

peas & CARROTS

LITTLE TIDBITS OF NEWS THAT GO GREAT TOGETHER

SUMMER 2012

Second Helpings®

Transforming Lives through the Power of Food

HERE'S TO YOU, EMILY DANT

A Mother's Perspective on Youth Philanthropy

Miriam Dant
Contributing Writer

As a long-time Second Helpings volunteer, I've been involved in some discussions recently about how to involve our children in the important work that Second Helpings does. For insurance reasons, we can't bring our kids to help in the kitchen or deliver food. But one thing that kids can do (sometimes better than the adults) is collect pasta, especially during times like these when Second Helpings' pasta supplies are running low.

Our 11-year-old daughter, Emily, delivered 78 pounds of pasta to Second Helpings this summer. She did this by handwriting a flyer, complete with smiley faces, hearts and peace signs, and leaving the flyer in the mailboxes in our neighborhood. She asked our neighbors to purchase pasta for Second Helpings and leave it by their mailboxes by 6 pm on a Sunday evening. Emily was counting down the hours until pasta pick-up time on Sunday. Our neighbors were incredibly generous, and Emily and her dad had to come home twice to

empty the trunk and make room for more donations!

This is actually Emily's third neighborhood pasta drive for Second Helpings. The other drives have had similar positive results. Each pasta drive has reminded Emily how important it is to help others, how lucky we are to have plenty to eat, and that one person can make

a difference... even if that one person hasn't even started middle school. Here's to you, Emily, for making your dad and me so very proud; for making it possible for 1,284 more meals to be served by Second Helpings; and for reminding all of us adults that if you can make this big of an impact, just think of what we can all do if we put our minds to it.



Second Helpings and Tonic Indy Turn It Up to 11

Join us **Friday, November 16, 2012** in beautiful Fountain Square for Tonic Ball 11! More than 45 of Indy's favorite bands will gather at Radio Radio, Fountain Square Theatre and The White Rabbit Cabaret to celebrate the music of U2, Stevie Wonder and The Kinks. **Tickets are now on sale** for one of Indy's favorite nights of art and music, all to benefit Second Helpings. For more information and to purchase tickets now, visit www.tonicindy.com.

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.



Getting Kids Involved at Second Helpings

Many volunteers would like to share the Second Helpings mission in a meaningful way with their children, grandchildren, and other young people in their lives. While volunteers have to be 16 years old to work in the Hunger Relief Kitchen, there are a lot of other ways that kids can participate in fighting hunger in Central Indiana.

Pasta Drive

A pasta drive is a great activity for children to learn how to get large groups, such as an entire class or school, involved in giving. Of course, it doesn't have to be just pasta—rice, spices or large (restaurant size) cans of tomato products are also a big help. When the collection drive is finished, we're happy to schedule a time for children to bring their collected items to Second Helpings where they can see how it will be used to fight hunger in our community.

Plant a Garden (or come help in ours)

Lots of fresh tomatoes, peppers, onions and other fresh ingredients go into thousands of meals we prepare each day, and we can always use more. Or you can sign up to help keep our herb garden thriving and our meals tastier than ever.

Van Wash

Second Helpings' delivery vans can get pretty dirty as they drive around town. Families and other groups can sign up to wash our vans and trucks on Saturday mornings.

Join the "On Call" List

From time to time we have special projects like cleaning or sorting donations that are perfect for families and volunteers of any age. Sign up online and we'll send you an email alert whenever these opportunities arise.

Check out our website for additional resources on teaching kids about hunger and even more ideas about how to volunteer and contribute as a family.

VOLUNTEERS of the MONTH

April: Kathy Davis

After retiring from 34 years as an X-Ray technician with St. Vincent Health Care, Kathy enrolled in the Chef's Academy. From there she also spent time as a Second Helpings' intern. Now, as a volunteer, Kathy is exemplary in the kitchen for her tilt skillet expertise and she also assists with bread sorting.

May: Barb Briggs

Barb has been an active volunteer since 2010. She is instrumental during our afternoon shifts and is always ready and willing to pitch in whenever and wherever she might be needed. In addition to Second Helpings, Barb also volunteers her time and talent to the Joint Center at Community North Hospital.

June: Emily Cutka

After graduating from Butler University, Emily joined Second Helpings as an AmeriCorps Public Ally in September 2011. She assisted with Communications and Development, serving more than 1,200 hours during her 10-month term.

July: Jeff Butz

As the owner of Landscapes Unlimited, Jeff brings a green thumb and a landscaper's eye to Second Helpings. He has been a volunteer and member of our driver team since 2007. Recently Jeff donated his time and talent to restore the Second Helpings lawn after the expansion.

August: Lacey Dannenberg

A graduate of Loyola University, Lacey joined Second Helpings in Summer 2011. She served more than 2,000 hours as a SPEA VISTA fellow, assisting with the Volunteer Program. Lacey has since returned to school where she is pursuing a graduate degree in Public Policy from Indiana University.

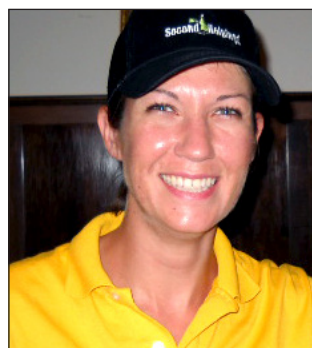
Last year, Second Helpings volunteers gave more than 35,000 hours to support food rescue, hunger relief and job training programs. Thanks to these volunteers and the hundreds of others who are making a difference in the lives of thousands of people every day.

