

peas & CARROTS

Second Helpings
Transforming Lives through the Power of Food

LITTLE TIDBITS OF SECOND HELPINGS NEWS

Spring 2013

SECOND HELPINGS CELEBRATES 15 YEARS

It started with an idea – Second Helpings’ founders Bob Koch, Kristen Kienker and Jean Paison, believed that they could have a meaningful impact on food waste, hunger and poverty in our community but they couldn’t do it alone. They threw their idea out to the community and Indianapolis embraced it – food donors, chefs, volunteers, and donors. All found their role in building the future of Second Helpings.

“This was not a project I chose, it was a project that chose me,” said Co-Founder Kristen Kienker.

On its first day of operation, Second Helpings volunteers and staff prepared 66 meals for Holy Family Shelter. The initial staff and volunteer corps was small and dedicated to doing whatever necessary.

“We would keep a bag under our desks with rescue clothes, jeans, hat, t-shirt and jacket, so

and change out of our office wear we could go out and assist with food rescue or deliveries,” said Jean Paison of the early Second Helpings staff.

In its earliest days, Second Helpings operated out of a small cafeteria kitchen and dining room at the former RCA plant on Sherman Drive.

Long-time Hunger Relief Kitchen volunteer, Cheryl Holland, also recalls the need to fill-in when

necessary and make use of what was on hand.

“We would wait for a food donor to drop off sandwiches so that we could use the meat from those sandwiches to prepare meals,” said Cheryl.

Over the years, Second Helpings’ mission has transformed more lives than just those we serve. Before coming to Second Helpings, Hal Cole thought of himself as a retired educator. But now, after eight years volunteering twice a week in the Hunger Relief Kitchen, Hal says, “This place changes your identity.” He no longer views himself as a retired educator, but rather, as a dedicated Hunger Relief Kitchen volunteer.

Fifteen years later, the staff, volunteers and students who have walked through the doors of Second Helpings now number in the thousands, but founders Bob Koch and Jean Paison often return to greet a new class of students or introduce others to the Second Helpings mission.

Today, 70 partner agencies serve more than 3000 Second Helpings meals each day, and Second Helpings serves more people in the community than ever before. But it all started with an idea, with passion, with commitment, and with the engagement of an entire community. Fortunately, some things never change.



CORKS & FORKS: Cheers to 15 Years!

In honor of our 15th Anniversary, Second Helpings will take our celebrations to a new level with the Corks & Forks Gala at Bankers Life Fieldhouse on Thursday, April 18th. The evening will highlight more than thirty chefs, include a silent and live auction and feature a variety of fine wines and locally-brewed craft beer.

For more information about the event and to purchase tickets now, please visit www.corksandforks.org. Hope to see you at Bankers Life Fieldhouse on April 18th!

Transforming lives through the power of food.

www.secondhelpings.org



This newsletter was printed on low-cost paper, manufactured using environmentally-friendly standards and containing post-consumer waste. For more information on how we’re going green, visit www.secondhelpings.org/green.



DRESS FOR SUCCESS

HUNGER RELIEF

Dress for Success in Indianapolis works to give economic independence to women who are disadvantaged. The organization provides professional attire, a network of support and career development tools to help women thrive at work and life. Some of the ladies at Dress for Success also receive meals from Second Helpings. This year, Second Helpings began delivering meals to the Professional Women's Group program twice per month. This group offers continuing support to women who are working by providing job and life skills training as well as networking opportunities.

"We appreciate the meals so very much for our Professional Women's Group. The ladies love the food and it has saved us time and money," said Barbara Ellsworth, Executive Director of Dress for Success in Indianapolis.

Meals from Second Helpings provide a valuable opportunity for Dress For Success program participants to network and offer each other support for professional and personal growth. Second Helpings is proud to support such an impactful agency.

