

August 2015

A MILESTONE: 600 GRADUATES AND COUNTING

Each person who graduates from the Culinary Job Training program is cause for celebration, but in July, Second Helpings marked a milestone with Class #81, which included its 600th graduate since 1998.

The experience for the dozens of adults who graduate from the program each year is life-changing.



Lauren Gilbert graduated with 8 other adults in Class #81.

“This class means I’m making a better ‘me’. I’m going to use everything I’ve learned in the past 10 weeks and use it to keeping working and learn more,” said Lauren Gilbert, just after she and her classmates wrapped up graduation ceremonies on July 28. Gilbert is the mother of a 6 year-old boy and says Second Helpings has enriched both her life and her son’s.

While students spend most of their 10 weeks training in the kitchen learning knife skills and cooking techniques, there is also time for life skills, including team building, stress management and financial literacy plus job search and interview training.

Each year, dozens of adults graduate from the intensive 10-week program, and many are now working in Central Indiana as cooks, executive chefs, business owners and culinary instructors.

“Students who graduate from our Culinary Job Training program leave not only with new cooking skills but also a jumpstart to a new life,” said Chef Sam Brown, Director of Culinary Job Training.

Chef Brown knows exactly how graduates feel when they complete the program. He is a proud November 1999 graduate of Class #8 and has continued his training as a professional chef and instructor each year ever since.



THE VALUE OF VOLUNTEERS: 400,000+ HOURS SERVED



Garrett and Ross received the Second Helpings Time, Talent & Treasure award this year for their commitment and support.

Second Helpings could not feed and train so many people in Central Indiana without the dedication of volunteers. They come from all walks of life to work in the Hunger Relief kitchen, deliver meals, rescue food and assist students in the Culinary Job Training program.

As of June 30, 2015, volunteers have given 413,480 hours to alleviate hunger and poverty since Second Helpings opened its doors in 1998.

Nora Garrett and Bonnie Ross are regulars on Wednesdays in the Hunger Relief kitchen. They were friends before they began volunteering several years ago, and now they incorporate the mission into their lives.

“It has made me a better person just being exposed to talented, kind, generous and wonderful people, both on staff and as volunteers,” said Garrett during a lunch break at Second Helpings.

Chef Liz Gimenez, director of Hunger Relief, is a large influence on their work. “She is an amazing leader,” said Ross. “She’s good at welcoming new volunteers, too.”



WESTMINSTER FAMILY & ADULT SERVICES

Monday afternoons are busy at Westminster Family & Adult Services on Indianapolis' near eastside. That is when the community center opens its doors, offering access to its food pantry and hot meals provided by Second Helpings.

Staff and volunteers bustle to ensure fresh fruits and salads are ready along with the hot, nutritious entrees. When food service starts promptly at 4 p.m., there is already a line of men, women and children in the dining room. However, the line moves quickly as the friendly staff and volunteers fill plates swiftly and hand them to clients.



At the same time, staff members in the food pantry assist people with bags of food to take home for later.

"Meal service here has grown quite a bit, and that's mostly from word-of-mouth. When one person comes for the food pantry or hot meals, they come back next time with a friend or neighbor," says Christina Peterson, executive director at the community service center.

"Our clients enjoy the meals. We've noticed they love baked chicken, especially with a little hot sauce. So we make sure that's always on hand," said Lindsey Welch, pantry services director at Westminster.



Most of the people who come to eat have jobs but do not always make enough money to make ends meet and feed their families.

On Thursday mornings, Westminster's doors open again for service. The day starts with coffee and pastries for neighbors who often walk a few blocks to be there when the doors open. Then later on, about 10 a.m., lunch is served.

Each week, Westminster welcomes about 260 people to gather and eat.

Westminster Family & Adult Services does even more, too. There is a closet offering free clothes and a health clinic. All these programs provide vital resources to residents, enabling them to feed and clothe their families, access health care and receive a hot meal and caring support.

SYSCO

Sysco Indianapolis is one of the largest distributors of food to restaurants, healthcare and educational facilities and hotels in Indiana.

The warehouses on Indianapolis' northwest side are always humming as orders are pulled and trucks are loaded for deliveries, but there is a special spot reserved in one of the warehouses for Second Helpings.

"We love you, and we make room for you," said Andre Robinson, director of human resources at Sysco Indianapolis. "You're a part of our business."

Twice per week, a Second Helpings truck visits Sysco to pick up foods selected for donation. Fresh and frozen foods, canned goods and other non-perishable foods are pulled from Sysco's inventory for various reasons.



Sysco Indianapolis allocates space in a warehouse for Second Helpings. The space fills up with thousands of pounds of food each week ready for pick up.

