

peas & CARROTS

LITTLE TIDBITS OF SECOND HELPINGS NEWS

Summer 2014

Second Helpings®

Transforming Lives through the Power of Food

SECOND HELPINGS IS COOLER THAN EVER



Reverend Carlsen had a special blessing for the cooler.

The newest addition to the Second Helpings Hunger Relief kitchen isn't actually located in the kitchen at all. The 200-square-foot cooler inside the garage at Second Helpings increases our capacity to rescue more food and create more meals.

The cooler was installed in February and it is a gift from Christ Church Cathedral. In fact, Reverend Steve Carlsen of Christ Church Cathedral made a special trip to Second Helpings to bless the cooler and all the people who will benefit from the food it will hold.

The additional refrigerated space not only provides more capacity to safely hold perishable foods, but also makes it possible to prepare and deliver even more meals to children, adults, seniors and families at social service agencies in Central Indiana, including organizations like The Julian Center, Dayspring and Boys and Girls Clubs.

On any given day, this cooler will hold everything from hundreds of cups of yogurt set for delivery along with meals to children in afterschool programs to large deliveries of meats and vegetables that might otherwise be too big to be kept in the large coolers near the Hunger Relief kitchen. The

new refrigerated space will play an essential part in rescuing more ingredients to create more nutritious meals. Right now, Second Helpings is creating and delivering more than 3500 meals each day to more than 70 social service agencies. Those numbers will grow this year. More social services agencies say they are serving more people and other agencies have asked for meals to feed their clients.

"We rescued two million pounds of food last year, and we are on track to rescue at least that much this year," said Nora Spitznogle, director of programs at Second Helpings. "More cooler space is an essential part of making sure we have the room to hold nutritious food safely."

Second Helpings is proud of the continued community support offered by groups like Christ Church Cathedral, reflecting our collective responsibility as a compassionate community to support those in need.



CORKS & FORKS: A BENEFIT FOR SECOND HELPINGS

On Saturday, April 12 at Bankers Life Fieldhouse, nearly a thousand guests, chefs and supporters gathered for Corks & Forks. The benefit included fine wine, craft beers and food from some of the city's best chefs.

Each ticket sold, each auction item purchased and every donation received that evening directly benefited Second Helpings. The event raised \$240,000 for food rescue, hunger relief and culinary job training.

Without the generous support of our sponsors, this event would not be possible.

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Transforming lives through the power of food.

www.secondhelpings.org



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PRIMELIFE ENRICHMENT

Wednesdays at PrimeLife Enrichment Center in Carmel are known as "Second Helpings Wednesdays," and about 60 seniors gather for lunch in the dining room to see what lunch is going to be that day.



Sandy Stewart, the executive director of PrimeLife Enrichment, says many of the seniors love the food not just because it tastes good. Meals for seniors come from other sources the rest of the week, but Wednesdays are special.

"The meals from Second Helpings draw our best crowd because they love the element of surprise," said Stewart. "There's always a conversation about what the dish might be and how good it smells."

The mission of PrimeLife Enrichment is to promote independence, wellness and socialization for people ages 50 and up, and "Second Helpings Wednesdays" serve as more than meal time for their senior visitors.

"We often address malnutrition in seniors because there's a depression that can impact seniors who live alone, and then they won't eat enough or the right foods," admitted Stewart. "Gathering for a meal is a social activity, and you can see many of our visitors perk up when they arrive."

In addition, hunger in Hamilton County is growing. Some estimates show poverty in the county has grown 67 percent since 2008.

As for the future at PrimeLife Enrichment, Stewart expects more growth in attendance in coming years.

"We're growing, and we'll be here. We have to because we know so many people in Hamilton County depend on us."

TAYLOR'S BAKERY

The smell of baked goods drifts through the air at Taylor's Bakery every morning, and customers follow the smell into the small shops in Indianapolis and Fishers for some fresh bread, doughnuts, cookies and cakes.

While business is brisk at Taylor's Bakery, there are a few leftovers at the end of the business day. Those day-old goodies come to Second Helpings. The bakery has been a donor more than a decade, and last year alone the bakery donated more than 60,000 pounds of baked goods.

