

DELIVERING 10 MILLION MEALS

On July 8th, Second Helpings' 10 millionth meal was delivered to Dayspring Center, a shelter which houses, feeds, and clothes homeless families in the Indianapolis area. The meal was a special summer picnic – hamburgers, fries, coleslaw, and applesauce – and was enjoyed by 30 children, who gather daily for Dayspring's six-week summer camp.

Second Helpings provides 3,000 meals a month, free of charge, to Dayspring. According to Executive Director Lori Casson, the meals save the organization from having to spend money to buy and prepare food for those meals. Instead, Dayspring can focus its resources on providing much-needed services to homeless families and children in the area.

The first Second Helpings meals!

So, how much food is 10 million meals? It's enough to feed one person for 9,132 years. More importantly, it's the result of 18 years of helping dozens of other not-for-profit agencies to better serve their neighbors. It has saved our community tens of millions of dollars in food costs and helped organizations like Dayspring to remain sustainable.

Ten million meals is a tremendous milestone, but none of those meals would be possible without the support of the donors and volunteers.



Young campers munch on a special summer treat. During summer camp, known as Camp Discovery, students discover, grow, learn, and have fun.

A KITCHEN TRANSFORMS: THE CULINARY JOB TRAINING PROGRAM REINVENTED

If you visit Second Helpings, you will notice some big changes in the Culinary Training Kitchen. The kitchen has been split into different sections with a wall separating the classroom-style setting from the training kitchen. The

Culinary Job Training Program has been compressed to 7 weeks from 10 weeks and, with the separation between the classroom and kitchen, two classes can occur simultaneously. These changes will reduce the waiting time for new enrollees and allow for more individuals to work toward a better future for themselves and their families.

Director of Programs Nora Spitznogle and Director of Culinary Training Chef Vincent Kinkade both expressed excitement about the new arrangement. "This will expand our capabilities, as well as provide graduates with the same number of credits at Ivy Tech as before," Spitznogle stated.



Remodeling



Class 87 students in the new classroom

The changes to the Culinary Job Training program have been funded in part thanks to the Indianapolis Foundation, Nina Mason Pulliam Charitable Trust, the Nicholas H. Noyes, Jr. Memorial Foundation, the Brave Heart Foundation, the Hoover Family Foundation and several individual donors.



BOYS & GIRLS CLUB

In April a large, tan building with letters reading "Finish Line: Boys and Girls Clubs of Indianapolis" opened on the Far Eastside of Indianapolis. The simple structure conceals the magic that happens inside: during the summer and each day after school, hundreds of youth play, learn, develop, and grow in a safe place. It is the first new, freestanding Boys and Girls Club in Indianapolis in 23 years, and has already developed a strong relationship with Second Helpings.



The club began receiving meals from Second Helpings at the beginning of the summer for camp, and has continued the relationship during the school year, when the unit welcomes youth to

its after-school programs.

Unit Director Juan Ongay sees firsthand how the meals contribute to the Boys and Girls Club mission of enabling young people to reach their full potential.

Now that the kids know they have access to food and the opportunity to get a nutritious meal at the end of the day, "there's more smiling and joking," Ongay observes, "and the staff knows that the people who prepared and delivered these meals put thought and care into taste and delivery."

Ongay values how Second Helpings makes a difference in the greater Indianapolis community. "Second Helpings also helps in the long run. It is closing the food divide, and also relieves pressure on adults to provide food for their children. It is a pebble in a pond, which is small at first but creates waves that affect many people."

A special thank you to the following Foundations for their recent grants:

- The Ackerman Foundation
- Angie's List Foundation
- The Ayres Foundation
- BMO Harris Bank
- Brave Heart Foundation
- Capital Group Companies Charitable Foundation
- The Central Indiana Senior Fund, a CICF fund
- Christ Church Cathedral
- The Clowes Fund
- Episcopal Diocese of Indianapolis
- J. E. Fehsenfeld Family Foundation
- The Glick Fund, a CICF Fund
- Hoover Family Foundation
- The Indianapolis Foundation, a CICF affiliate
- Legacy Fund, a CICF affiliate
- McCormick & Co.
- Meridian Kessler Neighborhood Association
- Nicholas H. Noyes, Jr., Memorial Fund
- Nina Mason Pulliam Charitable Trust
- Robert and Toni Bader Charitable Foundation
- Richard M. Fairbanks Foundation
- United Way of Central Indiana

GREEN B.E.A.N DELIVERY

Based in Indianapolis, Green BEAN Delivery is an online grocery store providing delivery to homes and businesses throughout the Midwest. Green BEAN promotes organic farming practices, and in the last 10 years, has built the Midwest's largest network of farmers and artisans. Since 2009, Green BEAN Delivery has supported Second Helpings by providing hundreds of thousands of pounds of fresh produce and natural groceries.



