



# Community Connection

Healthy Food. Every Person. Every Day.

January 2017

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### Partner Agency Highlight: Caritas Outreach Ministries

This month's Partner Agency Highlight takes us to North Spokane where Caritas Outreach Ministries helps their community. Caritas' name is based around a Latin root for charity and this year they will celebrate their 25<sup>th</sup> year of serving Spokane. They are open 3 days a week (Mon., Weds., and Thurs.) where clients can come in and utilize their food pantry weekly. Besides food, they have personal care items they can give away and also offer assistance with utility bills. They have 50-60 volunteers that help them provide their clients services and those volunteers logged over 6,000 hours last year. Caritas has been a partner with Second Harvest for 3 years and we look forward to many more. Thank you for all that you do in your community.



### Mobile Food Bank: Spokane Homeless Connect

We participated in the 6<sup>th</sup> annual Spokane Homeless Connect hosted by our partner The Salvation Army. We were one of 40+ vendors there to help provide resources to our community's homeless clients. There were haircuts, veterinarian services, hot meals were served, access to insurance and other programming, and many other resources free of charge.

We served our local homeless clients by distributing 100% box juice, tuna pouches, various crackers, and fresh apples.

We received many compliments and thank you's for being there to provide 5,012 pounds of food to 487 people.





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## Highlighted Events: Community Impact

### School Mobile Food Banks:

- 3rd - Lidgerwood Elem.
- 10th - Regal Elem.
- 14th - Bemiss Elem.
- 21st - Grant Elem.
- 24th - Lidgerwood Elem.
- 27th - Sheridan Elem.
- 28th - Bemiss Elem.

### Cooking Classes:

W/Th Feb 15- Mar 9th:  
Plan, Shop, Save, Cook  
Adult Series

### Biweekly Thursdays:

Shadle Park High School  
Youth Series

### Weekly Mondays:

N. Pines Middle School  
Youth Series

### Senior Produce Drops:

- 7th - Delaney Apts
- 14th - Vintage Apts
- 17th - Valley Apts
- 28th - St. Andrew's



## Umpqua Volunteers: Trent Elementary

Each month we visit Trent Elementary to help provide food for people in that area through 2<sup>nd</sup> Harvest's school mobile food bank program. Mirabeau Chapel, a church local to the Trent area, helps sponsor the Bite-2-Go program at the school and provides us with great volunteers who aid in the staging of our events. We wanted to take this time to thank our volunteers and the Mirabeau Chapel for everything they do to support their community and fight hunger in Spokane.



## Fun In The Kitchen: Chef Mark in The Kitchen

The Kitchen hosted its first gourmet cooking class of the year at the end of this January. Mark Steinmetz of Clinkerdaggers showed the Kitchen guest how to cook some of Clink's classic dishes; including, a delicious pea salad, followed by rich mashed potatoes, and chicken Dijon & burnt cream. Throughout the night, Mark provided insight into how to make cooking a gourmet meal easy, fun, and delicious. Guests were then served a sample of all the food that was demonstrated. The night was topped off by the burnt cream demonstration. Guests had the option of torching their own burnt creams with a cooking blow torch.

The Kitchen hopes to host gourmet cooking classes on a monthly basis, featuring different chefs and recipes, to help fund our youth and community cooking classes.



## Kitchen Volunteers: Volunteer Orientation

On Monday, January 23<sup>rd</sup>, The Kitchen opened its doors to a new group of fifteen eager volunteers for its quarterly New Volunteer Orientation. The group represented a variety of interests and backgrounds, with retirees, teachers, military, and students, all excited to get involved in efforts around cooking education. In this presentation, Terry, our Community Impact Officer, and Allie, Community Kitchen Coordinator AmeriCorps VISTA member, led the group through the mission and impact of Second Harvest & The Kitchen program, an overview of food insecurity, and a discussion about mindfulness when working with clients. The class learned about hunger in the United States & Spokane community, and volunteer opportunities for cooking classes and community outreach. The evening was a great opportunity for The Kitchen's staff to get to know future volunteers.

*"The setting was amazing! The presenters were well informed and energetic. I very much enjoyed the orientation."*

- Participant Feedback