

MAKING A MILLION MEALS



Second Helpings co-founder Jean Paison signs the banner dedicated to the hundreds of volunteers and supporters making a million meals this year.

Each day, volunteers and staff gather at Second Helpings with one goal -- create and deliver meals that make a difference in our community. Volunteers chopping vegetables or loading food for delivery may not count each meal while they're working. However, all that food adds up to hundreds of thousands of meals delivered in our community, and those meals feed people who might not always be able sit down to a hot, nutritious meal.

Year over year, Second Helpings has increased meal production as partner agencies ask for more food. Last year, more than 900,000 hot, nutritious meals were prepared and delivered around Central Indiana. This year, Second Helpings is on track to boost that number to one million meals.



Reaching a million meals is not a goal. It is a need.

"Our volunteers are wholeheartedly embracing the challenge of serving a Million Meals," said Mary Parks, manager of volunteer services at Second Helpings. "I am humbled and inspired every day by their time and dedication."

Second Helpings has already made strides toward its goal. In September, staff and volunteers delivered more than 4,000 meals per day.

Each of those meals is a welcome gift to a senior who may not have the budget to buy food and medicine each month. Families in shelters can who eat together can count on eating healthy food while they work to build new lives. Children in after-school programs can learn and play without a rumbling belly telling them it is time to eat dinner. That's the impact of each meal.

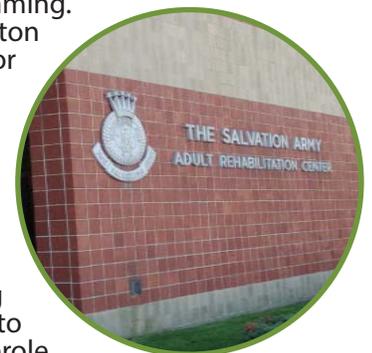
HUNGER RELIEF RESCUES A PARTNER IN NEED

On a normal day, the kitchen at the Salvation Army Adult Rehabilitation Center is humming. Cooks work hard every day to prepare meals for the 115 men at the center on West Washington Street, and many of the ingredients used in the kitchen come from Second Helpings. For about 10 years, Second Helpings has given fruit, vegetables and meat to help curb food costs. All that food goes a long way to prepare the 162,000 meals they serve each year.

However, on October 15, everything changed. A small fire at the Salvation Army center shut down the kitchen, making it impossible to prepare any food for the men staying there. Yet, thanks to the quick work of the Hunger Relief staff and volunteers at Second Helpings, the Salvation Army served its clients hot, nutritious meals that day.

Within hours, there were enough hot meals to go around at the Salvation Army dining room. The Second Helpings Hunger Relief staff and volunteers sent pans of hot food ready to eat and even included salads to go with the meal. The men dined on cheese and ham casserole with peas and carrots for one meal, while the Hunger Relief team prepared more food needed for days ahead.

The kitchen at the Salvation Army was up in running about five days after the fire, but the men staying at the center were able to continue their rehabilitation during that time knowing that they had enough to eat. The Hunger Relief team and volunteers at Second Helpings is watching out for them and the many other partner agencies they serve.



The Salvation Army Adult Rehabilitation Center is located at 711 East Washington Street



HUNGER RELIEF

METROPOLITAN YOUTH ORCHESTRA

The Indianapolis Symphony Orchestra reaches out to children and families in the city through a development program called Metropolitan Youth Orchestra, known as MYO.



The program is designed to use the life skills learned in music instruction to engage youth in activities that discourage at-risk behaviors and keep them committed to staying in school. It is a long-term program meant for kids to start at

a young age, as early as kindergarten, learning violin, viola, cello, and bass instruments. Many of the students continue with their music education at MYO until they graduate high school.

Rehearsals meet at Broadway United Methodist Church twice per week, and starting this fall, MYO adults and children sit down for dinner, provided by Second Helpings, before anyone picks up an instrument.

Students, some of whom have played together for years, sit and talk about their day over a meal with parents and volunteers of the program. Parents and guardians are encouraged to be part of the program, too. Those adults are encouraged to learn an instrument with their children or simply attend regular rehearsals and performances.

Before going to rehearsal, families dine on hot, nutritious meals such as roasted beef with red pepper and potatoes. Then everyone is ready for a couple hours of practice, learning and growing up together.

VOLUNTEERS of the MONTH

JW MARRIOTT

From conventions to weddings, the hotel banquet business is booming in Indianapolis. Hotel chefs are charged with creating menus to please hundreds of guests for each gathering, and sometimes after those events there is food left that never got served.

When that happens, The JW Marriott in downtown Indianapolis calls Second Helpings to rescue hundreds of pounds of prepared food. The foods loaded up in the Second Helpings trucks are always a welcome surprise. Some of the items picked up in the past year from the JW Marriott include herb-crusted roasted pork loin, Asian cole slaw and grilled asparagus salad.