The staff at Taylor's Bakery is a proud food donor. In fact, the Second Helpings name is one of the first things you see on the bakery's website - www.taylorsbakery.com.

"We donate because it literally makes us feel better," says Drew Allen, one of the owners of Taylor's Bakery.



"There's no reason to throw perfectly good food out, especially when something as simple as a cookie can put a smile on someone's face."

All those baked goods are packaged up at Second Helpings and sent out with hot, nutritious meals. Some of those baked goods include birthday cakes.

"It's strange to us that a custom-made birthday cake doesn't get picked up, but it happens. And we give it to Second Helpings," said Drew.



And those cakes never go to waste. They are often delivered to agencies where someone is celebrating a birthday.

VOLUNTEERS of the MONTH

Each month, Second Helpings volunteers contribute thousands of hours to keep the food rescue, hunger relief and job training programs operating smoothly.

Each hour is a gift because the work could not happen without them. Each month, we recognize one volunteer for their work. We must thank those who do the work needed to create more than 3,500 meals each day and train about 70 adults each year for successful careers in the culinary field.

The volunteers listed below are recognized for their work which affects the lives of so many.

October Nancy Alexander	November Pete Davis	December Joan Haaf	January Kevin Christie	February Vickie Davis	March Pat Dodson
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Where do graduates go?

THE ALEXANDER

Visitors to The Alexander hotel in Indianapolis are always greeted with smiles from the staff. One of those smiles belongs to Second Helpings Culinary Job Training graduate LaToya Clark. She graduated with class #68 in August of 2012.

Today, LaToya works at Market Table, one of the restaurants inside The Alexander. Part of her work includes making omelets to order each morning for guests or preparing her special barley lentil soup for lunch.

"The soup I make here is a recipe I learned at Second Helpings," explains LaToya. "People tell me they love it, too."

LaToya came to Second Helpings as a volunteer in the Hunger Relief kitchen, learned about the Culinary Job Training program and applied.

During her 10 weeks of training at Second Helpings, she learned a lot of other skills. In her graduation speech, LaToya explained that her training helped her regain her self-esteem and confidence just by getting up, showing up, doing what is asked, and sticking it out.

When LaToya thinks back on her training at Second Helpings, she often thinks about the advice she got from Chef Sam Brown while she was a student.

"He always said to take one day at a time, and expect nothing from yourself but the best," said LaToya.

Whenever asked what she likes most about her job at Market Table, LaToya's smile shines and she says, "I get to come to work every day and cook for people. I love that."



Graduates

Class 73



Randy Brockton, Octavia Burris, Mancie Freeman,
Jacquan Hagan, Terry Thomas
Class Sponsor: Pop Weaver



Class 74



Charles Beasley, Anthony Thompson,
Ronikia Rodgers, Davie Jackson, Rena
Jones, Andrea Mtandwa, Gia Robinson
Class Sponsor: The Viewfinder Project



Class 75



Jodie Byrne, Damon Dickey, Rashid Dunbar, Jaylyn Garrett, Jeffery
Hartfield, Nicole Hutchings, John Mercer, Matthew McQuade,
Jamie Parcher, Horace Robateau, Mark Williams, Lynda Wilson
Class Sponsor: UPS



Second Helpings' IMPACT

APRIL 2014

127,786 pounds
of food REDISTRIBUTED

79,233
prepared & delivered

140,902 pounds of food
RESCUED

4,455
volunteer hours served

Since 1998

Culinary Job Training
566 GRADUATES

20,819,054 pounds of food
RESCUED

356,242
volunteer hours served

110,528,270 pounds
of food REDISTRIBUTED

7,889,692
MEALS prepared & delivered

www.secondhelpings.org
(317)632-2664

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



Nearly 20 percent of Second Helpings financial support comes from grants. A special thanks to the following organizations for their recent gifts:

- The Ackerman Foundation
- Ayres Foundation, Inc.
- The Brave Heart Foundation
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- The Central Indiana Senior Fund, a CICF fund
- Christ Church Cathedral
- The Clowes Fund
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