

MARCH MENU SPECIAL

Just' Cause Catering

Manicotti with Meat Sauce

ACCOMPANIED BY

Mixed Green Salad with Pesto Dressing

AND

Spumoni Chocolate Chip Cookies

ONLY \$8.45

For an Italian twist to the menu, we recommend the rich ricotta-filled manicotti, a layer of fresh spinach, and topped with a beef and sausage marinara.

A crisp green salad with black olives is ready to be mixed with our creamy pesto dressing.

The all-American chocolate chip cookie goes Italian when we blend pistachios and cherries to create a special spumoni cookie

Eat well. Do good.

* Vegetarian option available upon request

Delivery or pick-up is available. Please contact Sara to schedule your next luncheon! 632-2664 ext. 29.

Congratulations Class 47!



Michelle Naidoo
Dana Arend
Bianca Gunn-Thomas
Shateese Williams
David Williams
John Marsh
Phillip Kittrell
Ricky Bullock

WHERE THERE'S A WILL, There's a Way...

There are a number of ways to contribute to Second Helpings's mission to feed the hungry while providing opportunities to disadvantaged adults. One way is planned giving, which makes Second Helpings a beneficiary in your will. To find out how you can participate in the planned giving program, get in touch with us today. Call Debbie Russell at (317) 632-2664 ext. 20 or e-mail her at Debbie@secondhelpings.org.

OUR WISH LIST

Building

- Water softener salt
- Asphalt repair in parking lot
- Automatic garage door system
- Carts

Kitchen

- Spices, including dried rosemary, powder cumin, chili powder, thyme leaves, ground basil, and ground black pepper
- Pasta, especially macaroni and spaghetti noodles
- 2" Hotel pans, full-size
- Digital thermometers
- Vinyl exam gloves, powder and latex free, in all sizes
- Heavy duty, 56-gallon trash bags
- 18" wide, heavy weight plastic and foil wrap
- Hairnets
- Plastic grocery bags
- Heavy duty brooms
- Heavy duty mops
- Stainless steel scrubbers
- Bleach
- Pain-relieving spray for minor burns and cuts
- Can openers
- Heavy duty oven mitts
- 1/2" wide Scotch tape
- Black permanent markers
- 16-inch Waring Stik immersion blender with nine speed levels

- 40 gallon tilt skillet
- 10-inch chef's knives
- Speed racks

Transportation

- 27" x 37" Foodservice storage bags
- Four digital food thermometers 0°-220°F range
- Cargo van with refrigeration unit
- Eight pairs of leather work gloves
- New truck tires for three vans
- Car washes
- Gas gift cards

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
- 2 Speed racks (with doors)
- 2 Speed racks (without doors)

Office Supplies

- White copy paper



The Eugene and Marilyn Glick Center
1121 Southeastern Avenue Indianapolis, IN 46202
317.632.2664
www.secondhelpings.org



peas & CARROTS

SPRING 2008 LITTLE BITS OF NEWS THAT GO GREAT TOGETHER

Second Helpings
Eliminating hunger. Empowering people.

Food for Thought

Distinguished D.C. non-profit leader delivers insight at Second Helpings' Annual Meeting.

Second Helpings brought its closest friends together for its first Annual Meeting on Jan. 16, where keynote speaker and D.C. Kitchen founder Robert Egger talked to the audience about community unity, breaking the poverty cycle and more.

Egger opened D.C. Central Kitchen's doors on Jan. 20, 1989 – the same day President George H.W. Bush was inaugurated. Since then, Egger has helped D.C. Kitchen blossom into a \$5-million-a-year operation, hauling in nearly two tons of food per day and converting it into 4,500 meals for seniors, kids, and people in shelters and recovery/addiction programs. In 19 years, D.C. Kitchen has distributed more than 17 million meals and helped over 620 men and women gain full-time employment.

Before delivering his speech, Egger took the time to chat with Second Helpings' culinary students about overcoming hardships and seizing opportunities.

