

March 2015

MEAL DELIVERIES GO ON DESPITE WINTER WEATHER

How do we ensure that Second Helpings partner agencies have what they need through a major storm or sub-zero temperatures?

That is one of the common questions visitors ask the staff at Second Helpings each time there is a snowstorm or frigid temperatures that disrupt life as usual in central Indiana.

Actually, the planning for each storm starts months before there is a threat of snow or freezing weather, long before foul weather shows up on radar. Second Helpings has a staff person dedicated to contacting partner agencies to find out what they need.



Patty Cortellini is the Second Helpings contact for all partner agencies.

Patty Cortellini is the Agency Relations Manager, and each year she surveys all 75 partner agencies to find out what their needs will be in the event of a weather emergency and how much storage capacity each agency has.

"We prepare for changes in meal deliveries when weather gets bad. For example, Horizon House is usually a day center for our homeless neighbors. But when the windchill drops below -10 degrees, they operate as an overnight shelter. That's when we'll send extra meals from our kitchen. Also, if Second Helpings is forced to close because of foul weather, each agency has one or two days of emergency food on hand."

The emergency food supplies of canned and non-perishable foods include soup, chili, peanut butter, tuna and easy-to-prepare items.

Planning for such emergencies takes forethought. Yet, serving those in need is something that must be done. No drastic weather event should prevent someone in need from getting a hot, nutritious meal.



Canned foods are sent to shelters, senior centers and other programs throughout the year to make sure there is a good supply of food in case bad weather prevents Second Helpings meal deliveries.

AN EVENING LIKE NO OTHER TO BENEFIT HUNGER RELIEF AND JOB TRAINING



Mark your calendar and join us April 15th for the Corks & Forks Gala at Bankers Life Fieldhouse.

This is the third year for the event, and it gets better each time. The evening highlights selections from dozens of the best chefs around Indianapolis and features a variety of fine wines and locally-brewed craft beer. There is also a silent and live auction of unique items and packages not found anywhere else.

Tickets are \$125 each, and every dollar goes directly to Second Helpings. You can buy your tickets and learn more about the event at corksandforks.org.



April 15, 2015
Bankers Life
Fieldhouse
7 p.m.

Transforming lives through the power of food.

www.secondhelpings.org



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A CARING PLACE

Lunch is a busy time at A Caring Place. That is when seniors gather in a brightly colored dining room after a morning of therapy and enrichment programming. As a part of Catholic Charities Indianapolis, A Caring Place is a day service center that helps seniors stay involved in the community no matter what their health challenges may be.



Meals provided 5 days a week from Second Helpings offer great variety. From roasted turkey with gravy to homemade chicken pot pie with peas and green beans, lunch is always a welcome surprise. Part of the lively conversation for the seniors is centered on what that day's lunch will be. However, once meals are served, conversations stop. The men and women, about 20 of them, concentrate on enjoying their food.

"It's hearty casserole style, and it's what they grew up on," said Amy Sczesny, program director at A Caring Place.

Most of the seniors at A Caring Place live at or below poverty level, and caregivers at the facility know that some of their clients won't see another meal until the next day.

A Caring Place marks its 25th anniversary this year, helping seniors with their physical and cognitive challenges while giving caregivers at home a respite. Families of seniors in the day center are grateful that their loved ones are cared for and every senior gets a hot, balanced lunch, and sometimes a little more.

"Recently, Second Helpings sent us a big load of fresh apples along with our regular meals. We made several gallons of homemade applesauce for our folks, and they really loved it," said Sczesny.

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

- Ayres Foundation, Inc.
- Robert and Toni Bader Charitable Foundation
- The Central Indiana Senior Fund, a CICF fund
- Christ Church Cathedral
- The Clowes Fund
- Richard M. Fairbanks Foundation
- FareStart – Catalyst Kitchens
- The Glick Fund, a CICF Fund
- The Indianapolis Foundation, a CICF affiliate
- Link Youth Advisory Council, a fund of Legacy Fund Community Foundation
- Target
- Arthur Jordan Foundation
- United Way of Central Indiana
- Wal-Mart Foundation

KROGER

Kroger stores in Central Indiana are a primary source for protein at Second Helpings, providing beef, pork, poultry and fish. It is a long-standing partnership that keeps the coolers stocked with all types of cuts of meat and fish, from salmon filets to ground turkey, steak cuts and whole roasts.