Second Helpings Gets Ready to Celebrate 15 Years!

April 2013 will mark *Second Helpings' 15th anniversary*. With 500 Culinary Job Training graduates, 18 million pounds of food rescued and 6.5 million meals prepared, there will be a lot to celebrate. So **we're moving our annual Harvest to April** this year and planning a BIG event at Bankers Life Fieldhouse. *Watch for more details!*

Welcome New Staff

Martha Gilchrist Dock Coordinator



Martha Gilchrist joins Second Helpings as our first-ever Dock Coordinator. With the increase in meals prepared and delivered and food rescued, she will play a vital part in the logistics and organization of the busy dock. Martha's background includes the foodservice industry, restoration, renovation and urban planning.

Kaitlyn Fox Advancement Coordinator



Kaitlyn comes to Second Helpings as an AmeriCorps SPEA VISTA Fellow. She is a recent college graduate from Indiana University with a concentration in non-profit management. Kaitlyn is excited to be part of the Second Helpings team and aid them in the advancement of their fundraising efforts. Kaitlyn spends her free time painting, cooking, and exploring Indianapolis.

Sandy Schwomeyer Kitchen Assistant



Sandy comes to Second Helpings with 25 years of experience in the home-building industry. Sandy first came to Second Helpings as a kitchen volunteer in 2008, where her passion and talents led her to join the Hunger Relief staff this past spring. Sandy loves to garden and spend time with her husband and son at their country home in Greenfield, Indiana.

Allow me to introduce myself...

Anna Powell

Class #63



Allow me to introduce myself. My name is Anna Powell. I fell in love with the hospitality industry at 14 years old when I began my first job as a waitress at a high-end bistro. After high school I bounced around different jobs, eventually landing what most people would think of as a "dream job" working in corporate banking. Even with all the "perks" of a corporation, my restless spirit could not be contained by a cube. I fell heavier into drinking, realizing that I was miserable in life and in need of a change. After moving to Indiana my drinking proceeded to an all new level; I knew I had a real problem on my hands. I dedicated the next year of my life to vigorously working a twelve step recovery program that saved my life.

After sharing with a mentor my aspirations to be in the kitchen, Second Helpings was brought to my attention. I applied, made it through the 10-week program and graduated class #63. Chef Sam Brown and Second Helpings have forever changed the fabric of who I am. The 10-week program was the toughest thing I have ever done, yet the most rewarding. I am now earning a 4.0 GPA as a full-time student at Ivy Tech Community College, where I am on track to earn a dual associates degree in Culinary Arts and Baking and Pastry Arts.

The sky is the limit for me, and I dream of making it to Purdue, earning a Bachelor's degree while working in the hospitality industry, and teaching culinary arts in the future. There are a few organizations I can credit for my achievements, but there is only one that I will always call home and that has monumentally impacted my life—Second Helpings.

graduates

CONGRATULATIONS

Class 66



Top Row: Michael Johnson, Eric Merz, Dennis Young, Logan Solomon, Terry Reed, Thomas Burnett, William Rhodes

Bottom Row: John Thommen, Holly Webster, Skila Edmondson, Jerretta Williams, Jordan Reed

Class 67



Top Row: Chef Sam Brown, Rodney Williamson, Clarence Moore, Nathan Combiths, Jennifer Maze, Tiera Freeman, Lorraine Stout

Bottom Row: Sharon Felder, Kimberly Garmany, James Oestrike, Matthew Kochanowski

Second Helpings' **IMPACT**

July 2012

120,491 pounds
of food **REDISTRIBUTED**

57,003 meals
prepared & delivered

162,648 pounds of food
RESCUED

3,186
volunteer hours served

Since 1998

491 Culinary Job Training
GRADUATES

17,198,173 pounds of food
RESCUED

273,977
volunteer hours served

8,663,173 pounds
of food **REDISTRIBUTED**

6,322,457 meals
prepared & delivered



Transforming Lives through the Power of Food

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

www.secondhelpings.org
(317)632-2664

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. Every day lives are being 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.



Transforming lives is as easy as going grocery shopping. Second Helpings is proud to be part of **GFS Fun Funds**, a program that has raised nearly \$17,000 since Summer 2011. Enroll today and you can start earning money for Second Helpings every time you shop at GFS.



Dead watch? Need a new watch battery? Take a quick trip to Reis-Nichols Jewelers where they will donate **ALL PROCEEDS** from simple watch battery replacements to Second Helpings.

MY STYLE. MY STORE.



Second Helpings is grateful to our friend and long-time partner, Marigold Clothing in Broad Ripple. To mark their 23rd anniversary, Marigold will donate 10% of all sales on Wednesday, September 12th to Second Helpings. Plus, stop in and donate 5 or more pounds of pasta at Marigold between September 12th and 16th for a chance to win great prizes.



Give your kitchen a break every Tuesday during September and head over to **Outback Steakhouse at the Pyramids or in Castleton**. Bring in a flyer (available at www.secondhelpings.org) and these Outback locations will donate 10% of your entire table sale to Second Helpings. And if you don't have time to dine in, this offer also includes curbside purchases.