The Annual Meeting was also an opportunity to award those who have helped Second Helpings become one of the most successful non-profits in Indianapolis. Those awarded include:

- **Carol Adams** – Volunteer of the Year
- **Best Kitchen Services** – Vendor of the Year
- **Christamore House** – Partner Agency
- **Chef Sam Brown** – Alumni of the Year
- **U.S. Foodservice** – Food Donor of the Year
- **Ken Honeywell** – Chairman of Tonic Ball & Gallery 2007 Committee
- **Renae Breitbach** – Chairperson of Harvest 2007 Committee



GRADUATE SPOTLIGHT: WILLIE FIFER

Willie Fifer was on the fast track to nowhere. In and out of trouble, he eventually found himself serving a multi-year jail term. He knew he had to change his life. That's when he discovered his love for cooking, which quickly became the one thing that gave him a sense of pride and accomplishment.

After serving his sentence, Willie hoped to take culinary training classes, but found he couldn't afford the tuition. Then a friend told him about Second Helpings' intensive, no-cost, 10-week job training program that helps disadvantaged people become culinary arts professionals.

"The word 'free' caught my attention," Willie said. "But after I got into the program, I realized that it was going to be hard work."

Willie eventually found his footing, graduating as one of the best students in Class 46.

"I finished what I started thanks to Chef Carl and everyone at Second Helpings," Willie said. He also credits his pastor, Bishop Kevin Morehead at the International Life Ministry, for helping him get his life on course.

Today, Willie is a full-time cook at the Eli Lilly corporate cafeteria for Aramark, where he is working toward providing a better life for himself and his family.

Eliminating Hunger. Empowering People.

www.SecondHelpings.org



VOLUNTEERS OF THE MONTH

November:

Trans-Plants

For the past two years, Trans-Plants owner Chris Combs and her staff have been the driving force behind the beautiful décor at Harvest. Thanks to their amazing sense of style, Trans-Plants has helped make Harvest one of Central Indiana's premier food and wine events. *Thank You Trans-Plants!*



December:

Amy McAdams

Amy has helped make Tonic Ball and Gallery one of the city's most successful fundraisers. For the past three years, Amy has volunteered on the Tonic Ball & Gallery committee, chairing the gallery for the first time this year. Amy runs her own design business and has helped create some of Second Helpings' most striking marketing materials. *Thanks Amy!*



January:

Beth Trojanowski

Beth has volunteered since June of 2005, putting in an impressive 134 hours! In addition to helping with the Culinary Job Training student exercises, Beth is the dining room manager for Line Cooking, training students to be servers and generally reining in the chaos. She also helps during graduation, working with volunteers from Wheeler Ministries. She and her husband Ron live in Irvington, where she works at The Legend Café. *Thanks for all you do Beth!*



STAFF SPOTLIGHT:

Liz Gimenez, Director of Hunger Relief

Q. What are the biggest challenges in your position?

The unpredictability of the amount and the quality of the food we get, and when we get it. Also, relying on volunteers to get all 2,900 meals done within four hours.

Q. What is a typical day like?

I come in to work at 7:50 a.m. look into the coolers, plan to make enough food to fill one tilt skillet for kid-friendly meals and another one for adult meals. All together, this will yield enough food for about 1,200 people. Then I match volunteers with tasks, making sure safe food handling and safety procedures are followed. After the meals have cooled off, they are wrapped, weighed, labeled, assigned, and put in the coolers. We also redistribute bread, snacks, desserts, drinks, fruit, and salad when available.

Q. How do you see Second Helpings' future?

I would like to see Second Helpings and our recipient agencies develop strong partnerships. I would like for our agencies to take a tour of our facility, and send volunteers to help with food production so they can see how we make their meals. I would also like the opportunity to visit each agency to improve my understanding of their programs.

Q. What is the most fulfilling aspect of your role?

To know that I am contributing to decreasing the amount of waste in the city. Also, I am being creative with the product that we receive every day – every day is like an “Iron Chef” episode. It is great to know that we are using this food to feed thousands of kids and disadvantaged people who would not otherwise get a hot meal that day.

