

peas & CARROTS



Second Helpings®

LITTLE TIDBITS OF SECOND HELPINGS NEWS FALL 2019

Transforming Lives through the Power of Food

— NOW SERVING: 100,000 MEALS EACH MONTH —

In April, Second Helpings Hunger Relief staff and volunteers prepared and delivered more meals than its first year in operation 21 years ago. In all, staff and volunteers prepared and delivered 100,152 meals to more than 90 partner agencies in the month.

“This milestone is a testament to the powers of collaboration and service,” said Second Helpings CEO, Jennifer Vigran. “Thanks to the commitment of more than 750 active volunteers and our strong network of partner agencies, Second Helpings continues to grow at a pace that

would have seemed impossible when this work began.”

Since 1998, Second Helpings has rescued more than 33 million pounds of food and transformed that food into more than 13 million meals to local partner agencies. Volunteers make each meal possible, logging more than 600,000 hours of service in the last 21 years.

While the April milestone was significant, volunteers quickly proved it was not an anomaly, by hovering around the 100,000 meals mark in the subsequent months. To stay consistent, volunteers are preparing

and delivering around 4,500 meals each day. In all, Second Helpings will prepare and deliver more than 1 million meals this year, saving the Central Indiana nonprofit community more than \$5.5 million in food costs.

“Regularly, as I talk to the staff who work with the homeless youth, we’re so grateful for what you guys do,” says CEO of Second Helpings partner agency Outreach Inc., Jason Chenoweth. “It pushes us so far forward. If you guys weren’t there, we would radically have to cut stuff with our youth. We wouldn’t be able to provide so much of what we provide.”



serving it forward

PANS OF PORK AND GREEN BEANS ARE READY TO BE WRAPPED FOR DELIVERY TO SECOND HELPINGS PARTNER AGENCIES



This newsletter was printed on low-cost paper, manufactured using environmentally-friendly standards and containing post-consumer waste.



SERVING SENIORS

PRIMELIFE ENRICHMENT FEEDS HAMILTON COUNTY

Quiet chatter fills the room of mainly older folks around 11:30. It's Wednesday lunch at PrimeLife Enrichment (PLE) and those in the second half of life are eagerly awaiting a free, delicious meal from Second Helpings.

Since 1977, PLE has offered services that illustrate that the second part of life can be just as rewarding and fulfilling as the first! Located in Carmel, PLE offers many services to seniors, including fitness classes on land and in the water, a gym, meals, a library, transportation to PLE and other appointments/activities, seminars, health screenings and information sessions, community outreach, assistance to the homebound, respite attendant care, information referral services, and more. Some of the seniors "wouldn't get out of the house without PrimeLife," Activities Coordinator Dee Timi reports. Seniors who are looking for friendship, scholarship, advice, assistance, better fitness, or a hot, fresh meal can either drive to PrimeLife on their own or access PrimeLife's transportation services. A small monthly membership can be offset by scholarships if need be. "We don't turn anyone away," Timi states.

This fall, PLE launched a new, weekly program called Arts & Depression/Dementia. According to Linda Handy, PrimeLife's Executive Director, "The core purpose of these weekly programs is to provide a unique, interactive experience grounded in the arts for seniors living with dementia and their caregivers, with the

goal of helping them avoid or overcome feelings of depression and social isolation."

For nine years, many of PrimeLife's programs have featured a hot, nutritious meal for 50-70 seniors. Each week, PrimeLife receives two pans on Tuesdays, which are served on Wednesdays and one pan on Fridays. Last year alone, Second Helpings provided more than 3,300 meals to PLE's seniors. Members and anyone in Hamilton County can enjoy the free meal served by volunteers. "Everyone loves the meals Second Helpings serves," Timi notes.

"PEOPLE OFTEN RETURN FOR SECONDS, AND WE USUALLY RUN OUT. IT ALSO WORKS PERFECTLY FOR US - WE NEVER GET ANYTHING BAD!"



For those volunteering at PLE during Second Helpings meals, having fun is part of the regular agenda. One volunteer named Jim stated that he loved the beef tacos with rice that was served that day. "We appreciate the food," Jim and his two fellow volunteers, both named Judy, stated. "It's always a surprise with what is brought in." They mentioned, though, some of

their favorite meals. "I love anything with a Mexican flavor," said Jim. All three enjoyed the sweet potato chili and the occasional meal made of breakfast food!

Timi also mentioned how excited people are to receive the meal and how much they love Second Helpings. "It means a lot to us to receive these meals. Many return for seconds, and there's never anything bad. In addition, it's not only PLE members who are welcome to eat meals from Second Helpings but anyone in the community. Those with low incomes not only can come to enjoy a free meal but also hear from a speaker about relevant issues."

Timi notes the importance of having Second Helpings in Hamilton County. "Second Helpings receives volunteers from Hamilton County, and specifically people really interested who learn about it from PrimeLife Enrichment! It's important that Hamilton County is represented in the agencies Second Helpings serves, not only because of the volunteers but because of the lack of awareness about poverty in Hamilton County. Through these meals, we can feed low-income individuals as well as teach them about important issues."

