SPOKANE, TRI-CITIES DISTRIBUTE 13,500 MEALS AT TURKEY DRIVES

Mid-Columbia

Second Harvest’s Hunger Solution Center in Pasco distributed 2,500 Thanksgiving meal boxes for local families on Saturday, November 18th in the Tri-Cities, and the previous week in Sunnyside and Yakima. The distributions marked the culmination of the Tri-Cities’ 2nd Annual Turkey Drive and distribution. Community members, businesses and other organizations donated $30 meals for local families in need through an online fundraiser as part of the event.

Sponsors donating product and funds for this year’s drive included Easterday Farms, Lamb Weston, H.R. Spinner, Gebbers Farms, Grimmway Farms and the Dairy Farmers of Washington. Others included AgriNorthwest, Domex Superfresh Growers, Les Schwab Tire Centers, UnitedHealthcare Inc, Northwest Farm Credit Services, and Edward Jones, which donated a $10,000 match for the event.

Lamb Weston, Idaho-based supplier of frozen potato, sweet potato, appetizer, and vegetable products, donated supplies for this year’s meal boxes. Company employees also volunteered at Second Harvest throughout the year. “Second Harvest has been a great community partner,” said plant manager Carol Samoray. “Being able to be a part of such a great community event as the turkey drive is just another great way Lamb Weston has been able to give back. We feel good about supporting the community we live and work in.”

Spokane

Thousands of volunteers spent hours preparing and packing Thanksgiving boxes following the 18th annual Tom’s Turkey Drive in Spokane. Another group volunteered at Tom’s Turkey Tuesday at the Spokane Arena on Nov. 21, handing out more than 7,400 meals. Ten additional Spokane food banks and one each in Kootenai and Whitman counties distributed 3,600 Thanksgiving meals to families who could not travel to the Spokane Arena.

Jeremy hosted his two sons, 5 and 6; for Thanksgiving and he was worried he wouldn’t be able to provide a full meal. Thanks to Tom’s Turkey Drive, he made dinner memorable. “They came to Daddy’s house this year and they were excited to have a real Thanksgiving dinner,” he said. “What you guys do is really good.”

Jodi was near the end of the line, but in good spirits. Staples like meat normally cost too much on her lean budget, but with food from Second Harvest, she had enough to put a holiday meal on the table for her family. “I get food stamps – turkeys are really expensive. I was so happy to hear about Tom’s Turkey Drive.”

As in past years, Rosauers made it easy for people to donate by offering pre-packed Thanksgiving meals for $20 each. KREM 2 and Rosauers Supermarkets brought several other event sponsors together to help make this happen, including Itron, Numerica Credit Union, Franz Bakery, Starbucks, Darigold and the Dairy Farmers of Washington.
AGRI BEEF HONORED WITH KAY PORTA FOUNDER’S AWARD

After more than a decade of generous and dedicated support, Agri Beef has been honored with an exclusive award that pays tribute to the woman who brought community volunteers together to form Second Harvest 47 years ago.

“We have only given the Kay Porta Founder’s Award to a handful of people and organizations,” said Jason Clark, Second Harvest president and CEO. “It’s truly a special way for us to honor and recognize an amazing partner.”

Agri Beef, based in Boise, Idaho, had been a major financial donor to Second Harvest for several years when it rallied together the Washington cattle industry to launch Beef Counts in 2010. Local beef producers marked an important Beef Counts milestone in 2016, when volunteers distributed the one-millionth serving of beef to a family in need during a Second Harvest Mobile Market in the Yakima Valley.

“The Agri Beef team is incredibly committed to our mission,” Clark said. “They are also incredibly humble. We are so grateful for everything they’ve done to put thousands and thousands of meals on the tables of hungry people.”

Rose heard about Second Harvest’s Mobile Market from a friend at church and appreciated the groceries she received from a distribution near her home. She said the meat from Beef Counts along with the fresh fruits and vegetables are extras that she typically cannot afford. “I’m a widow and I’m on Social Security,” she said. “By the time I pay all my bills, I don’t have much left for food.”
Generous community support funded construction of The Kitchen at Second Harvest more than two years ago. With access to an incredible amount of fresh produce and other healthy food to share with people in need, Second Harvest uses the in-house teaching kitchen to feed people today and give them the skills to thrive tomorrow.

