



Our friends at Ideal Food Group chose to #FeedIndy by donating a generous 15,800 pounds of meat in January 2020!

Second Helpings Distributes Highest-Ever Quantity of Rescued Food

In the last 12 months, Second Helpings rescued a record of more than 2.5 million pounds of food from wholesalers, grocery stores, caterers, and other retailers. In fact, our Second Helpings Food Rescue team has been so efficient, and the food service community so generous that in the past year we prepared and delivered over one million homestyle meals free of charge within the Central Indiana community and had bulk food left to share in other ways.

What happens when we receive more rescued food than we can use for Hunger Relief meals and for Culinary Job Training skills development? Patty Cortellini, Second Helpings' Agency Relations Manager, explains: "Second Helpings has found an innovative way to use this rescued food by redirecting over one million pounds of food to more than 50 local food pantries and partner agencies. This extends the reach of our Hunger Relief program, allowing us to work with many partners who are also tackling food insecurity, while ensuring nutritious food is not wasted." The largest beneficiaries of the redistributed food are St. Vincent de Paul Food Pantry, The Sharing Place, and First Free Methodist Church. Second Helpings also gives food to several smaller organizations such as Campus Kitchens, Outreach, and Fletcher Place.

Food from Second Helpings allows our partners to meet one of the greatest needs in our community, because we prepare and deliver meals for their clients or offer fresh produce and other nonperishable items they can distribute— all of which offsets their food costs. And by not stockpiling food, Second Helpings makes an even bigger impact in the fight to eradicate hunger in our community.



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Hunger Relief

Shared Meals Bring Joy to Neighborhood Families

As the oldest organization of its kind in Indiana, Concord Neighborhood Center has been providing opportunities to advance education, health, well-being and independence for families on the near-Southside since 1875. Nutrition Manager Paula Richter-Hayes has been with Concord for 32 years and knows a thing or two about the center's history and its impact in the community.

For years, she says, neighbors provided food for Concord's monthly family night. But over time, those neighbors grew older and their meal donations stopped. To continue providing families with dinner and activities once a month, Concord took on the financial and staff costs of purchasing and preparing the food for family nights. At the same time, they extended their programming by creating a mother/daughter night that includes dinner, too.

Funding has always been a struggle for the small nonprofit, but the monthly costs of both dinners was becoming prohibitive. That's when Richter-Hayes reached out to Second Helpings for help. What she found at Second Helpings was more than a great fit. "I was wonderfully astonished at their level of organization and the skill with which that place runs. It was eye-opening to see what a well-oiled machine that place is. Staff and volunteers alike, everyone is very welcoming."

Starting in December 2019, Second Helpings began delivering approximately 60 meals to Concord each

Thursday. According to Richter-Hayes, you will see families there every week, grateful for the opportunity to have a nourishing meal without having to go home and cook. Because Second Helpings provides meals, Concord staff have time to interact with parents and their children on a different level, often providing additional resources to parents they were unable to before.

From the very first meal, staff at Concord noticed a difference among the Thursday evening guests. There was a more relaxed atmosphere with parents interacting with their children. There was no fighting. No worrying. No stress. Just families talking, eating, and enjoying each other.

One of Concord's primary goals is to be supportive of the families in their community. Being able to help families reduce stress and financial worries is profound. After the Second Helpings partnership began, Richter-Hayes quickly noticed another effect on the families she serves. "They think the dinner is amazing. It also exposes them to new foods, especially fresh produce. Parents see their children trying new things that they otherwise wouldn't, and it inspires them to try new things, too."

"We're providing something of incredible value to our families," shares Richter-Hayes. "You can feel it in the room. The happy feelings. The joy the kids have. And everybody is eating. It feels good to see them be able to enjoy something like this. Our parents don't get to feel that very often."

Culinary Job Training

Mother of Three Finds Dream Job after CJT

Dahsia Cole wanted to find a job she could grow with and that was better suited to her life as a mom of three boys under the age of six. Thanks to the Second Helpings Culinary Job Training program, she found a full-time job with benefits, and, even better, it meshes perfectly with her daycare options.

While a student in the seven-week Culinary Job Training program, Dahsia was excited to learn new cooking techniques and the proper way to handle food. "My experience was amazing! What I loved most about our class is that we worked so well as a team and supported each other even on our bad days."