Timi and Phyllis Mohs, Assistance to the Homebound and Volunteer Coordinator, also spoke on the importance of PLE in the community. "With the lack of awareness about poverty in Hamilton County, we serve as an important place for those in the second stage of life. If someone has a need, we help them or we find a source to help them."

FOOD RESCUE

SMOKING GOOSE

RESPECT FOR LOCAL PRODUCT FUELS FOOD DONATION

Since 2007, Goose The Market has evolved from a humble neighborhood store into a nationally renowned powerhouse of cured meat. "A lot of people thought we were crazy for opening a specialty market in Indianapolis," says co-owner Mollie Eley. "They didn't think there were enough people who appreciated the farm-to-table movement in Indy, and it was quite the opposite. Basically, as soon as we opened, we were busy."

Eley and her husband Chris were working in Chicago prior to opening Goose, and they were initially planning to open a restaurant back in their hometown of Indianapolis when they fell in love with their flagship location at 25th and

Delaware St. The size and limitations of the space made a restaurant impossible, which is what led to the market concept. "We knew we wanted to provide an outlet for the community to have access to local farms and local produce," she says. "The good, clean, fair model is the core of who we are. We believe everybody should have access to that kind of food."

Almost immediately after opening The Market, the Eleys started getting requests from Indy chefs for access to the sausages and salamis that Chris was making in-house at the market. Once again, the size of the space proved prohibitive. "We just didn't have the space to produce it," Mollie says. "Pretty much within a year



of opening the market, the concept of Smoking Goose was developing in Chris' mind. It took four years for it to come to fruition. It's a huge USDA-inspected production facility where we make sausage, salami, and bacon. And we now have 22 distributors across all 50 states."

SMOKING GOOSE CONTINUED

Since 2014, Smoking Goose has donated more than 13,300 pounds of product to Second Helpings in support of its Hunger Relief and Culinary Job Training efforts. Mollie's aunt was a longtime Second Helpings volunteer, and Chris became familiar with the organization while working for Peter George when he was in culinary school. "The idea of the rehabilitation of people while also helping another group of people... obviously we were drawn to that," Mollie says. "On the flipside of that, there's a lot of product that people won't buy, perfectly good product, but it doesn't look pretty, or it's the end piece of the ham..."

Mollie underscores how easy Second Helpings' Food Rescue staff makes donating food. "Not only are you guys

good for the community, but you're also good for business people," she says. "It's just seamless. You really take all of the work out of it."

"WE ALWAYS OPERATED UNDER THE PHILOSOPHY THAT WE USE THE WHOLE ANIMAL. WE DON'T THROW ANYTHING AWAY. SO, SECOND HELPINGS WAS JUST A NATURAL PARTNER FOR THAT."

While the Eleys are proud that their product is used to feed hungry folks in Central Indiana, they're also thrilled that students in the Culinary Job Training program are using Goose products as the building blocks for a new career. "Any opportunity that you have to educate people who are going out into the culinary world on the importance of buying local

and using the whole animal and good, clean fair food – anytime you can get that mission to anybody that's joining the food community, it's beneficial for everybody involved," Mollie says.

"Just showing them that there's more out there than commodity products. Obviously, there's a place for that in every community, but it doesn't have to be the only thing."

Eley encourages other local businesses to support Second Helpings in similar ways. "We feel honored to be a part of your organization," Mollie says. "We love our partnership. I would encourage anybody who is in the industry who is thinking about doing this or anything, it's a great group to work with. And it just makes you feel good."

CULINARY JOB TRAINING

WELCOMING TONYA

TONYA WATSON, CULINARY JOB TRAINING COORDINATOR

When you first meet Second Helpings' Culinary Job Training Coordinator Tonya Watson, the first thing that draws you in is the calm, soothing nature of her voice. The trait proves useful in a position where each day she navigates the serious challenges faced by Second Helpings' Culinary Job Training students as they strive for a new career and stable income. Many Second Helpings students lack support in their personal lives, and Watson tries to compensate on a granular level.

"Support can come from a simple smile," she says, "a word of encouragement, a push to help move forward, or even a piece of candy from my desk."

Watson has served in her position as Culinary Job Training Coordinator since late January. She brings years of administrative and training experience from the healthcare industry - Indiana Blood Center (now: Versiti Blood Center of Indiana), Community Hospital Network, IU Health) - as well as more recent nonprofit experience as Secretary of an organization called Fearfully & Wonderfully Made, an Indianapolis vitiligo community group. When asked what skills help Watson to excel at Second Helpings, she cites her compassion.

"You can teach anyone a job," Watson says. "Anyone can pick up skills, and learn the technical skills of any job. But for what we do here and the people we serve, the innate compassion and empathy that I have within me, I think it's a great fit... Ultimately, what makes me effective in this role is service. I am helping and serving others: students, coworkers, community. My heart feels a sense of accomplishment at the end of each day."

