

peas AND CARROTS

LITTLE BITS OF NEWS THAT GO GREAT TOGETHER

Second Helpings® WINTER 2006



The Heat is On!

In the summer issue of *Peas and Carrots*, we announced that an anonymous private donor had offered a \$225,000 challenge grant to Second Helpings. The deal was this: If Second Helpings can raise \$225,000 by June 30, 2007, the donor will match the number, allowing us to pay off our building. Paying off the mortgage will give us an additional \$52,000 a month – a pretty big deal.

The response so far has been tremendous. We've raised over \$69,000. We've had an outpouring of donors since the campaign began at the end of August, including an anonymous lead gift of \$20,000. And newsletter and direct mail appeals have yielded \$28,000 in gifts.

While the forecast looks good, we can't let up now. We recently received a \$5 bill with a handwritten note from a donor explaining that it was all she could afford. We want her to know that every donation helps, no matter what the size. We deeply appreciate it.

If you have questions, or need assistance regarding the program, contact Becky Honeywell, director of development, at 632-2664 ext. 20, or by e-mail at becky@secondhelpings.org.

Thanks to everyone who has given so far, and remember – every little bit helps!

FROM THE TOP: A LETTER FROM THE EXECUTIVE DIRECTOR

Second Helping Nets Second Award

Every year, the Sycamore Foundation recognizes excellence in six nonprofit organizations throughout Indiana in three different categories: innovation, sustainability and impact.

For the second time in six years, Second Helpings won the Indiana Achievement Award. This time it was for our impact for our volunteer program. We're the only organization to ever receive the award, which comes with a \$10,000 grant, twice.

Winning the award for a second time is a testament not only to our tremendous staff, but also to each and every one of our volunteers -- from those who donate 12 hours a week to those who come in for two hours each month. It is to our great advantage that we have such devoted and hardworking volunteers. Without them, this award, and the funds that come with it, wouldn't be within our reach. We extend them our deepest gratitude!

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Dick Bender Hits the 800 Mark



Second Helpings volunteer Dick Bender is a busy fellow. In addition to volunteering at Second Helpings, he also donates his time to Habitat for Humanity and Fletcher Place Community Center. Plus, he makes mission trips with his church.

That's why the 800 hours he's put in at Second Helpings over the past two years is so remarkable.

Dick brings a lot of things to the table as a volunteer. For one, he's creative in the kitchen—which is more important than a lot of people realize. Also, Dick's a great cheerleader. He's brought dozens of new volunteers to Second Helpings since he's been with us.

And Dick does more than work in the kitchen—he also delivers meals and works special events.

It's people like Dick who keep the wheels turning at Second Helpings. We're deeply grateful for his time, effort and company. Thank you, Dick!

WISH LIST

Building

- Water softener salt
- Masonry/concrete repair
- Carpentry repair
- Painter

Kitchen

- 2" Hotel pans, full-size
- Pasta
- Vinyl exam gloves – powder and latex free, sz. large. & med.
- Heavy duty trash bags, 56 gal.
- Plastic and foil wrap: 18" wide, heavy wgt.
- Hairnets
- Plastic grocery bags for bread and desserts
- Scrap paper for making labels
- Black, heavy duty permanent markers
- Heavy duty brooms
- Heavy duty mops
- Mop buckets
- Stainless steel scrubbers
- Bleach or Clorox
- Pain relieving spray for minor burns and cuts
- Can openers
- Heavy duty oven mitts
- Scotch tape – 1/2" wide

Transportation

- 27" x 37" Foodservice storage bags
- 4 Digital food thermometers 0°-220°F range
- Oven mitts
- Tools

Training Class

- 1-ounce scale
- Bread baskets
- Dinner forks
- Chef's jackets with the Second Helpings logo, printed t-shirts and hats
- Bread and cake pans
- 4 qt. Stainless steel sauce pans
- Cheese cloth
- 4" Half pans
- 4" Third pans
- Food warmer/holding cart
- Omelet pans
- Serving spoons (solid)
- Serving spoons (perforated)
- Serving tongs
- 2 Speed racks (with doors)
- 2 Speed racks (without doors)
- Clear plastic menu covers

Office Supplies

- Photo enlargement and laminating machine

Development

Corporate SPONSORS for 2007 events —
Indy's Ultimate Chef, Greens for Hope Golf Classic,
Harvest, Tonic Ball, and Tonic Gallery

Volunteers

RECIPE OF THE MONTH

BANANA EGGNOG PUDDING

1/3 cup all-purpose flour	2 1/2 cups whole milk
1/2 cup light brown sugar	2 tsp rum extract, divided
dash of kosher salt	1 tsp nutmeg, divided
1/2 cup granulated sugar, divided	60 ea. vanilla wafer cookies
4 eggs, separated	6 ea. ripe bananas, sliced



Preheat oven to 350° F.

