. Visit our website to learn more: www.campuskitchens.org.
A Degree with a Purpose

by guest contributor Megan Boss

“Graduating with degrees in Psychology and Political Science with a specialization in the real world”—at least, that is how Martin Demoret’s résumé should read. Marty Demoret, a graduating senior at University of Nebraska at Kearney, started a hunger relief program that feeds the mind as well as the body.

During his junior year, Marty realized that students weren’t doing enough to give back to the community. After many discussions with Dr. Peter Longo, a political science professor, they came up with a solution: The Campus Kitchens Project.

After nine months of hard work, the Campus Kitchen at University of Nebraska at Kearney (CKUNK) delivered its first meal. Marty admits that the process wasn’t easy, “Making a difference requires sacrifice. A Campus Kitchen requires you to give up time you may have spent watching TV or with your friends. If you want to start a Campus Kitchen, you must understand that you will have to prioritize it above many things. Do not be afraid of the challenge, because you will never regret your efforts. A Campus Kitchen can improve hundreds of lives and it’s very worth the sacrifice.”

“Making a difference requires sacrifice. . . . A Campus Kitchen can improve hundreds of lives and it’s very worth the sacrifice.”

Marty encourages all students to get involved in Campus Kitchen, even for just one shift. “College involves a great deal of reading and discussion about the world in which we live and how it does and should operate. A Campus Kitchen allows students to go beyond talking to see what their world is actually like; it is an eye-opening experience.”

As Marty receives his diploma in May, he will fondly remember his Campus Kitchen days. He is proud to say, “I’ll be the first alumni donor.”

Thanks to Marty’s vision and the energy of other student volunteers, this Campus Kitchen delivers 600 meals per month. In less than a year of operations, these student-inspired community outreach efforts were recognized with two awards: UNK’s February Department of the Month and the Kearney Hub 2007 Freedom Award in the category of Youths Who Care. Marty was nominated to receive both of these awards on the Campus Kitchen’s behalf.

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“Making a difference requires sacrifice. . . . A Campus Kitchen can improve hundreds of lives and it’s very worth the sacrifice.”

During a volunteer appreciation event, Marty Demoret thanked the students, staff, and clients who made the CKUNK’s first year a success. Marty also received Volunteer of the Year honors.

Thanks to Marty’s determination, fellow students Jill Schwarting and Jamie Wendt found a college experience that really delivers.
Congratulations
Class of 2007!

Remember freshman year...

the possibilities were endless, the change of scenery daunting, and the questions many. You accepted the challenge of a new school and embraced new opportunities.

Most importantly, you volunteered at the Campus Kitchen for the first time. You are the students who prepared and delivered our meals, developed new programs, and forever left a mark on our organization. We salute you for all you have accomplished.

Now, we challenge you to keep making a difference.

Keep us posted as to where you are, what you are doing; and how you are involved: info@campuskitchens.org!

You will always be a part of CKP.

CKP recognizes all of our graduating seniors - both high school and college students. Our local Campus Kitchens also have a few names they would like to mention:

Elizabeth Walp
Emily Goodson
Emily Wiggins
Eric Ebman
Eric Polk
Erika Hicks
Erika Freihofner
Erin Nobler
Ethan Hotmann
Georgia Baker
Grant Menges
Hannah Pak
Helen Bailey
Hugh Bender
Hunley Rodes
Irene Wan
J.P. Niro
Jacklyn Gehrk
Jaime Spilken
Jaime Wendt
Jared Nagae
Jasmine Randolph
Jason Gould
Jason Wood
Jeanette Clark
Jeannie Blake
Jeffery Nguyen
Jen Daniels
Jenna Tucker
Jennifer Huber
Jenny Ratzel
Jessica Poobaugh
John Jensen
John Murray
Jonathan Nestor
Julianne Geiser
Kai-Ting Yang
Karina Schless
Katherine Grape
Katie Brown
Katie Garrett
Katie Green
Katie Kingsbury
Katie Long
Katie Swartout
Katie Winter
Kaylee Hartung
Keely Alexander
Kelly Rishta
Kemper Trull
Kendra Powell
Kevin Pickens
Kevin Wenzel
Khaki Howe
Kristen Ketttenbach
Kristopher Glenn
Kylie Duff
Lane Earnest
Lauren Douglass
Lauren Haliano
Lisa Roe
Lisa Zevorich
Lolly Hemphill
Madeline Merritt
Maggie Puryear
Mallory Leboisner
Mandy Goins
Margaret Hanna
Margrethe Dowd
Mark Goeddecke
Marshall Serkes
Martin Demore
Mary Kornahrens
Mary Rogers
Matt Arcati
Matt Auzier
Matt Renawd
Matthew Hammer
Matthew Harris
Matthew Sink
Maxwell Nieder
Megan Henevy
Megan Rathey
Melanie Morrison
Meredith Archord
Michael Cardy
Michael Christian
Michael Gruszczynski
Michael Kaspang
Michael Lyons
Mike Kato
Mike McMahon
Mitchell Currin
Molly Burt
Monica Hadley
Mykolas Degesys
Natalie Antoun
Natalie Day
Navid Rezaie
Neil Costello
Nermin Imsirovic
Nick Drader
Nick Spuhler
Nicole Davis
Nikki Goldwater
Orita McCorkle
Palmer Dobbs
Pamela Kranke
Pat Kennedy
Paul Eric Nelson
Peter Chea
Peter Demoise
Philip Smith
Rashad Baker
Rohit Sharma
Ryan Degnan
Ryan St. Joseph
Samina Sulemanjee
Sara Brant
Sarah Johnson
Sarah Pesola
Sergi Moore
Shenelle Thierry
Stephanie Minton
Stephen Lee
Suzanne Humphries
Tabitha Townsend
Tina Gegen
Tara Mahougian
Tara Moore
Tatyana Menshikora
Taylor Stout
Ted Goya
Terri Young
Terry Dzierz
Thomas Kondro
Tim Hamilton
Tommy Buchanan
Tonya Fenstermaker
Tricia Huber
Tyler Sander
Victoria Kromer
Vishnuk Potini
Will Young
Yo Miura
Yuri Shtridelman

And to all the other graduates who have been involved with CKP, congrats!

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