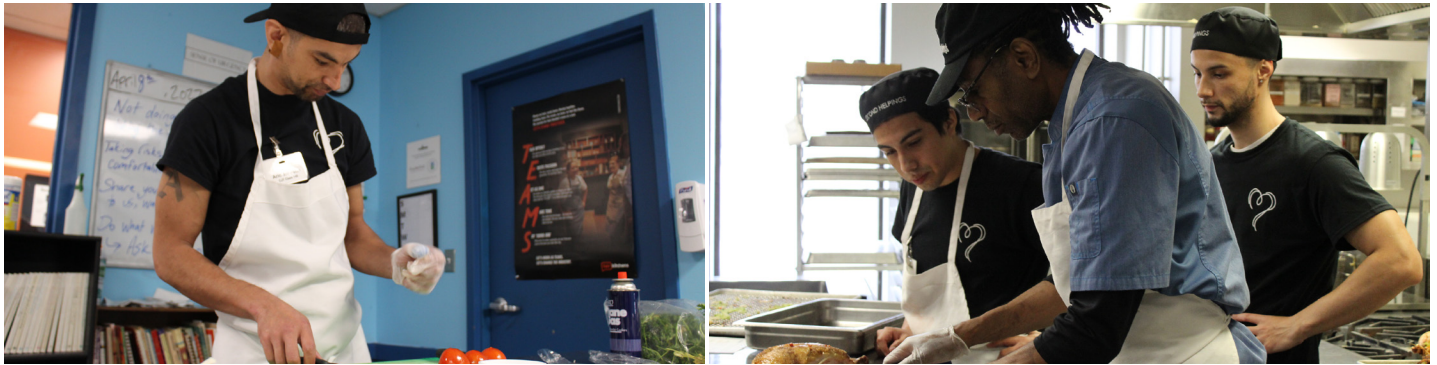


SECOND HELPINGS RE-LAUNCHES CULINARY JOB TRAINING PROGRAM



Since 1998, Second Helpings has offered 150 Culinary Job Training classes, and more than 950 students have graduated from the program.

Second Helpings' Culinary Job Training team took the summer to review the program's format and curriculum. The re-designed program is now open for enrollment!

The CJT team enlisted a community task force of employers, chefs, graduates, and other community partners to evaluate what employers and students need most in order to succeed.

Woven throughout this program is intentional integration with employers in the culinary industry, from site visits to personalized job shadowing opportunities and paid internships.

The program is now broken up into modules around specific learning objectives and experiences:

1. Life Skills and Career Preparation (2 weeks)
2. Kitchen Preparation (2 weeks)
3. Basic Cookery (2 weeks)
4. Kitchen Math and Employment Readiness (1 week)
5. Paid Internship (3 weeks)

"In this new model, we will be celebrating students at every step, from earning certifications, passing practical exams, and securing full-time employment," said CEO Linda Broadfoot. "The new elements of the CJT program follow workplace trends we see across the economy, offering more rewards and engagement along the way."

The program continues to be free to all students. To participate, students must be at least 18 years old, and pass a pre-admission exam. Since 1998, Second Helpings has offered 150 classes, and more than 950 students have graduated from the program.

While CJT classes had been limited to 5 students over the last couple of years due to social distancing requirements, we look forward to filling the classroom again.

"Our task force's goal was to re-imagine the Culinary Job Training program, based on today's realities," explained Chef Jeff Bricker, Professor of Hospitality, Department Chair, School of Hospitality and Culinary Arts at Ivy Tech Community College, who led the group.

"We heard from industry experts and employers that durable life skills are the most critical piece we can provide to our students. Technical kitchen skills won't matter if a person can't fully participate in the job."

Chef Instructors Keith Brooks and Kyle Burnett built a curriculum designed to "support students every step of the way, from their orientation with us throughout their culinary career," says Chef Burnett.

Class #151 begins on October 3, and enrollment is open for future classes at secondhelpings.org.

If you or someone you know may be interested in participating in the program, use the QR code to sign up, or contact tonya@secondhelpings.org.



WESTMINSTER NEIGHBORHOOD SERVICES OFFERS VARIETY OF PROGRAMS FOR NEAR EASTSIDE RESIDENTS

“Our goal here is to make sure everyone feels loved.”

That goal guides all decisions made at Westminster Neighborhood Services (Westmin), says Executive Director Chrissy Petersen.

For 40 years, Westmin has provided social services in Indianapolis' Near East Side neighborhood, including a food pantry, after-school and summer programs, and connections to other local organizations and resources, like SNAP and WIC benefits, medical care, housing, and more.

“Usually if you need food, there are other things you need,” Petersen explains.

Since 2007, Second Helpings has been a part of Westmin's ministry and has provided nearly 300,000 meals and more than 50,000 pounds of food for their pantry in that time.

“Before we connected with Second Helpings, our ‘soup kitchen’ consisted of nachos and hot dogs,” Petersen remembers. “Then we made a big shift to focus more on nutrition.”