Q. If people want to donate to Second Helpings, what do you suggest?

It would be very nice to have an additional new 40-gallon tilt skillet, and a 12-gallon steam jacketed kettle to make sauces and stocks in a safer and more comfortable way. However, financial donations are also greatly appreciated since they give us the freedom to do what is needed in the short and long run.

New Addition!



In January 2008 Second Helpings welcomed Debbie Russell as the new Director of Development. Debbie, who brings more than 20 years of experience in Human Resource management to the table, has spent the last six years in non-profit management at one of Second Helpings' recipient agencies, Horizon House. Debbie is currently working on her Fundraising certification from the Center on Philanthropy at Indiana University. *Welcome Debbie!*

A Big Damn Success

Reverend Peyton's Big Damn Band rang in the new year with a bang – and some twang – at Spin Nightclub on New Year's Eve, helping Second Helpings' cause in the process.

A capacity crowd danced and sang along as Reverend Peyton's Big Damn Band put on a scorching live show, which included a benefit raffle for Second Helpings. The raffle raised \$400, all of which will go toward our mission of eliminating hunger and empowering people. *Thanks Reverend Peyton's Big Damn Band!*



FOOD DONORS

Aramark at Eli Lilly & Co.

Arbor Homes

Barto's Catering

Breadsmith

Butterfield Foods

Cabo's Mexican Grill

Café Group

Cathedral Kitchen

Centerplate at the RCA Dome

Central Products

Cinnabon

Costco - East

Curves for Women

Dixon Fisheries

Fairbanks Hospital

Fleming's

Gleaner's Food Bank

Goodwill

Honey Baked Ham

Hope International Ministries

Howe Academy

Indianapolis Symphony Orchestra

ISES Indiana Chapter

Ivy Tech Community College

Jonathan Byrd Catering

Keep Indianapolis Beautiful

Landshire Sandwiches

Marigold

Marriott Manor

Millennium Foods

Noah's Animal Hospital

O'Malia's Food Market

Performance Restaurant
Management

Peterson's

Primary Colours

Service Warehouse

St. Vincent Health & Hospital

Stanton Coffee

Starbucks - 146th Street

Starbucks - East Washington St.

Starbucks - Nora

Starbucks - Sunnyside (Pend. Pike)

Starbucks - Greenwood

Starbucks - Emerson Way

Starbucks - Lafayette Rd

Sullivan's

Sunflower Market

Sysco Food Services of Indianapolis

Target Warehouse

Taylor's Bakery - 116th St.

Taylor's Bakery - Allisonville Rd.

Trader Joe's Grocery-West

Trader Joe's Grocery-East

Trader's Point Creamery

UPS

U.S. Foodservice, Inc.

Vine & Table

Wild Oats Comm. Market-86th St.

Wild Oats Comm. Market- 146th St.

Who WE HELP

Allen Chapel AME - Preschool
Allen Feeding Ministry
Alpha Foundation
Area Youth Ministries
Barton Annex
Bethlehem House

Blue Triangle
Cathedral Kitchen
Breakfast Program
Christamore House
Craine House
Dayspring Center
Edna Martin Christian
Center
Engelwood Day Care
Center
Fathers and Families
Resource Center
Flanner House

Forest Manor Kids
Forest Manor Seniors
Fuzzy Bear Childcare
Fuzzy Bear Childcare (West)
Gleaners Food Bank
George T. Goodwin Center
Hawthorne Community Center
Heritage Place
Hoosier Veterans Assistance Foundation
HOPE International Ministries
Horizon Christian Preschool
Horizon House
Kaleidoscope Youth Center
Kheprw Institute Media Café
Lighthouse Ministries
Love All People Ministries
Martin Luther King Center
Mozingo's Place
Multi-Cultured Day Care
Near Eastside Christian Preschool
PrimeLife Enrichment
Robinson Community
Salvation Army - Eagle Creek Kids
Salvation Army - Eagle Creek Seniors
Salvation Army - Eagle Creek Booth
Manor
Scott United Methodist Church
Shepherd Community Center
Tabernacle
Trinity Episcopal Church
Wheeler Care Center
Wheeler Community Center
Wheeler Mission
Westminster Neighborhood Ministries