Chef Brendan Cheney of the JW Marriott would not think of letting the food go to waste.



"As culinary professionals, we produce food with a lot of love and care," said Cheney. "Knowing that all the food from our kitchen is served so people can enjoy it means we've done our jobs correctly."

Each pound of prepared food the JW Marriott kitchen donates is a gift to the Hunger Relief kitchen at Second Helpings. It is food that requires less work to make into meals. The roasted or grilled meats are sliced and prepared with fresh potatoes and vegetables, saving cooking time in the kitchen. The fresh salads are portioned into containers that can be easily served to families in community centers or shelters. It is all nutritious food that helps keep the Hunger Relief kitchen on track and on time to prepare 4,000 meals each day.



The JW Marriott partnership ensures that great food will not go to waste, and people who need the nutritious food will be treated to interesting selections from the JW Marriott's kitchen.

14,695 Pounds of food rescued last year from JW Marriott

Each month, Second Helpings volunteers contribute thousands of hours to keep the food rescue, hunger relief and culinary job training programs operating smoothly. Last year, volunteers contributed more than 48,000 hours of their time. Each hour is a gift.

The volunteers listed below are recognized for their work which affects the lives of so many.

April	May	June	July	August	September	October
Rick Weisheit	Joanna Stair	Marilyn & Jim Hamilton	Laura & Preston Harris	Andy McSheffery	Ann Dettwiler	Jennifer Dickie
Food Rescue	Kitchen Assistant	Kitchen Assistants	Kitchen Assistants	Job Training Instructor & Driver	Bread Sorter, Kitchen Lead & Special Events	Kitchen Assistant & Special Events

Where do graduates go?

CULINARY JOB TRAINING

ESKENAZI HEALTH

Landora Bailey worked in kitchens before she enrolled as a student as Second Helpings in 2012. She volunteered as a cook and server for the Army National Guard and at her church. However, she knew she needed more training if she was going to move up in the food service industry.

Not long after graduation from class #69 in November of 2012, she began working in the kitchen at Wishard Hospital and later moved to its new facility, Eskenazi Health.

Even with the busy schedule for students in the Culinary Job Training program, Landora remembers how much fun she had studying with her class under Chef Sam Brown's instruction.

"I find it peaceful to be in the kitchen, no matter how chaotic it can get," Landora said when reflecting on her 10 weeks of training.

"Chef Brown was always encouraging and even a little funny at times, but he kept it real. He made sure we were learning all the time."

Some of her instruction in class included understanding how different types of kitchen work. She learned in class that restaurant kitchens operate a lot differently than those in hotels and health care facilities. That knowledge allowed Landora to make a good choice about where she wanted to build a career after graduation. Ultimately, she felt most comfortable in the kitchen of Eskenazi Health, especially during lunch when staff members at the hospital remember her from day to day.

"Some customers call me 'Chef', and that makes me blush," said Landora trying to hide a smile. "But I like it."

Since graduation, Landora was able to reach another goal. She just bought her first house where she lives with her two daughters.



"It's nice to have family come by. I like to cook for them, too. But, I make them clean the dishes now."

Landora Bailey likes to show off the staircase of her new home because it is her favorite part of the house.

Graduates

Class 76



Robert Caldwell, Gerald Cole, Rita Franco, Christopher Gavin, Chris Pennington, Dianna Ray, Steve Sims, Annette Tinsley
Class Sponsor: Pop Weaver



Class 77



Brett Aspling, Peggy Bacon, Lauren Bonds, Valerie Franklin, William Moore

Class Sponsor: The Chef's Academy



The Culinary Division of Harrison College

Class 78



Mark Butler, Connie Boster, Michael Byfield, Deborah Morris, Susan Schubert
Class Sponsor: Pop Weaver



Second Helpings' **IMPACT**

September 2014

85,305 pounds
of food **REDISTRIBUTED**

213,304
meals prepared & delivered

213,304 pounds of food
RESCUED

3,731
volunteer hours served

Since 1998

Culinary Job Training
579 **GRADUATES**

21,769,241 pounds of food
RESCUED

376,145
volunteer hours served

11,022,639 pounds
of food **REDISTRIBUTED**

8,273,442
MEALS prepared & delivered

www.secondhelpings.org
(317)632-2664

The Eugene and Marilyn Glick Center
1121 Southeastern Avenue, Indianapolis, IN 46202



- A special thanks to the following organizations for their recent financial gifts:
- The Central Indiana Senior Fund, a CICF fund
 - Christ Church Cathedral
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 - The Indianapolis Foundation, a CICF affiliate
 - Link Youth Advisory Council, a fund of Legacy Fund Community Foundation
 - Richard M. Fairbanks Foundation
 - FareStart – Catalyst Kitchen
 - United Way of Central Indiana
 - Robert and Toni Bader Charitable Foundation
 - Wal-Mart Foundation
 - Target
 - Arthur Jordan Foundation
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