Those healthy meals, Petersen says, wouldn't exist at Westmin without Second Helpings. “We couldn't afford to provide them financially, but logistically either – we just don't have the capacity of volunteers and staff needed to cook that many meals.”

Westminster Neighborhood Services offers community meals twice a week – that's two meals their vulnerable neighbors don't need to worry about. Those meals are offered before the food pantry opens, so that helps make the food people take home last even longer.

Individuals can come to the food pantry twice a month. “Our neighbors tell us that this opportunity bridges what SNAP and WIC benefits don't cover.” Westmin has case managers on site when the food pantry is open, so that if neighbors qualify for SNAP but haven't applied, they can begin that process.

The agency also offers three meals each day of their summer program, and parents are invited to join their children for dinner at the end of the program.

“Second Helpings allows us to better serve our neighbors and meet their needs,” Petersen smiles. “We really couldn't do what we do without Second Helpings.”

Westminster Neighborhood Services has also donated food to Second Helpings – they pick up food from local grocery stores for their food pantry, and when they receive more bread than they can use, they deliver it to Second Helpings, knowing it will be used in sandwiches to feed people across the community.

As Petersen looks to the future for Westmin and the Near East Side neighborhood, she expects to continue seeing a lot of change.

They have expanded their programs to continue supporting neighbors who have been forced to move out of the neighborhood as costs rise.

“Our neighbors have become our friends over time, so we get to celebrate highs and mourn sorrows together. Everything we've changed or grown or continued is to allow us to walk through life with our neighbors better.”



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WE'RE UNDER CONSTRUCTION!

If you've been in the building lately, you might have noticed that we have begun renovating our small warehouse (next to the volunteer entrance). When the project is complete, this 1,200 square foot room will be a flexible-use space for meal preparation, food distribution, and other staff needs.

The upgrades include:

- Building a wall to separate electrical infrastructure
- Improving the electrical infrastructure
- Insulating the area and adding climate control
- Converting the garage door to a double door entry
- Installing a foodservice grade drop ceiling
- Installing two handwashing sinks and wastewater gravity pump
- Leveling and staining the concrete flooring
- Repairing and painting the drywall

The new space is expected to be completed this fall, and it will provide room for larger groups to chop produce, prepare sandwiches, and package individual and family sized meals for our partner agencies.

SECOND HELPINGS VOLUNTEERS REACH SERVICE MILESTONE

This summer, we passed an impressive milestone – 750,000 hours volunteered!

This milestone is a community effort. Thank you to everyone who contributes your time to support Second Helpings' mission. None of this work happens without your time and commitment.

Our volunteers are also great advocates for Second Helpings – they bring in their family, friends, co-workers, church groups, and others from their network to help us make this mission happen every day.

"I truly believe we have the best volunteers in the world," says Michelle Woodruff, Manager of Volunteer Services. "Our volunteers work hard and are dedicated to our mission to transform lives in our community."

On an average day, 45 people volunteer at Second Helpings. In total, we have nearly 400 active individual volunteers.

Second Helpings also offers volunteer opportunities for groups and families. Group opportunities are now available throughout the week, for groups of up to 10 adults:

- Monday - Friday, 8:30 AM – 12:00 PM
- Monday - Friday, 12:30 PM – 4:00 PM
- Tuesday, 4:00 PM – 8:00 PM
- Saturday, 8:00 AM - 12:00 PM

Additionally, this space can be used to host partner agencies and distribute donated food that Second Helpings receives, beyond what we're able to use in our own meals.

This project was funded in part by the Glick Fund, Thurston Foundation, and David Weekley Homes.



When the construction in the small warehouse project is complete, it will be transformed into a flexible-use space for meal preparation, food distribution, and more.

If you're looking for an opportunity to get more involved with Second Helpings' mission, volunteering is the answer!

We have a variety of positions available, from produce chopping to bread sorting to phone answering. We have shifts for both individuals and groups throughout the week.

Thank you for making it possible to #FeedIndy!



Scan the QR code to sign up to volunteer at Second Helpings, and invite your friends to join you!





Transforming Lives through the Power of Food

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

www.seconddhelpings.org

(317) 632-2664

THIS FALL AT SECOND HELPINGS

We're entering a busy time at Second Helpings, so follow us on social media to stay up to date on opportunities to connect and get involved with the mission to #FeedIndy!

October

10.11 Linda Broadfoot's 1 year anniversary as CEO

November

11.11 This Veterans Day, join Second Helpings in thanking all those who have served in the military - and the organizations who serve veterans and their families.

11.18 Tonic Ball is back in person! Learn more at seconddhelpings.org/tonicball.

11.24 Happy Thanksgiving! We are thankful for our entire Second Helpings family!

11.29 Giving Tuesday – Mark your calendar now and watch for more details to come on this special day of gratitude!



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