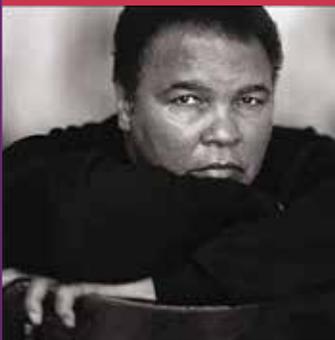


Trinity
C A F E

Food for Thought



"Service to others is the rent you pay for your room here on earth."

— Muhammad Ali

SCHOOL IS OUT FOR SUMMER! But That Doesn't Mean Sun & Fun for Hungry Children

June 20 marked the official beginning of summer, but for families with children in the Tampa Bay area, summer began 10 days earlier when school was dismissed. Summer is a time for fun. It is the most popular time for vacations, family gatherings, trips to the beach and cook-outs. But for some, summer is a time of distress because it means grappling with how to feed additional little mouths every day.

Across the nation, 19.2 percent of U.S. households with children are food insecure according to a 2014 study by the United States Department of Agriculture. Usually, children in food insecure homes are shielded by their parents who sacrifice their own meals to feed them. Still, in an estimated 3.7 million households both children and adults are food insecure.

Food insecure households, as defined by the USDA, are "uncertain of having, or unable to acquire, enough food to meet the needs of all their members because they had insufficient money or other resources for food."

Hillsborough County has an estimated 196,730 individuals who are food insecure, the fourth largest in the state, according to Feeding Tampa Bay. During the school year, children of food insecure homes are fed by the more than 214,000 meals served each day by the school system's Free and Reduced Lunch program. During the summer, parents and, now too often, grandparents have to find ways to provide meals to growing, hungry children.

Trinity Cafe understands the great need in our community to feed not only the homeless and jobless, but also those who simply run out of money before the end of the month and are unable to feed themselves and their families.



Such was the case with Miriam, Jacob and Jaylina, recent guests of Trinity Cafe. Jaylina is three "going on four." Miriam is her grandmother, and Jacob is Miriam's partner. They came to Trinity Cafe because they were struggling. Their financial assistance checks are issued at the beginning of the month, so after paying all their bills, they were left counting every penny spent. Food is the last purchasing decision made.

Families in similar situations depend on the nutritious meals that Trinity Cafe serves seven days a week, 365 days a year. Trinity Cafe's services are unconditional. Our mission is put into practice every day as we receive families who are hungry and restore a sense of dignity in their lives by serving them a nutritious meal, fine-dining style, and treating them with acceptance, compassion and respect.

The generous support of our donors and volunteers ensures that families like Miriam, Jacob and Jaylina can depend on Trinity Cafe for a meal. Every \$2.50 donated to Trinity Cafe ensures a hot, nutritious meal is served to those who need it most.

Cafe Locations:

2801 N. Nebraska Avenue
Tampa, FL 33602

2202 E. Busch Blvd.
Tampa, FL 33612

Office:

100 E. Madison Street
Suite 300
Tampa, FL 33602

Phone: 813.865.4822

Mailing Address:

P.O. Box 320146
Tampa, FL 33679

*A Non-Denominational Charity
Trinity Cafe is a 501(c)(3)
Not-For-Profit Organization*

www.TrinityCafe.org

Now Serving Lunch at Trinity CAFE

At our ribbon cutting for Trinity Cafe 2, Hillsborough County Commissioner Al Higginbotham shared his personal story of overcoming paralysis, his experience seeking social services and experiencing hunger, which brought the crowd to tears. He shared the unexpected and uncontrollable circumstances that led him and his family into poverty.



Through the help of charitable organizations, despair met a miracle and brought hope, strength and promise of a brighter future. Every listener was inspired and encouraged by his testimony of how important even a single act of kindness can be. One generous heart can make all the difference. Humanity begins with a meal at Trinity Cafe, but it does not stop there. In their most vulnerable times, our guests receive love, dignity, compassion and respect.

Before the sun rises, our kitchen team begins preparing three course meals for both Trinity Cafe locations. Then, thanks to Ferman Automotive, the van is carefully loaded to transport meals to Trinity Cafe 2.

After arriving at Trinity Cafe 2, food is plated on fine china in the kitchen



while volunteers, donors and community leaders come together to serve guests. First-time volunteers receive orientation, responsibilities are assigned and everyone joins hands to bless the day.

This first few weeks serving at our second location has

provided opportunity for additional fellowship with our guests. We are serving approximately 100 guests daily, so we have more time for building relationships with moments of connection and encouragement.

Trinity Cafe 2 became a reality thanks to generous donors and grants from Bank of America and Hillsborough County. Bank of America dedicated a recent afternoon to serve at Trinity Cafe 2 as well as Commissioner Kevin Beckner's team.

We are thankful for the partnership with the First Church of God that led to one of the best things that could happen for the community on the corner of 22nd & Busch Blvd, according to a local neighbor.



Cutting Up with the Kitchen Staff Meet Travis Cumbie



Travis Cumbie is new to Trinity Cafe, working with us for the past four months. He learned about Trinity Cafe from his friend and long-time kitchen staff, Derace Peterson. Travis was born and raised in Brandon, but he likes to say Tampa because it's close enough. His first job was a cook at McDonald's while he was still in high school. You may not know that Travis doesn't like high-

stress jobs. That's one of the reasons he loves working at Trinity Cafe – no stress! Travis enjoys going down to the Desoto Speedway once a month and racing his Kawasaki motorcycle. If he were planning today's menu he would serve his favorite meal: ribs, baked greens, coleslaw and strawberry short cake!

How Can You Help Trinity Cafe?

