

ONE MILLION MEALS IN ONE YEAR: A GOAL ACHIEVED

One million in one year. That seemed like a far-off goal when the Hunger Relief Expansion was completed in 2012. Then, Second Helpings produced 650,000 meals annually and needed more capacity to serve a growing waiting list. "Each agency on the list represented dozens of food-insecure children, seniors and others who needed our help," said CEO Jennifer Vigran, "We couldn't just stand by and let that happen." From there, the Hunger Relief Expansion began under the creative vision of the Reitano Design Group and the Hunger Relief program has grown ever since.



Volunteer Bill Blanchard and Food Rescue Director Jon Meinert deliver the millionth meal

Thanks to the dedication and commitment of hundreds of regular volunteers, food donors and financial supporters, Second Helpings delivered its 1 millionth meal in 2016 to Visions Child Care which provides affordable childcare to low income families. Visions serves a hot lunch and dinner every weekday to 30 children and is just one of Second Helpings' 85 partner agencies.

"This accomplishment is an example of how the entire community makes the work of Second Helpings possible. From volunteers to food donors and financial supporters, everyone has played a role in making more food available to those who need it most," Vigran said.

Even with this milestone achieved, the work of Second Helpings has yet to be completed. "One of the things I love about Second Helpings is that we never stop. We always look to how we can build upon our service to the community," Vigran said.



Signing off on the 1,000,000th meal at Visions Childcare

AN EVENT LIKE NO OTHER: CORKS AND FORKS



See what's new at Bankers Life Fieldhouse at the 5th annual Corks and Forks in the new Lightbound Courtside Club and on the Pacers Practice Court. Mark your calendars and join us March 9 for this signature event presented by Pacers Sports and Entertainment, Levy Restaurants, and Kroger.

With delectable dishes from the best chefs in Indy, fine wines, local craft beer, and top mixologists, this event keeps getting better and better. Meet our chefs, students, and graduates and join in the silent auction, with unique items and special experiences.

Tickets are \$150 each, and every dollar goes directly to Second Helpings and its Food Rescue, Hunger Relief, and Culinary Job Training programs. Buy tickets and learn more about the event at secondhelpings.org.



March 9, 2017
Bankers Life
Fieldhouse
7 p.m.



PATHWAY TO RECOVERY

Pathway to Recovery helps homeless individuals who struggle with addiction and mental health issues. Pathway changes lives, but a year ago, it was struggling to provide food to support its residents.

Today, Pathway receives lunch and dinner almost every day from Second Helpings. For Program Director Ashley Sorrell, the meals from Second Helpings are a "total blessing and a godsend." "Now, the staff members can invest their time focusing more on the recovery programs needed." The meals from Second Helpings provide cost savings that have allowed Pathway to focus on its mission – helping others complete recovery and take back their lives. "Even though we lost some funding, we are more at ease because of how gracious Second Helpings has been," Sorrell explained.



Food from Second Helpings also provides security to the people who receive the meals. "They are so grateful and feel like there is one less thing to worry about," Sorrell said.



"It is such a great partnership. Not only do we get these great meals, but Volunteer Services Manager Adriane Rios links

members to volunteering at Second Helpings. In this way, these men are able to give back to others," Sorrell said.

By providing dependable, hot, nutritious meals every day, Second Helpings helps Pathway focus on its mission – safe, affordable, sober living. Sorrell explained. "By utilizing our resources and those of Second Helpings and continuing with this give-give relationship, we are saving lives," Sorrell said.

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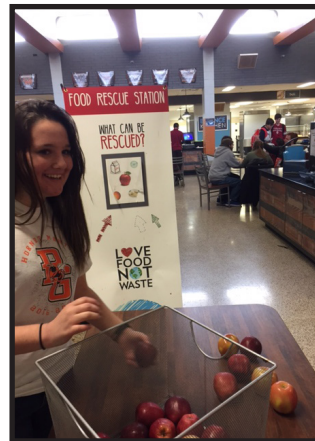
A special thank you to the following Foundations for their recent grants:

- The Ackerman Foundation
- American Family Insurance
- BMO Harris Bank
- Capital Group Companies Charitable Foundation
- The Central Indiana Senior Fund, a CICF fund
- The D.M. Cook Fund
- EmployIndy
- Episcopal Fund for Human Need
- The Glick Fund, a CICF Fund
- Lilly Endowment, Inc

BEECH GROVE CITY SCHOOLS

As Chartwells K12 Resident Dietitian at Beech Grove City Schools, Tarrah McCreary's goal is to ensure that students are well-fed and taken care of. Whether students were full or ran out of time to finish their meal, McCreary noticed food being discarded at the end of the lunch period.

