



*Second Helpings' 15 millionth meal will be prepared like every other: by dedicated volunteers who work hard to prepare nutritious meals and package servings to keep everyone safe during these challenging times.*

## Second Helpings Delivers 15 Millionth Meal

In October, Second Helpings will prepare and deliver our 15,000,000th meal as part of our growing mission to #FeedIndy. Based on previous years' operations and initial predictions for 2020, Second Helpings is reaching this milestone nearly a year earlier than originally expected. This quickened pace to produce more meals is in response to the growing need for food in central Indiana, caused by the COVID-19 pandemic's economic impact.

"This milestone represents a true team effort," says CEO Jennifer Vigran. "The growing number of meals Second Helpings has delivered this year would not have been possible without our dedicated volunteers, the added capacity from the Indiana National Guard, and our partnership with satellite kitchens."

The 15 millionth meal will be delivered to Fletcher Place Community Center, who has been a Second Helpings partner agency since 2013, serving 2,000 people a year on the near south side of Indianapolis.

"Most of the volunteers who provide meals to our kitchen are retired, so when COVID-19 hit, they were no longer comfortable volunteering," says Fletcher Place Community Center Executive Director Melissa Drew. "I don't know how we could've continued to serve the hundreds of families who depend on us without Second Helpings."

As the threat of COVID-19 continues into the school year, Second Helpings continues to work with schools and community organizations to make sure children and families are receiving the food they need – and that all are prepared in the event more schools move to remote learning.

"Second Helpings and our partner agencies have faced incredible challenges this year," says Senior Director of Programs Nora Spitznogle. "But we have collaborated to find solutions to meet this growing need – and nourish our neighbors together."



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Since March, Second Helpings has prepared individual and family size meals in “grab and go” containers to accommodate the need for home meals.



Second Helpings invites partner agencies to come to our site – and choose nutritious food for those they serve.



CJT Class 130 reviews food safety guidelines on their first day back at Second Helpings.

## New Partner Agencies Broaden Second Helpings’ Reach

### HUNGER RELIEF

The last few months have been extremely busy for our Hunger Relief team – preparing and delivering more meals than Second Helpings would have thought possible one year ago.

As the economic impact of the COVID-19 pandemic spread through our community, the need for food assistance grew quickly. Long-time partner agencies were serving more people, and new agencies reached out for the first time, adding meal distributions to their services in order to help meet this need.

**SINCE MID-MARCH, 53 ORGANIZATIONS HAVE BECOME SECOND HELPINGS PARTNER AGENCIES – HELPING DISTRIBUTE NEARLY 500,000 ADDITIONAL MEALS.**

Second Helpings was able to provide these meals with the added capacity provided by our satellite kitchens (The Alexander, Nesso, Newfields, Sahm’s, and Side Street Catering) and home delivery partners (Indy Hunger Network, Gleaners, and Nine13sports).

For Thelma Irving at National Church Residences – Hickory Grove, Second Helpings meals were a crucial resource for residents at their affordable housing and independent living facility for seniors 62 and older.

“Throughout the pandemic, residents are encouraged to stay home, since their age makes them more vulnerable,” Irving explains. “Providing Second Helpings meals made it easier for our residents to stay safe at home.”

Hickory Grove residents received Second Helpings meals twice a week, May through September. These meals arrived via no-contact delivery, helping to keep everyone safe and well-fed.

With the addition of these agencies, Second Helpings meals are now delivered in six counties: Marion, Hamilton, Boone, Hendricks, Morgan, and Johnson. Thanks to these growing partnerships, we can feed more people together.

#FeedIndy

## Growing Redirect Program Expands Food Assistance Efforts

### FOOD RESCUE

Have you ever wondered what happens to the food Second Helpings rescues that doesn’t make it into our meals? We often receive more donations of bulk food product than we can use, so we invite local food pantries and other partner agencies to come to our warehouse – and “redirect” any of our available food back to those they serve.

This program further extends the reach of our Hunger Relief efforts, allowing Second Helpings to work with many partners who may not need hot meals for those they serve.