There’s been tremendous response to The Kitchen since the first cooking classes were tested in 2015. Sometimes the demand for classes exceeds available space, so we’re growing! Expansion has included building a multipurpose community room next to The Kitchen. The space will be used for events like celebrating the tradition of gathering around a table to appreciate and enjoy healthy food. A much-needed restroom was added as well.

Ali Schultheis, a senior at Gonzaga, led a group of students who worked as volunteer teachers in Second Harvest’s community kitchen in fall 2017. The students aren’t nutrition or dietetics majors, but they were drawn to the volunteering opportunity and the chance to work directly with members of the community. Schultheis is interested in food justice, reforming food systems and a potential career in public health.

What surprised her about teaching the class was how much people already knew about health and good eating. While coming as steady students to the class helped them learn, sometimes access to resources was a barrier to living out their lessons. “They don’t necessarily have the freedom to be able to eat healthy,” she said. Unless a client visits a food bank practicing client choice, they may not get to choose what they take home, and that affects what they can cook.

Community cooking classes like the one taught by Schultheis and her group will continue in 2018, said Emily Franko, a Jesuit Volunteer Corps member with Second Harvest. The community classes are free and open to anyone, although they’re specifically designed for low-income adults and families. They focus on cooking low-cost foods and foods that are often found at food pantries.

“The Gonzaga volunteers have done a great job engaging participants and learned their way around The Kitchen very quickly. I often get feedback from participants after class about how friendly and grounded the volunteers are,” Franko said.

When she first learned she would be teaching in front of a group, Schultheis was worried. Now she advises future volunteers to jump in with both feet and build connections with new people.

“Don’t be afraid to do this,” she said. “Use what you have to your advantage.”

The Kitchen at Second Harvest is expanding in 2018 to include a bathroom, a new sit-down dining area and more space for classes.

COMMON GROUND: FROM HUNGER TO HEALTH

KITCHEN CLASSES

The Kitchen at Second Harvest teaches nutrition information, scratch cooking skills, budgeting, and more to people in our community who need a little help getting good food on their table and preparing it in an easy, healthful way.

Your support of Second Harvest cooking classes allows our neighbors experiencing hardship to also enjoy a fun, kitchen learning experience at no cost.

To find out about cooking classes or volunteering opportunities, visit secondharvestkitchen.org.
SPECIAL THANKS TO FRIENDS AND NEIGHBORS

Meet some of our amazing supporters who helped feed hungry people this quarter in the Inland Northwest. Follow us on Facebook, Twitter and Instagram to learn more – and look for a picture of your volunteer group! 📢

Hundreds of runners gathered in Spokane’s Manito Park for the annual Thanksgiving Day race.

Andy Caster wears many hats at Second Harvest. He volunteers as a driver, sorts with the longtime Mixed Nuts group, helps with Bite2 Go delivery, produce drops, agency monitoring and more. This year volunteer drivers have collectively donated 420 hours of their time.

Agri Beef
AgriNorthwest
Arbor Crest Wine Cellars
AREVA, Inc.
AutoZone – Pasco Distribution Center
Avista Utilities
Bechtel Foundation Fund
Bechtel National, Inc.
Becker Buick GMC
BECU
Bennidito’s Brew Pub
Big 99.9 Coyote Country & the Jay and Kevin Show
Bloomsday Road Runner’s Club – Turkey Trot
Carl M. Hansen Foundation
CenturyLink
City of Pasco – Winterfest
City of Spokane Police Department
Clear Channel Radio
Coldwell Banker Tomlinson
Community Health Plan of Washington
Corwin Ford Tri-Cities
Costco
Dairy Farmers of Washington
Darigold
Dave Smith Infiniti of Spokane
Desert Plateau Neighborhood Luminaria
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Easterday Farms
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Fred Meyer
Full Sail Brewery
Gardens at Sunset
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George F. Jewett Foundation
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HomeBuilders Association of Tri-Cities
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Liberty Ciderworks
Local Union 598 Plumbers & Steamfitters
Lydig Construction
Mission Support Alliance
Mt. Spokane High School DECA Club
New Belgium Brewing
Northwest Farm Credit Services – Tri-Cities Turkey Drive
Northwest Farm Credit Services – Spokane
Northwest Farm Credit Services – Yakima
Numerica Credit Union
Pasco School District Transportation Department
Premera
R’nR RV
RDO Equipment Co.
Red Nose Day Fund
Rosauers Supermarkets
Scouting for Food: Cub Scout Pack 117
Senske Services - Kennewick
Seventh-Day Adventist Church – Journey to Bethlehem
Shadle Park High School DECA Club – Tackle Hunger
Spokane Chiefs
Starbucks Coffee Company
Syngenta
The Scoop
Thrivent Financial
Toppenish Livestock Commission
Trader Joe’s
Tri-CU Credit Union
UnitedHealthcare Community Plan
United Rentals
Walmart
Washington River Protection Solutions
XPROi Audio/Visual
Yoke’s Fresh Market – Season of Giving
Zag Dining
Second Harvest's Bite2GoXL expanded in 2017, adding several new middle and high school sites to the program. Approximately 250 low-income students are served at the new schools, said Second Harvest's donor relations developer Chris Sloan.