That's when she found K12 Food Rescue, who connected her to Second Helpings, and began a successful district-wide pilot program. McCreary and Beech Grove Schools' program is truly student-led with an education and empowerment element that teaches students about social responsibility and supporting their local community. After the students finish their lunch, any unopened food items or unpeeled fruit is collected and safely stored. Second Helpings picks up the food weekly to prepare nutritious meals or stock the shelves at Beech Grove's local pantry Servant Heart. For McCreary, "Second Helpings is fantastic because it prevents food waste and allows students to pay it forward by helping the environment and others. We can serve the local community as well as rescuing food."



"We can serve the local community as well as rescuing food."

For students, the program is also important. "It's teaching them about sustainability and wellness. They learn about leadership and become more aware of the world they live in. One high school student leader knew that her relatives need extra help at times, and she was proud of the fact that she could do something to help those in need in her community. In addition, I think students are becoming more aware of waste and how they can prevent waste at school and at home," McCreary explained. "It's been wonderful to have this program here."



Within this school year, Beech Grove City students have rescued over 11,000 food items. It's a learning experience for students about the people in their schools and their community and how to be servant leaders.

CHARLIE CHAPEL

Cooking in her grandmother's Chicago kitchen formed some of Charlie Chapel's earliest memories. But working as a waitress, Chapel felt something was missing. A friend told her about the culinary job training program at Second Helpings, and Chapel followed her instincts and applied.

Joining Class 72, Chapel and her fellow students began a whirlwind 10 weeks. "It was hard, but I was determined to finish for myself and my daughter." During her time in class, Chapel learned the science behind cooking, and experienced cooking for several large events. She also grew under the tutelage of Chef Brown. "He told us that mediocrity is not an option and that we should strive for more than that."

After graduation, she worked at Aramark at Lilly and Eskenazi Health, where she made good use of the skills she learned in class. Joining the staff of Market District, she would soon influence another part of Second Helpings' mission. Chapel spoke with her supervisor about Second Helpings. Now, Market District donates hundreds of pounds of prepared food every week.



All Second Helpings graduates are eligible for 5 credit hours in Ivy Tech's Hospitality program. In addition to her full time work positions, Chapel began taking classes at Ivy Tech. Raising her daughter and working full-time, Chapel is determined to complete her degree to become a certified culinarian and then to gain enough experience to become a chef.

Chapel has won several awards, including winning two cooking competitions, one sponsored by the American Culinary Federation and one by Market District. She also applied for and won a trip to France, where she and several others will spend 12 days on a guided culinary tour. "I am so excited!" she gushed.

For Chapel, the past three years has taught her to continually learn and better herself. "Second Helpings stays with you – I will

always be first and foremost a Second Helpings graduate. Look at where I started, and where I am now. I have a car and an apartment, am going to finish my degree in May and then going to France, as well as working and taking care of my daughter." With a heart full of goodness, Chapel sees a future focused on food and helping people. "Food acts as a vehicle – it

truly brings people together," she said.



A MESSAGE FROM THE CEO

Recognizing the critical role Second Helpings plays in addressing hunger and poverty in our community, the Lilly Endowment announced an extraordinary grant to Second Helpings totaling \$7.5 million. The grant is tied to the sustainability of Second Helpings to ensure that it can continue to be a resource for our community for many years to come.

The majority of the grant (\$6.8 million) will form a restricted endowment for Second Helpings while the remaining funds will be applied to key infrastructure investments including fleet, technology, and equipment upgrades and replacements. The grant does not underwrite regular operating costs.

Part of the Lilly Endowment's purpose in making this grant was to build Second Helpings' ability to attract more supporters and resources to our mission and so the grant will fund website upgrades and other initiatives to strengthen fundraising.

These grant dollars cannot substitute for the broad base of community support that fuels Second Helpings. Our Food Rescue, Hunger Relief and Job Training programs continue to rely upon the generosity of the food donors, financial donors and volunteers who prepare and deliver more than 4,000 meals a day to 85 other not-for-profit agency partners while helping unemployed and underemployed adults build better futures.

Indeed, this gift will not change who we are, what we do, or the important role that volunteers, food donors and financial supporters play in Second Helpings' mission and its future. Rather, it will help to ensure that all of the gifts that you bring to our mission will continue to provide a more effective and impactful service to our community.

-Jennifer Vigran - jennifer@secondhelpings.org



Volunteers preparing food in the hunger relief kitchen



What's going on at Second Helpings?

In this edition of Peas & Carrots:

One Million Meals in One Year



A Gala Like No Other - Corks and Forks



Pathway to Recovery and its Mission to Save Lives

How Students are Making a Difference



Charlie Chapel and her Culinary Journey



A Special Message from the CEO

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