SOUPER BOWLS 2013

EVENTS RECAP

With the chill of winter in the air and the Super Bowl around the corner, Second Helpings held its second annual Souper Bowls event on Saturday, January 26th. The event was a huge success with nearly 600 guests in attendance and with double the number of chefs from 2012 who competed for the title of "Souper Bowl Champion". Once again, the event brought together the power of art, community, food and education, and raised more than \$6,000 to fight hunger and poverty in our community. This year's winner was Chef Roger Hawkins from Circle City Soups with his Curried Pumpkin Soup with whipped cream and cherries.



We are incredibly grateful to the seventeen chefs who donated their Saturday afternoon and their delicious soups and we thank the many talented local artists for their beautiful, hand-crafted bowls! Thanks to all who came out to support Second Helpings!

VOLUNTEERS of the MONTH

In 2012, Second Helpings volunteers contributed more than 38,615 hours to support food rescue, hunger relief and job training programs. Thanks to these volunteers and the hundreds of others who are making a difference in the lives of thousands of people every day.

September
Tom Knoop

Tom donates his weekly day off from Capital Group to deliver meals and rescue food. He enjoys spending time with his wife, two grown sons and new daughter-in-law.

October
Lew Mumford

Lew is a retired IPS teacher who now fights hunger as a tilt skillet volunteer. He loves spending time with his wonderful wife and adult kids, and taking long bike trips.

November
Ken Armstrong

Ken coordinated our recent energy conservation/ audit program and lighting conversion. He enjoys playing outdoor sports and has been a standup comedian.

December
Tom Howe

Tom compiled our Driver & Companion Instruction Manual. He loves to work out, and also volunteers with Read Up, 100 Black Men, Meals on Wheels, and School on Wheels.

January
Dan Ealy

Dan enjoys applying his research skills from Lilly to fundraising projects. He has delivered more than 10,000 meals for hunger relief, and cultivates bonsai trees as a hobby.

Staff Profiles

Betsy Whitmore
Marketing Manager



Betsy has more than 10 years experience in public relations and has an extensive background in television news. Her role at Second Helpings as communications manager is to expand community outreach efforts. Betsy is a Ball State University grad and lives in Indianapolis with her daughter and rescued border collie.

Emeline Degrandi
Development Coordinator



Emeline Degrandi joins Second Helpings as the Development Coordinator. Originally from France, Emeline moved to the US after studying law and earning a Masters of International Affairs degree. Before Second Helpings, Emeline worked for the International School of Indianapolis and the French Embassy in Vietnam. Her love for food brought her to Second Helpings as a volunteer, first for the kitchen and then with the Culinary Job Training program. Still discovering Indianapolis, she is a foodie and loves sharing her cooking creations.

Where are our graduates now?

DUOS

If you haven't visited Duos Kitchen inside the International Medical Group building near 30th and Meridian Streets in Indianapolis, you should. Not only will you be supporting a locally-owned restaurant, but you will also be supporting three graduates of the Second Helpings Culinary Job Training Program.

Becky Hostetter is one of the owners of Duos Kitchen and she enjoys welcoming Second Helpings graduates into her operation. "They come to us motivated to learn and have a sense of purpose," said Becky. And learn they do because Duos Kitchen focuses on the slow food movement, which concentrates on food sourcing with a commitment to community and the environment. "It takes a lot of training to understand Duos food."



The three Second Helpings graduates at Duos Kitchen are Shonice Strong from class #70, Skila Edmondson from class #66 and Anthony Perry from class #60. The three graduates are in the kitchen everyday, putting to use what they learned at Second Helpings and continuing to learn and grow.

"You learn a lot working with Becky," said Anthony who was the first graduate the Duos Kitchen owners hired. "This is a family kitchen," said Skila who also enjoys the teamwork and support that Duos Kitchen owners provide. Shonice is the newest Second Helpings graduate to join the team. "It helps having other graduates around me. We get to trade stories about our experiences at Second Helpings," she said with a wide smile.