1. Doubling our daily meals served brings double the volunteer opportunities. Sign up to volunteer and invite a friend or coworker to join you.
2. Every \$2.50 donation provides one three course hot meal for a guest. Please consider "adopting" a guest and making a donation on their behalf!
3. Connect with us on Facebook. This is as simple as liking our page, checking in when you volunteer, telling us about your Trinity Cafe experience and sharing our posts.
4. If you, or someone you know, would like to learn more about Trinity Cafe's history and our future plans, please attend a "Taste of Trinity Cafe" event at 2801 N. Nebraska Ave, Tampa, FL 33602. This one hour program includes a meal. RSVP is required. Upcoming event dates:

Thursday, June 30, 2016, 8-9 a.m.

Thursday, August 11, 2016, 8-9 a.m.

Thursday, September 22, 2016, 6-7 p.m.

The Vision of Local Boy Scout

Trinity Cafe 2 was blessed with the efforts of local Boy Scout, **Mackey Jones**. Mackey chose Trinity Cafe 2 as the site of his Eagle Scout service project after learning about our mission. He toured our new site and decided upon a project to update the grounds. A group of nearly 30 people, including fellow Troop 4 scouts, local little league football players, family and friends, joined Mackey for this project that took more than seven hours to complete.

Together, they installed benches and a bike rack, mulched and planted perennials, and painted all parking lines and wheel stops in the recently re-sealed parking lot. We are truly grateful to Mackey Jones and his group for adding dignity to the landscaping at Trinity Cafe 2 and the First Church of God.



Great Ways to Support Trinity Cafe

Donate Stock to Trinity Cafe

If you have appreciated stock or mutual fund shares (currently worth more than you paid for them) that you've owned for more than a year, consider donating them to Trinity Cafe, an IRS-approved charity. You can generally claim an itemized charitable deduction for the full market value at the time of the donation and avoid any capital gains tax hits.

Sell Under-Performing Stock and Donate Proceeds to Trinity Cafe

If you've owned stocks that are worth less than you paid for them, don't donate them directly to Trinity Cafe. Instead, sell the stock, book the resulting capital loss and donate the cash proceeds to Trinity Cafe. You can generally write off the full amount of the cash donation while keeping the tax-saving capital loss for yourself. However, only taxpayers who itemize deductions will gain any tax-saving benefit from charitable donations.

Donating Securities

Donating appreciated stock and mutual fund shares that you have held for more than a year can result in significant tax benefits. You generally receive an itemized income tax deduction for the full fair market value of the shares given. By transferring shares to Trinity Cafe, rather than selling them first and donating the proceeds, you avoid paying capital gains tax. This allows us to benefit from your generous gift. Be sure to start now to make sure the transfer process is completed by the end of the year.

Remember Trinity Cafe in Your Will

Naming Trinity Cafe in your will enables you to leave a legacy of support for the hungry and homeless in your community. You can bequeath a specific monetary amount, a percentage of your estate or a particular asset. We thank those of you who have already made this commitment and welcome others to consider supporting our mission in this manner.

This information is not legal or tax advice. We recommend you consult your tax advisor regarding your specific legal and tax situation with any of the giving options.

Chopstick Trade Brings \$3,000 Donation to Trinity Cafe!

Bridgid O'Connor found an opportunity to turn a class assignment into a benefit for Trinity Cafe when her professors in the EMBA program at the University of Notre Dame posed a challenge to her negotiations class. The assignment called for each student to individually complete multiple trades starting with an ornate silk pouch containing a simple pair of chopsticks, which were purchased by the professor in China for a quarter. The goal was to increase the value of each exchange and ultimately achieve the top trade in the class. Bridgid decided to barter on behalf of Trinity Cafe and pledged to turn her school assignment into a contribution to help fund hot, nutritious meals served daily.

Over the course of the assignment, Bridgid received offers including autographed Buccaneers paraphernalia, Publix gift cards, a coffee gift basket, a box set of CD's, tickets to a regular season Lightning game and golf lessons. Ultimately, she traded up for a charter fishing trip in Marathon onboard "No Worries," a 60-foot Viking convertible. The luxury fishing yacht, equipped with three staterooms, three heads with showers, and a luxury salon with complete galley and satellite TV, was voted "Top Trade" by her classmates, earning her an A on the assignment!

Since the project wrapped up, Bridgid's fishing trip caught the attention of a generous fisherman who was pleased to support Trinity Cafe with a \$3,000 donation in exchange for an amazing fishing expedition in the Florida Keys!



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Volunteer Spotlight – Meet Maureen Smith

Maureen is a friendly volunteer who always has a smile to share!

"I just love people and I have a passion for those in need. God just kind of led me to Trinity Cafe, and I really love it. I get so much back from being here. I enjoy both serving and hosting, but I really like learning about our guests. I hear some incredible life stories."

We are blessed to have Maureen serve in a leadership role as the Tuesday daily coordinator at Trinity Cafe 2. She is building a beautiful culture and team of volunteers in this location!

Tales from the table: A guest story

Meet Debbie

"My home is a porch."

Right now I'm taking care of a guy who's got cancer. I sleep on his porch and make sure he's all right. My mom and I moved here from Norfolk, Virginia, when my dad committed suicide. I worked for 12 years then started using. God sent me a message to quit three years ago – and I quit. I don't want to go back to that.

Debbie and thousands of others don't have the comfort of a bed to sleep in. Instead they face the assault of the elements: bone-chilling cold nights, wicked thunderstorms or stifling humidity and heat. Wet backpacks cause clothing to mold, skin blisters from the sun, arms and legs are covered in itchy bug bits. Having a home with a real roof over your head is much more than protection from the elements – it is a sanctuary and a dignity everyone deserves.