"Inventory is a balancing act," said Robinson. "Orders can get canceled and packages can become damaged."

The consistent flow of food donations ensures that the Second Helpings Hunger Relief and Culinary Job Training kitchens remain stocked with essential products that keep both operations busy and running smoothly.

Sysco Indianapolis has been one of Second Helpings' largest food donors for many years. Last year, Sysco Indianapolis donated 247,775 pounds of food, up 31,000 pounds from the year before.

ESKENAZI HEALTH PRESENTS
A BENEFIT FOR SECOND HELPINGS
TONIC BALL 14
FRIDAY, NOVEMBER 20, 2015
CELEBRATING THE MUSIC OF
**BECK x BRUCE SPRINGSTEEN
TINA TURNER x PINK FLOYD**
AT RADIO RADIO • WHITE RABBIT CABARET
FOUNTAIN SQUARE THEATRE • THE HI-FI

Join us Friday, November 20, 2015 in beautiful Fountain Square for Tonic Ball 14 presented by Eskenazi Health!

More than 60 local artists will band together for a night of great music to fight hunger and poverty with Second Helpings.

Where do graduates go?

Aramark @ Eli Lilly

Although she just graduated from the Culinary Job Training program on July 28, Heidi Oates-Smith is already hard at work at her new job. The graduate of Class #81 works as a prep cook at The Avenue cafe at the Eli Lilly Technology Center just south of downtown Indianapolis. The Avenue is operated by Aramark, the foodservice company that operates more than a dozen cafes for Eli Lilly.

It only took a couple days on the job for Heidi to realize that three skills she learned at Second Helpings are essential for her success: good knife skills, solid organization and speedy work.



"I prep foods for lunch service, and we serve hundreds of people a day. There's no other way to get it all done without being quick and organized," said Oates-Smith about her job duties.

Heidi talks to the chef of The Avenue often and is learning even more about culinary arts each day at work.

At home, Heidi is a mother of four children, ranging in ages from 3 to 16. Her family notices a difference in her cooking and food knowledge.

"My kids eat quinoa now. I had never heard of it before I went to Second Helpings. I practiced making it at home, and now I serve it to my children," smiled Heidi when she talked about her family.

Heidi continues to study recipes and techniques to hone her skills, and she has advice for students in Culinary Job Training classes after her.

"You will use everything you learn. Every single bit, and the hard work will pay off."

CULINARY JOB TRAINING

Graduates

Class 80



Greg Berens, Randy Smith, Monica Shirhall, Chris Wisdom
Class Sponsor: Pop Weaver



Class 81



Albert Campbell, Fred Correll, Lauren Gilbert, Shakwila Nance, Heidi Oates-Smith, Sam Scott, Collyns Smith, Kara Thompson, Carmen Velez-Johnson
Class Sponsor: In Honor of Greg Kolerich

A special thanks to the following organizations for their recent financial gifts:

- Ackerman Foundation
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- The Max and Victoria Dreyfus Foundation, Inc.
- Robert and Toni Bader Charitable Foundation, Inc.
- Ruth Lilly Philanthropic Foundation
- The Seabury Foundation
- Specialty Food Foundation
- St. Luke's United Methodist Women
- United Way of Central Indiana

Tickets are \$30 and go on sale September 4th.

Buy your tickets at tonicindy.com, Second Helpings or Luna Music.

Don't delay. This event does sell out.

Second Helpings' **IMPACT**

June 2015

93,345 pounds
of food **REDISTRIBUTED**

79,615
meals prepared & delivered

178,681 pounds of food

RESCUED

4,170

volunteer hours served

Since 1998

Culinary Job Training

606

GRADUATES

23,407,060 pounds of food

RESCUED

409,310

volunteer hours served

11,919,775 pounds

of food **REDISTRIBUTED**

8,917,131

MEALS prepared & delivered

(317)632-2664

www.secondhelpings.org

1121 Southeastern Avenue, Indianapolis, IN 46202

The Eugene and Marilyn Glick Center
Transforming Lives through the Power of Food



What's going on at Second Helpings?

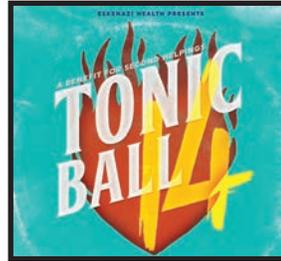
In this issue of Peas & Carrots:



Heaping Helpings That Change
a Neighborhood in Need



The Culture & Community of
Second Helpings Volunteers



Local bands will band together again in
Fountain Square to fight hunger with
Second Helpings