In her nine months on the job, Watson has been consistently impressed by the servant leadership that Second Helpings staff and volunteers display each day. Watson

carries with her a note from recent graduate Joshua McKinnie from Culinary Job Training Class 116 about his time in the Second Helpings program. "Love runs this place, and you can feel it when you're here," he said. Watson tries to live up to McKinnie's description each day.

"TONYA IS VERY CARING WITH ALL OF OUR STUDENTS. SHE NEVER HESITATES TO TAKE HER TIME AND HELP EACH STUDENT THROUGH THEIR SITUATION. SHE NEVER RUSHES THEM."
-KATHY JONES, SECOND HELPINGS EXECUTIVE CHEF

"It is my personal mission to affect positive change in the lives of those around me," she says. "I feel honored to be a part of an organization that has this type of cause and effect." As Culinary Job Training Coordinator, Watson has a unique perspective on the Culinary Job Training students. She works with each one from the moment they attend an info session until the day they graduate.

With two new instructors and Executive Chef Kathy Jones moving into a leadership position, the Culinary Job Training program has seen significant changes in the last year.

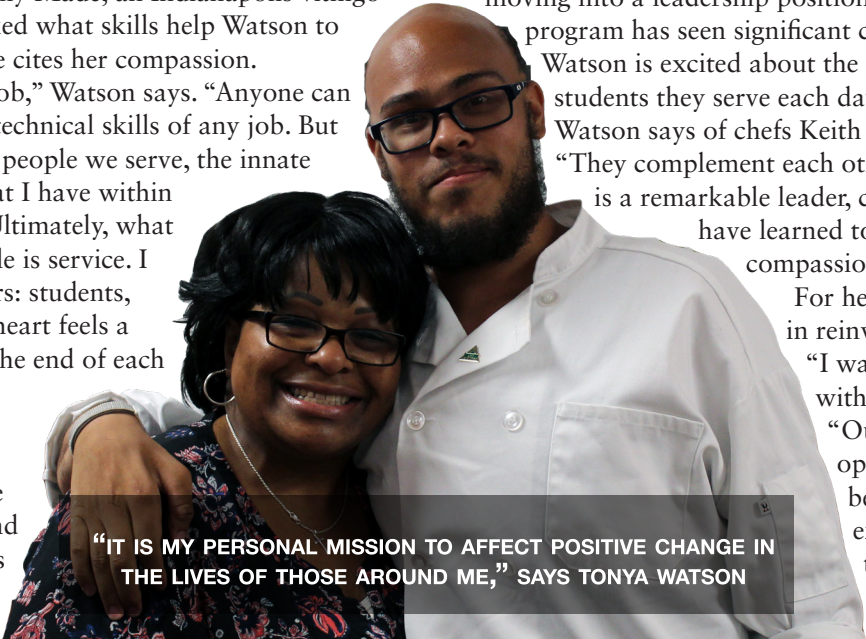
Watson is excited about the skills this team brings to the students they serve each day. "I love our instructors," Watson says of chefs Keith Brooks and Kyle Barnett.

"They complement each other so well... Chef Kathy is a remarkable leader, confidant and steward. I have learned to be more forgiving and compassionate through her guidance."

For her part, Watson isn't interested in reinventing the wheel with her role.

"I want to grow in this position and with this organization," she says.

"Our leadership has given me the opportunity to learn and grow beyond a measure that I was expecting. I respect and admire the leadership here."



"IT IS MY PERSONAL MISSION TO AFFECT POSITIVE CHANGE IN THE LIVES OF THOSE AROUND ME," SAYS TONYA WATSON



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

CJT GRADUATES



CLASS 123

Eric Jenkins, Jeremie Sheneman,
Joneal Dunbar, Kelvin Washington,
Hillary Merfeld, Shawanna
Jackson, Dominique Sanders,
Alexandra Campbell



This class was funded in part
by Anthem. For questions
about sponsoring a CJT class,
please contact Sr. Director of
Philanthropy, Katie Prine, at
(317)632-2664 ext.138 or
at katie@secondhelpings.org

TONIC BALL 2019 IS SOLD OUT



THANK YOU

to everyone who chose to fight hunger and poverty at Tonic Ball presented by Eskenazi Health again this year. General admission tickets are now sold out, and we are proud to report that sponsorship opportunities are sold out as well!

On Friday, November 22, more than 300 musicians will join forces to feed a community when they take five stages in Fountain Square to celebrate the music of Bob Marley, The Ramones, Beastie Boys, Diana Ross & The Supremes, and Radiohead.

This is the 18th installment of Tonic Ball. Proceeds from the event now send more than 100,000 meals to Central Indiana residents in need.

Tonic Ball makes a big impact with the help of our generous sponsors:



Full list of sponsors at <https://www.secondhelpings.org/second-helpings-events/tonic-ball/>