Becky takes seriously the recommendations from Second Helpings Director of Culinary Job Training, Chef Sam Brown, because she hires people for the long haul. When looking for a new employee, Becky looks at the whole person, "We like people to stay because they become part of our family."

Katie Cobb Development Officer



Katie comes to Second Helpings from IUPUI's Center on Philanthropy where she served as the Manager of Sponsorships. After completing a degree in Communications and Elementary Education from Villanova University, Katie spent several years working in the private sector in Boston. She returned home to Indiana where she earned dual master's degrees in Philanthropic Studies and Nonprofit Management at IUPUI. Katie enjoys traveling to visit family and friends and biking around Indianapolis with her husband.

graduates

CONGRATULATIONS

Class 68



From left to right: Chef Sam Brown, Larry Redding, Jerome Ford, Ivan Dublin, LaToya Clark, Christina Bledsoe, Natilee Scott, Amanda Britt
Class Sponsor: Weaver Popcorn



Class 69



From left to right:
Chef Sam Brown, Erron Barbee, Amanda Gahimer, Domonique Love, Theresa Johnson, Tiana Baxter, Landora Bailey, Joyce Hemphill-Rowe
Class Sponsor: FedEx



Class 70



Back Row (from left to right): Michael Rinehart, Scott Mitchell, Christopher Blackwell, Shayne Wright, Matthew Wallisa, Chef Sam Brown
Front Row (from left to right): Matthew Crawley, Roger Burtner, Raniesia Gentillion, Sarah Summers, Shonice Strong, Carl Gordon
Class Sponsor: Ivy Tech



Second Helpings' IMPACT

February 2013

65,389 pounds
of food REDISTRIBUTED

68,939 meals
prepared & delivered

138,530 pounds of food
RESCUED

3,589
volunteer hours served

Since 1998

516 Culinary Job Training
GRADUATES

18,548,852 pounds of food
RESCUED

301,337
volunteer hours served

9,424,238 pounds
of food REDISTRIBUTED

6,847,357
prepared & delivered



The Eugene and Marilyn Glick Center

1121 Southeastern Avenue, Indianapolis, IN 46202

www.secondhelpings.org
(317)632-2664

A special thanks to the following supporters for their recent gifts:

- Alice Greene McKinney and E. Kirk McKinney, Jr. Fund, a fund of Central Indiana Community Foundation
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- Central Indiana Senior Fund, a CICF Fund
- Christ Church Cathedral
- The Episcopal Diocese of Indianapolis
- The Gayman-Davis Shoemakers Fund, a fund of Central Indiana Community Foundation
- The Glick Fund, a fund of Central Indiana Community Foundation
- Herbert Simon Family Foundation
- The Indianapolis Foundation, a CICF affiliate
- The Netherleigh Fund, a fund of The Indianapolis Foundation
- Reis-Nichols
- United Way of Central Indiana
- The Season for Sharing Fund, a fund of The Indianapolis Foundation
- United Methodist Women-St. Luke's United Methodist Church

How can YOU help Second Helpings transform lives?

At Second Helpings we're transforming lives through the power of food, but we can't do it alone. Everyday, lives are changed thanks to the support and generosity of people like you. Check out these great partnerships and see how you, too, can make a difference in fighting hunger and poverty in Central Indiana.

A Sweet Deal for Second Helpings



In April, The Best Chocolate in Town will be the Second Helpings Partner of the month. That means the chocolatier will donate 10-percent of all truffle sales for the month to Second Helpings. The Best Chocolate in Town features fresh, hand-crafted truffles. The Best Chocolate in Town is located at 880 Massachusetts Avenue.

Put Your Jeopardy Skills to the Test and Support
Second Helpings!



Sahm's Place at 65th and Keystone hosts a 10-week long Trivia Competition on Tuesday nights, and generously donated 50% of their latest 10-week competition to Second Helpings. They loved supporting us so much that they want to do it again! The next 10-week Trivia Competition starts Tuesday, March 12th with trivia every Tuesday night, starting at 8:30 p.m.