

NEST CAFE

NOURISH EVERYONE SUSTAINABLY TOGETHER

A MESSAGE FROM OUR DIRECTOR LAURA MAHN

We get asked why people who *aren't* food insecure would choose to eat at NEST Café. Here's what some of our frequent customers had to say:

"I love the idea of the community taking care of each other and coming together in a way that supports and includes everyone. Additionally, with chefs creating healthy, locally sourced meals it's like our own QC food fest! We have a unique opportunity to try new recipes/foods. I was born and raised and attended school in Rock Island and teach in Rock Island. So, being a part of NEST Cafe in a small way by being a loyal supporter makes me feel connected to that and the larger community." – Julie Zarlatanes

"I initially began to frequent the NEST Cafe events solely based on the mission and vision. It is a very convenient way for me to address the issues of food insecurity while also contributing to the reputation and perception of Rock Island. I began to realize other potential in this model in its ability to leverage volunteers for meaningful and mutually beneficial experience while also offering youth an avenue to gain real entrepreneurial skills while making a significant contribution to their very own community. Plus the food is really good." – Jerry Jones

"My motivation is simple. Lol. I don't have to cook that day, and I get to try a dish I've never had. The bonus part is the food is not processed. Even if I go to a "non-fast food" restaurant, having worked in the industry, I know much of the food served comes partially or wholly pre-prepared with additives and fillers ready to be heated and served." – Kathy Jones

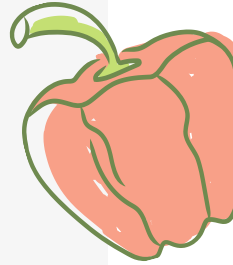
"We believe in what NEST is doing. But we don't think believing is enough. NEST offers an opportunity to fulfill both nutritional needs and the need to be part of a community action to curb food insecurity. We've been honored to help support the cause simply by using their service." – Brad and Beth Samuelson

"I like to go to NEST because not only do I get to support an organization that is helping people in the Quad Cities and that is nurturing a lovely little community in-and-of itself, but I also get a great plate of food." – Mike Augspurger



STORIES FROM OUR MARCH AND APRIL NESTING

NEST's Chef Greg taught some Edison Junior High students and their families how to turn these ingredients into a simple, delicious meal.



In the far corner of the parking lot at St. John's Lutheran Church, where we had our April pop-up, is a "little free pantry." There's a disturbingly steady flow of people walking up and making use of that ministry (disturbing because of the amount of need). There's also a pretty steady flow of people in the community (and St. John's folks) driving up and stocking the pantry. We got to meet some of the folks making use of the pantry and feed them a meal that I know their bodies were craving. We got to watch one of our supporters offer a ride to one of those folks and see these 2 folks who were strangers one minute, talking as they rode away together the next.

A woman drove up to the little free pantry. She was in an SUV of some sort. Nothing that stood out. After she finished with the pantry, she parked, seeming to scope out the situation. I walked over and asked if she'd like to order. She wasn't sure yet. As we were talking, yet another person walked up to the pantry to take some items. I made a comment about how remarkable it is how many people use that pantry. "Ya. They're probably homeless like me, living out of my car. Not something you plan on." She caught me by surprise and I realized I had done it. I had made an assumption, She was a beautiful, youngish woman in a nondescript SUV whom I assumed had been putting something IN the pantry, not taking something OUT. I hadn't noticed the plie of belongings in the back of the vehicle. She returned to the subject of the meal. "All I have is change. Are you sure that's ok?"

We met a lot of hungry people that day. We met a lot of awesome neighbors. We worked with super fun, helpful folks from the Arc of the Quad Cities. We fed a family of 4 kids who's father had just passed away. We received a \$300 donation from one customer. We received a thank you note written on the back of one of our sticky notes. All of these people from all of these different situations came to the same place to receive the same meal.



WHEN WILL NEST BE OPEN?

At long last, construction has begun on the remodel of our rental space at 2623 5th Ave. Watch the progress as you drive by throughout the next few months. We hope to open our doors at the end of the summer. We will definitely keep you posted and can't wait to nourish everyone sustainably together in our new space!



A March volunteer serves up some goodness!



Our April Meal!

2021 NUMBERS

April Pop-up


Location - St. John's Lutheran Church
 Volunteers - 18
 Meals served - 110 + 12 volunteer meals
 Average meal donation - \$14.17
 Lowest donation amount - \$0
 Largest donation amount - \$300


March Pop-up

Location - Rock Island Conservation Club
 Volunteers - 12
 Meals served - 121 + 8 volunteer meals
 Total meal donations - \$1,690.23
 Average meal donation - \$13.97
 Lowest meal donation - \$0
 Largest meal donation - \$100
 The weather did not cooperate with our March pop-up! Our customers weren't able to enjoy the beauty and peacefulness that the Rock Island Conservation Club has to offer. But many of you braved the rain and came out for a delicious meal anyway. - Thank you!

Follow us on Social Media

 NEST Café Quad Cities

 @nest.cafe.qc

 Other Questions? Email us at:
nest.cafe.qc@gmail.com



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INTERN SPOTLIGHT



We are saying goodbye to our 2020/2021 intern, Amber Hanke as she graduates from college.

We're ever so thankful for the work she has done for NEST Café and wish her all the best with the next steps of her journey.



NEST welcomes two new interns for the upcoming year. Gabriela Arreguin (left) and Madison Mayer (right). We're excited for Gabi and Madison to grow with us and help us nourish our community.

INTRODUCING OUR DIRECTOR OF CULINARY OPERATIONS: GREG PUPILLO

Get to know Greg!



Greg decided to join NEST because he really liked the vision of it and loved that it brought people together to share a meal. He also liked how NEST wants to create a community and do things sustainably. Greg is also excited to work with volunteers! Outside of NEST, Greg is involved in the National Outdoor Leadership School (NOLS). He loves doing anything outdoors, Greg especially loves backpacking and trail running! For his favorite healthy food and recipe, Greg has too many so it is hard to decide! While Greg is NEST's chef, he is looking forward to planning the menus and making tasty food that is nutritious for the community!

- 1.) Volunteer! We have volunteer shifts the day before and the day of our pop-up meals. Volunteer shifts will be posted on our website as well as our Facebook page 2 weeks prior to events. Like us on FB to get all the latest news!
- 2.) Know someone who could use a good meal? Please let them know about our upcoming meals!
- 3.) Come to our meals!
- 4.) Donate as you're able, whether that is money, time or talent. That's how NEST works!

THANK YOU



As always, we welcome your monetary donations through Paypal on our website www.nestcafeqc.org or via check made out to NEST Café and mailed to 830 43rd St. Rock Island, IL 61201.

We thank the following foundations for helping us nourish our community



the **MOLINE**
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