To prepare the custard, mix flour, brown sugar, salt, and 1/2 cup of the white sugar in the top of a double boiler. Blend in the egg yolks and milk. Cook over boiling water, stirring until thickened.

Remove from heat and stir in 1 tsp of the rum extract and 1/2 tsp of the nutmeg.

Spread 1/4 of the custard in the bottom of a 2 qt. casserole or a similarly sized oven-proof baking dish. Cover the custard with 1/3 of the wafers, followed by 1/3 of the sliced bananas. Continue to alternate layers, ending with a layer of custard on top. Sprinkle half of the remaining nutmeg on top of the custard.

With an electric mixer, beat the egg whites, add the remaining granulated sugar and the remaining rum extract on high speed to stiff peaks to make a meringue.

Spoon the meringue on top of the custard and spread it evenly to cover the entire surface. Sprinkle the remaining nutmeg evenly over the top.

Bake at 350° F until meringue is golden brown. Refrigerate until chilled thoroughly. Makes 12 servings.

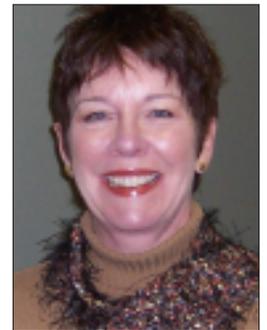
A Big Hand for Second Helpings Co-Founder

Jean Paison was recognized by the Second Helpings Board of Directors for her role in co-founding Second Helpings, as well as her dedication to the elimination of poverty, hunger, and unemployment in Indianapolis. The Board honored her leadership by electing her Director Emeritus at her last meeting as Chair of the Board, November 15.

Jean, a certified pastry chef and entrepreneur, combined her culinary skills with her passion for philanthropy to improve the city of Indianapolis for the better. What's more, her business model has been used nationwide.

Jean along with co-founders Kristen Cordoza and Bob Koch spent almost two years working to create a business that would halt the waste of commercially produced food, provide training for disadvantaged adults, and give nutritious meals to the hungry.

In eight short years, Second Helpings has grown from a grassroots effort to a \$3.7 million organization that has diverted over 7 million pounds of nutritious food from Indiana landfills, prepared and distributed 2.7 million meals, and trained and placed 200+ adults in full time employment in the food service industry. Way to go, Jean!



Mining for Medical Sales Reps – JCC Needs YOU!



Just 'Cause Catering needs your help to introduce our catering service to pharmaceutical sales representatives in the Indianapolis area. As part of their presentations, these hardworking professionals provide lunch to many of their physician client's offices. We understand that they don't want to waste time picking up and delivering food

to their doctors' offices, and that the quality of the food and the presentation is a reflection on them. We work hard to create a winning impression on their medical customers.

Just 'Cause Catering is a program of Second Helpings, purchasing only the freshest ingredients to create exciting cuisine, with 100% of the profits donated back to the job training and hunger relief programs of Second Helpings.

We want to become a premier caterer for pharmaceutical sales representatives and welcome and need your participation to give us this opportunity. Please let us know if you know anyone in this line of business – your neighbor, your niece, the pastor's wife, your babysitter's mom, your husband's cousin once removed? We would be delighted to tell them how partnering with us will provide them with a necessary service while giving back at the same time. Contact Gina at 632-2664 ext. 16.

Eat Well. Do Good. With Just 'Cause Catering.

Big-time Gift from Sysco

Thanks to the generosity of Sysco Foods, Second Helpings was the recipient of 15,000 pounds of food from the Sysco Food Show. And while you can put a number on the weight of the food, you can't put one on its value. Thank you Sysco Foods!