Each week, Second Helpings staff and volunteers travel to 19 stores to pick up meat and fish that has been placed in a freezer awaiting their arrival.

Melissa Miller is the Food Safety Manager for the Kroger Central Region, and she explains that the meats and fish gathered for donation are handled well within safe handling guidelines.

"The products are in stores for 3 days before they're pulled from shelves and frozen for donation. The items are frozen to preserve them before they're picked up, and they are pulled within a safe time period to ensure they're handled properly."

Those weekly routes to pick up meats and fish are one of the big reasons Second Helpings has a steady supply of proteins in its kitchens. Last year, Kroger stores donated more than 200,000 pounds of food to Second Helpings, ensuring meals created for partner agencies are balanced with the much-needed protein necessary for a healthy diet.



All foods rescued frozen are kept chilled in a refrigerated truck. This truck was a gift to Second Helpings from Kroger in 2011.

Where do graduates go?

CULINARY JOB TRAINING

OAKLEYS BISTRO

Oakleys Bistro has earned a reputation as one of the finest restaurants in Indianapolis and has received national awards for its seasonal and innovative menu. However, Chef/Proprietor Steven Oakley is more than a successful chef and business owner. He is also a strong supporter of Second Helpings.

Since opening the doors of his restaurant in 2002, Chef Oakley has taken part in training students and hiring some of them after graduation.

One of those graduates is Angela Edwards of Class #72. During her Second Helpings graduation speech in July 2013, Angela called her time in class “a path of reinvention” for herself. She said the Culinary Job Training program “renewed my passion for food as well as determination, focus, and purpose in life.”



Her path to reinvention continues on today while working as a cook in Chef Oakley's kitchen. Angela describes Chef Oakley's leadership style as a coach who fosters learning and new challenges.

“The kitchen environment at Oakleys is calm and focused even at its busiest moments. I'm still learning every day I'm at work, and I know I'm part of a team. Chef Oakley is here to make sure each plate of food I prepare is the best it can be,” said Angela.

Angela is continuing her culinary training. She is also enrolled at Ivy Tech Community College and is greatly involved in the Indianapolis Chapter of the American Culinary Federation.

Chef Oakley has hired a number of graduates over the years. For him, hiring new graduates is part of being a chef.

“I'm happy to have the opportunity to hire graduates when I can. They come to me prepared and have a realistic view of what life in the kitchen is like. As a chef, I'm always learning; and I think I owe to others to mentor and teach a bit as well.”

Graduates

Class 79



Jerri Brock, Vernisha Grooms, Samuel Hazen, Opal Landwer, Jesse Jones, Eric Secrest, Tamika Smith, Norman Thompson
Class Sponsor: Ivy Tech Community College



CLASS #80 NOW IN SESSION



Class #80 graduates on April 22, 2015.

During their 10-week training course, students learn everything from chopping mirepoix to cold-calling potential employers. Second Helpings' graduates receive 5 credits toward the culinary program at Ivy Tech Community College, a certificate of achievement from the State of Indiana, and ServSafe Certification.

Second Helpings' IMPACT

January 2015

118,732 pounds
of food REDISTRIBUTED

79,063
meals prepared & delivered

198,886 pounds of food
RESCUED

4,177
volunteer hours served
Since 1998

Culinary Job Training
593 GRADUATES

22,592,579 pounds of food
RESCUED

392,847
volunteer hours served

11,481,785 pounds
of food REDISTRIBUTED

8,588,528
MEALS prepared & delivered

(317)632-2664

www.secondhelpings.org

The Eugene and Marilyn Glick Center
Transforming Lives Through the Power of Food
1121 Southeastern Avenue, Indianapolis, IN 46202



What's going on at Second Helpings?

In this edition of Peas & Carrots:

Find Out How Meals are Delivered
Despite Winter Weather



Meet a Group of
Seniors Grateful for
Every Hot Meal



Learn Which Food
Donor Provides
Half of All Meat to Second Helpings



Read What Corks & Forks Have to Do with
Hunger Relief and Culinary Job Training

