



Spring 2023

# Waterville Area Soup Kitchen

## The Lighthouse

*More than 30,000 meals served!*



### Celebrating a year of serving meals in The Lighthouse

#### Meals Served

Last May vs Last Month  
763 vs 3,542



#### This month marks one full year in our own location



#### Our equipment is keeping pace with our momentum

The Lighthouse opened on May 2nd, 2022. A year ago, we were determined to have a physical location and firmly believed we could make a go of it. We served 763 meals during that first month. In sharp contrast, this past month we served 3,542. We currently serve more than 200 daily meals. While the food insecurity in our community is disconcerting, we are truly grateful that we can help alleviate that need.

The new kitchen equipment we invested in last spring is serving us well. Our cooks have prepared more than 30,000 meals on the stove and in the ovens. The coffee maker has cranked out more than 1500 pots of hot comfort and the ice machine continually chills our cold drinks. The second-hand dining room furniture we started with a year ago has withstood hard use.

We recently replaced many of our tables and all of our chairs. Guests now sit more comfortably and safely, and the furniture moves easily for daily cleaning.



### The food struggle within our community

#### The state of food insecurity in our area

Food insecurity is the lack of access to sufficient food for an active, healthy life. Last year Maine had the second highest rate of food insecurity in New England\*. In 2021, 144,290 Mainers experienced food insecurity. Here in Kennebec County that number was 13,490, or 10.9% of our population. \*\*

The Public Health Emergency, which was declared in response to COVID, brought significant assistance to people impacted by the pandemic. Much of the additional relief prompted by that emergency declaration expires this month, including many of the nutrition benefit enhancements. As a result, food insecurity will likely increase in the coming weeks and months.

\* UMaine Cooperative Extension Service  
\*\* Feeding America



#### How your contribution helps

We provide tasty, nutritious meals as economically as possible. Our meals typically consist of a hot main entrée, salad, bread, and dessert. When all expenses are factored in, each meal costs approximately \$3.50 to produce.

- \$ 35 - feeds two people for a week
- \$ 70 - feeds an individual for a month
- \$ 140 - feeds 40 people for a day
- \$ 350 - feeds a family of four for 5 weeks

Your generosity enables us to maintain the supply chain to the kitchen and keep the lights on. Donations can be made on our website, through our Facebook page, or by mail.

### Thank you for your votes

#### Morning Sentinel Readers' Choice Awards 2023

Waterville Area Soup Kitchen is pleased to be named a finalist in the Charitable Organizations category. Congratulations to the winner - the Travis Mills Foundation of Rome.



#### Bangor Savings Bank Community Matters Campaign

We are thrilled to receive \$4000 in support of our mission. This generous amount will help us continue serving the hungry in the Greater Waterville area. Thank you to Bangor Savings and to all who voted for WASK. Your support makes it all possible.





## Paul and Marie McDonald Departing the WASK Board



After serving at the much-loved Sacred Heart Soup Kitchen, Paul and Marie McDonald worked hard to establish WASK, and have served as a bridge between the two organizations. Their experience has been invaluable to WASK as we've worked to establish our presence. They are stepping down after years of dedicated service to the hungry in Waterville and we are very grateful to them for all they have done. They'll be sorely missed, and we hope they won't be strangers to the Lighthouse.



## Paying the Rent With help from friends



The success of our ongoing campaign to pay the rent on the Lighthouse continues to buoy us. We take this opportunity to thank those who have pledged a month's rent on our behalf.

- Waterville Florist & Formal Wear
- Paul Boudreau & Assoc, LLC
- Sisters of St. Joseph of Lyon
- Bruce and Doreen White
- Mount Merici Academy
- New Dimensions FCU
- Central Maine Motors
- Central Maine Power
- Bangor Savings Bank
- Anita Cabana
- Colby College
- Linda Woods

thank you!

## Event Hosting Welcoming the business community

The Waterville Area Soup Kitchen partnered with Kennebec Savings Bank to host the February Business After Hours event of the Mid-Maine Chamber of Commerce. Catered by the Parsonage House, the event was well-attended. In addition to its usual monthly networking opportunity, February's event introduced many city business leaders to the Lighthouse. We are pleased to be able to offer our space to a worthy cause and look forward to hosting future events.



Kennebec Savings Bank

## The Lighthouse Kitchen Our kitchen also serves others

The Beth Israel Congregation of Waterville, which provides some of our regular and valued weekly volunteers, recently hosted a Challah baking workshop at the Lighthouse. Our own Audra Weisel oversaw the afternoon of awesome baking. Lighthouse volunteers arrived on Monday morning to find a donation of several loaves of mouth-watering challah, which we shared with our guests. It was a wonderful way to share our resources with others.



## Become a Volunteer Make a difference in someone's life

Food insecurity in our community is an ongoing issue and we at The Lighthouse are addressing the need head on. Our guests depend on the services we provide, and our mission - to provide tasty, nutritious meals in a welcoming space - is being realized every day.

If you can spare time to volunteer, there are numerous roles to fill throughout the week. Serving meals, cooking, cleaning, meal delivery, outreach - the list is as varied as your imagination.

Contact us today to give the gift of your time in a meaningful way.

*"Even if it's a little thing, do something for those who have need of your help - something for which you get no pay but the privilege of doing it. For, remember, you don't live in a world all your own. Your brothers and sisters are here, too."*  
- Albert Schweitzer

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**We need and appreciate you!**