Thanks!

The Annual Greens for Hope Golf Classic was held on August 17 at Pebble Brook Golf Club. Over \$32,000 was raised for Second Helpings. Thank you to the Lor Corporation, United Package Liquors, the United Hope Foundation, all of the sponsors and golfers for a very successful event!

IRHF & Hoover Get into the Giving Spirit

Second Helpings was awarded a \$40,000 grant from the Indianapolis Retirement Home Fund of the Central Indiana Community Foundation. We were also awarded \$5,000 from the Hoover Foundation. Thank you IRHF and Hoover!

What's on the Menu?

- **Student Line Cooking Exercise***
December 20 at 11:45 am
- **Student Line Cooking Exercise***
December 21 at 12:15 pm
- **Class 44 Graduation***
January 12, 2007 at Noon
***RSVP by calling 632-2664 x10**



SAVE THE DATE!

- **Indy's Ultimate Chef**
April 28, 2007 — Indiana State Fairgrounds



WHO WE HELP

Our recipient agencies:

Allen Chapel AME Church
Allen Chapel Families
Barton Annex
Bethlehem House
Blue Triangle
Cathedral Kitchen
Christamore House Kids/Families/Seniors
Craine House
Damien Center
Dayspring Center Inc.
East 10th United Methodist Church Kids
Edna Martin Christian Center
Fathers and Families
Forest Manor Kids and Seniors
Fuzzie Bear Childcare
God's Souper Bowl
George T. Goodwin Community Center
Hawthorne Community Center
Hoosier Veterans Assistance Foundation
HOPE International Ministries
Horizon Christian Preschool
Horizon House
Horizon House Women's Group
Lighthouse Mission
Martin Luther King Center
Mercy Land
Mozingo Place – Partners in Housing
Near Eastside Christian School
Neighborhood Fellowship
Parcway Church
Salvation Army Booth Manor
Salvation Army Eagle Creek Kids and Seniors
Scott United Methodist Church
Shepherd Community
St Christopher Center
Tabernacle Presbyterian Church
Universal Behavioral Services
Wheeler Care Center
Wheeler Community Center
Wheeler Mission

Harvesting Good Will: Fundraiser A Smashing Success

Fine wine, terrific food and generous individuals came together in large quantities for this year's Harvest, presented by Veolia Water and brought to you by Ivy Tech Community College, which raised over \$55,000 to support the programs of Second Helpings.

Second Helpings extends its gratitude to the sponsors, chefs, volunteers and attendees who have helped make Harvest one of the premiere annual events for exceptional cuisine and wine, as well as an excellent fundraising event for Second Helpings.

Finally,
**thank
you**

to the chefs
and the
following
establishments:

Chez Jean Bakery & Deli	Maggiano's
Dunaway's	McCormick & Schmicks
D'Vine a Wine Bar	Palomino
Elements	Peterson's
Ivy Tech Community College	The Skyline Club
Just 'Cause Catering	Taste Café & Marketplace
Kincaid's Fish, Chop & Steak House	Second Helpings Culinary
OAKLEYS bistro	Job Training Class 42
The Oceanaire Seafood Room	

Additional thanks:

In Vie, Olinger Distributing Company, Trans-Plants, Cort Furniture, Markey's Audio Visual, NWA Vacations, Continental Airlines, Mama Java's Caffeine & Cuisine, Don Graham, Reis-Nichols, Renae Breitbach, Dennison Parking, Sabrina Falls, Sandy Williams, David Murray, Greg Fox, FUZE, and all of the volunteers who donated their time and effort.

Thanks to Our Sponsors

Veolia Water
Ivy Tech Community College
Amerimar Management
Entercom Indianapolis
(107.9 The Track, Newstalk
1430 AM and Z99.5)

ABM

Bingham McHale, LLP
Capitol Construction
Cindy Kelly and friends
Fifth Third Bank
Hendricks Regional Hospital
Indiana Oxygen
Indianapolis Dine Magazine
Kort Builders
Lewis & Kappes
Loyalty Research Center
Marigold Contemporary Clothing
Mark and Jane Niederberger
Sallie Mae
Star Equipment Finance
Urban Space Commercial Properties



Eliminating hunger. Empowering people.

The Eugene and Marilyn Glick Center
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