We used to offer these opportunities to partner agencies twice a week, redistributing about 1.5 million pounds of food each year. Since COVID-19 hit our community, we’ve rescued enough food to offer this program every day, redistributing 1,116,788 pounds of food product between March and August alone.

Director of Food Rescue and Transportation Jon Meinert explains how this growth came about: “The demand for

food in our community has risen drastically, but in many ways, so has the food supply.”

During the pandemic, Second Helpings has been able to tap into multiple food sources to increase our food supply. Some of it, unfortunately, has come from closing restaurants, but more has come from new food donors and the USDA’s Farmers to Families program.

“In the past we would’ve struggled to process and or redistribute such substantial volume, but with demand being so high, it’s been incredible to see our impact on partner agencies,” Meinert says. “We couldn’t be prouder to be such an integral part of hunger relief in central Indiana!”

For Hope Center Indy, which offers residential recovery programs for women exiting human trafficking, addictions, and other life-dominating issues, this food has helped them support their residents and neighbors in even more ways. Since March, Hope Center has expanded its food pantry from operating two hours a month to four hours a week.

**“FOOD FROM SECOND HELPINGS HAS BEEN A HUGE BLESSING FOR US,” SAYS CULINARY/FOOD PANTRY DIRECTOR MICHELLE GAMBREL. “IT’S A POWERFUL WAY WE CAN SHOW OUR RESIDENTS THAT THE WHOLE COMMUNITY IS JOINING TOGETHER TO SUPPORT THEM.”**

With the generous support of our food donors and the agencies who come to our pantry food distributions every day, Second Helpings is able to put so much more rescued food to use in our community – feeding Indy in bigger ways.

## Culinary Job Training Program Returns with Modifications

### CULINARY JOB TRAINING

After a five-month pause, the Culinary Job Training (CJT) program is back at Second Helpings!

Suspended in mid-March due to COVID-19 precautions, the team has been hard at work planning a new version of the training that prioritizes safety while still providing students with the same level of preparation they need to succeed.

Students from Class 130 (which was paused in their second week of the program) returned on August 17 to begin their studies again. The structure of the program has changed since they first began earlier this year. Starting with this class:

- *Classes are limited to 5 students at a time, to accommodate social distancing.*
- *Students are on-site half days for focused kitchen-based learning.*
- *Homework and classroom time are conducted remotely, with Second Helpings providing support to ensure that students have internet access and appropriate devices.*

Still, the program lasts seven weeks, and upon graduation, students will have developed strong culinary skills (meat and vegetarian cooking, food safety skills, buffet set-up, cook-to-order, and more).

Students also strengthen skills for beyond the kitchen (time management, financial literacy, job search resources, and job interview preparation).

Now that the program is running again, our instructors are committed to preparing students for all that lies ahead.

“We work hard to ensure that our students are knowledgeable, punctual, and dependable, and understand what the job is going to entail,” says Chef Instructor Keith Brooks. “Our goal is for our students to become the next chefs.”

For information about sponsoring a CJT class, please contact Sr. Director of Philanthropy, *Katie Prine* at (317) 632-2664 ext. 138



Transforming Lives through the Power of Food

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

[www.secondhelpings.org](http://www.secondhelpings.org)  
(317) 632-2664



## TONIC BALL IS GOING VIRTUAL

Join Second Helpings on Friday, Nov. 20, starting at 7:00 PM, for a live-streamed concert to #FeedIndy. Tonic Ball presented virtually by Eskanazi Health will be full of fun and great music, while keeping everyone safe at home (where there are no long lines or cold weather)!

Stream the virtual event to enjoy local musicians performing, and hear how your support allows Second Helpings to meet the growing need for food caused by the COVID-19 pandemic. You don't want to miss it!

Stay tuned for more details at [secondhelpings.org](http://secondhelpings.org).

## KEEP UP WITH SECOND HELPINGS

There are so many stories to tell at Second Helpings. Join us on social media for more stories, photos, and news around our shared mission to #FeedIndy.



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