In the first year of making donations, Green BEAN provided 16,000 pounds of produce to Second Helpings. As Green BEAN Delivery has grown its business, the donations have grown to over 146,000 pounds last year alone! Green BEAN now provides around 20% of all fruits and vegetables to Second Helpings and has donated over 424,000 pounds to Second Helpings overall.

When asked why the organization donates to Second Helpings, Public Affairs Manager Kyle Edgell responded that Green BEAN's founders are concerned about food insecurity and food waste. "We're against food waste, especially when there are so many neighbors who are hungry. Second Helpings provides an indispensable service to us by turning perishable produce into nutritious meals for those who need it."

Green BEAN is a key ally in Second Helpings' continued efforts to fight hunger. When the Second Helpings truck pulls back into the Eugene and Marilyn Glick Center after picking up from Green BEAN every Monday, volunteers and staff know that partner agencies and the people they serve will receive a healthy dose of fruits and vegetables thanks to the generosity of Green BEAN Delivery.

To learn more about Green BEAN, visit greenbeandelivery.com.



Green BEAN Co-Owner and CEO Matt Ewer stands in a field of kale at a local farm.

Chef Scott Lawson

Ten years ago, Scott Lawson entered into the Second Helpings Culinary Job Training class as a student, ready for a career change and excited to begin a new chapter. Class 41 was difficult but Lawson knew not to give up and to keep trying, and after ten weeks he and his fellow students proudly graduated in August 2006.

After graduation, Lawson helped to open a restaurant in Zionsville, worked as a sous chef for the Colts for four years, and also cooked at J.W. Marriott and Eskenazi Health, where he progressed from a cook to a team lead to a supervisor and ultimately to a chef.

With the changes to the Culinary Job Training Program to operate two cycles of the class simultaneously, Second Helpings needed a second instructor to work alongside the Director of Culinary Job Training, Chef Vincent Kinkade. Fortunately Chef Kinkade didn't have to look very far and Chef Scott accepted the offer to come back to Second Helpings.

When asked about returning, Chef Lawson stated "I always knew I would come back. I love helping people get a new start, and I have always wanted to give back to other students and make a difference."



"This organization opens doors for students into the culinary world that were not opened before. The staff is here for them and will do anything we can do to help."

Today, Chef Lawson has joined with Chef Kinkade to inspire a new generation of Culinary Job Training students, sharing not just knowledge, but encouragement for men and women who are in need of a second chance. For those students, Chef Scott is a daily example that their path to success is within reach.

Graduates

Class 83



Graduates: Lynn Adkisson, Alex Callaway, Aries Crowell, Elliott Fine, Ryan Jester, Marsha Mann, Audrey Meyers, Aaron Osher, Latora Powers, Rebecca Reynolds, Marvin Ross, Chris Stephenson, Anthony Trisdale

Class 84



Graduates: Tim Day, Ashley Fox, Chandiss Harvey, Aja Johnson, Travis Kennedy, Ryan Thomson, Mike Wiley
Class Sponsor: Eskenazi Health

ESKENAZI
HEALTH

Class 85



Graduates: Gerald Barbour, Julian Box, Robyn Clayborne, Monneka Draughon, Zachary Eckels, Melanie Flores, Jason Hargreaves, Nicholas Jannetta, Orie Jones, QuaYein Osborne, Garry Prosser, Andrea Schoonover, Megan Skillman, Yvonne Vergara

TONIC BALL

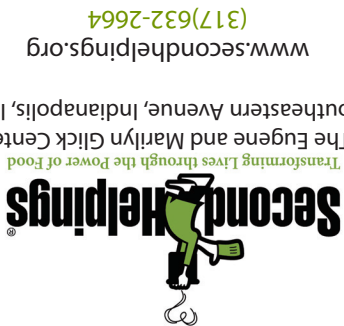
November 18, 2016



Presented By:

ESKENAZI
HEALTH

Tickets on sale now. Learn more at tonicindy.com



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What's going on at Second Helpings?

In this edition of Peas & Carrots:

Read about a New Milestone - 10 Million Meals



Photo by Mykal McEldowney

Find out What's New at the Boys and Girls Club



See a New, Remodeled Kitchen



Discover Fresh Organic Food from Local Farms



Learn how a Second Helpings Graduate Came Full Circle