As she neared the end of her training, Dahsia applied to the Compass Group at Butler University and got an interview. Before she went, Second Helpings' Employment Specialist Anne King reached out to Chef Brandon at Compass Group and filled him in on our training program and what Dahsia had achieved. When Dahsia arrived, Chef Brandon greeted her with, "I'm excited to meet you. I've heard great things!"

Dahsia started her job as a Compass Group cook the week after graduation, earning \$12.25 an hour. Within two months she was given a 5% pay increase to \$12.85 an hour and is eligible for benefits.

The schedule works perfectly with her sons' schedules and she's happy with her job. "This is better than any other job I've had. I like the people I work with and the managers are good." She's been there six months and is looking forward to staying with Compass Group for a long time.



Food Rescue

The Healing Power of Food

When the JW Marriott Indianapolis opened in 2011, they quickly became known for their privileged location and luxury accommodations. But for Rachel Solano, Executive Banquet Chef for the JW Marriott Conference Center, there's more to the JW than stunning views, indulgent rooms, and a stylish wine bar – there's a sense of community. While Solano and her team aim to be the best in the food and beverage business, they also focus on positively affecting their local community with their work.

In the food service industry, discontinued menu items, purchasing mistakes, and overproduction of some dining options lead to potential waste. From the start, staff at the JW Conference Center knew they would need to deal with this issue and searched for organizations that could use the surplus food. That's when they found Second Helpings. Solano said the staff at the JW loved “everything about Second Helpings -- the mission, the people, the facility, what they stand for, and what they do every day.” She went on to say that the fact that Second Helpings picks up the food at the JW makes the whole process possible. Otherwise, Solano said, she would see a lot of wasted product, something she tries to avoid.

It's an almost daily mission at the conference center to find donations for Second Helpings. Staff search through coolers to identify items and keep a running cart for Second Helpings' Food Rescue program. Solano specifically puts things to the side that JW would otherwise toss but that she knows can be used in the community. Even guests are conscious of the potential waste and sometimes ask about food donations. Going even further, some groups increase their orders specifically, so the extra food can be donated.

Solano is proud of their partnership with Second Helpings; not just because it makes her feel good to not waste food, but because she sees the value in the Culinary Job Training program. “How you handle the food and some of the things you make – Second Helpings is giving people an opportunity to be more creative with things some people would not like to use.” Solano appreciates how Second Helpings can take a premade product, turn it into something totally different, and then share it with people she wouldn't have been able to reach with her own job.

Last year, Second Helpings rescued 16,000 pounds of food from the JW Conference Center, with a value of over \$30,000, a fact surprising even to Solano. This impact is undeniably felt in the kitchen, where volunteers reinvent the donated food and provide nourishing meals for those in need. To Solano, it feels like Second Helpings puts food into the hands of the people who need it most and who wouldn't have it otherwise. She shares, “The work you do is really important. Everyone has to eat, and some people may not be able to without Second Helpings.”



Concord Neighborhood Center practicing social distancing.



Volunteers doubling up on hours to #FeedIndy during COVID-19.



Thanks to all attendees for choosing to #FeedIndy at Souper Bowls this year. Souper Bowls featured 100% compostable containers, napkins, and utensils. This Zero Waste event is yet another example of Second Helpings' commitment to fight waste.



Transforming Lives through the Power of Food

The Eugene and Marilyn Glick Center

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CLASS 128

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Stephen Pflug, Ernest Cary,
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SECOND HELPINGS' RESPONSE TO COVID-19

Thank you for all that you are doing to keep yourself and our community healthy right now. At Second Helpings, safety has always been our top priority and now more than ever we want to ensure that our meals reach the community safely. In the building we are performing extra sanitization, practicing social distancing among volunteers, and have moved to a contactless delivery method for meals.

Just hours after receiving the call that schools would be closing, Second Helpings shifted some meals into an easily distributable “grab-n-go” style meal. Typically Second Helpings meals are served in large settings, perhaps in a dining room, but now with social distancing this was no longer an ideal way of serving. Grab-n-go meals are packaged individually or as a family four-pack to provide safe distancing while still providing a nutritious meal.

With schools and businesses closed amidst the COVID-19 outbreak the need for food assistance has increased and will continue to grow. On Friday, March 20 Second Helpings opened its first satellite operation in partnership with the Sahm's family of restaurants in the OneAmerica Tower. On its first day of operations 1,100 grab-n-go meals were prepared and delivered to IndyParks and low-income seniors. This is just the beginning of satellite operations for Second Helpings. This model can be replicated with other partners in other kitchens throughout town to help meet the demand as it grows during these uncertain times.