Bite2Go also provides weekend food packs for at-risk students in approximately 70 elementary schools, Sloan said, thanks to the work of hundreds of community volunteers and sponsor organizations.

New schools include Rogers High School, North Central, Newtech Skill Center and On Track Academy, Sacajawea and Salk Middle Schools, and Eagle Peak, an alternative school for 4th-12th grades. Centennial, Mountainside and Northwood schools were added in early 2018.

Bite2Go, a weekend food program for elementary students sponsored by Second Harvest and At The Core, has been successful throughout the state. Demand for it continues to grow, and program sponsors and educators saw the need for it in middle and high schools. Bite2GoXL was piloted in four area high schools in 2016.

It’s largely driven by students, Sloan said, usually as an Associated Student Body (ASB) project or run by the school’s marketing or leadership clubs. Adults coordinate funding and sponsorship, and often help volunteer, but students distribute food packages, fill inventory lists and keep track of the school’s changing needs.

Funding is provided by sponsoring organizations like businesses or churches. Rogers High School is sponsored by Sonderen Packaging, a nearby local company.

“They’ve hired quite a few Rogers graduates – they’re all about supporting their neighborhood,” Sloan said.

Peter Elzey is the principal at Salk, one of the new middle schools in Bite2GoXL. Elzey knew about the program because it began at Lewis and Clark High School last year when he was an assistant principal there.

“He called us right away and said, ‘I want Bite2Go at my new school,’” Sloan said. Today about 45 kids are served every week through Bite2GoXL at Salk.

Mead High School teacher Mike Saccomanno helps run the Bite2GoXL program at the North Spokane school; but like the other sites, Mead is almost entirely run by students, and it’s anonymous. Saccomanno sees that as a big asset.

“It would be so much harder if a 16- or 17-year-old had to go up to someone face-to-face and say ‘I’m hungry,’” he said. “They just wouldn’t do it.”

Saccomanno said the program is beneficial for both the students and those receiving food. It helps them think about those in need, even if their families are not low-income.

“We see this as a real life reminder – every time one of those emails comes in, someone filled one of them out last night because they were hungry. [It’s a reminder] to be a good human – be kind. People are struggling out there. We don’t know everyone’s story.”

Food kits feature larger portions to accommodate higher caloric needs of older youth.

MAKE A DIFFERENCE

Donate your unwanted vehicle and make a difference for 5 local Spokane charities! Children’s Home Society of Washington, Excelsior Youth Center, Second Harvest, Spokane Guilds’ School and YMCA of the Inland Northwest. Call 928-1900 for details. Thank you for donating!
## Events and Volunteering

**February 1 – Spokane**  
First Bite Benefiting Second Harvest: Presented by Dairy Farmers  
Be among the first to sample courses from the 2018 Inlander Restaurant Week menus. First Bite Benefiting Second Harvest features samples of Restaurant Week dishes from some of our region’s top restaurants, in addition to artisan cheese presented by Dairy Farmers of Washington and local wine from Barrister Winery. All proceeds benefit Second Harvest and will go to providing healthy food to local families in need. Space is limited. Buy your tickets now at 2-harvest.org/firstbite2018.

**February 14 – Spokane and Tri-Cities**  
Dutch Luv Day  
Dutch Bros. Coffee will donate $1 to Second Harvest for every drink sold at Dutch Bros. locations on Feb. 14.

**February 22-March 3 – Spokane**  
Inlander Restaurant Week  
Enjoy delicious entrées at over 100 participating local restaurants in Spokane and North Idaho. Post a rave review about your meal and raise money for Second Harvest to feed a family in need. More information at inlanderrestaurantweek.com.

**Date TBD – Spokane**  
Friendly Sons of St. Patrick’s Parade and Food Drive  
Bring the family to check out this traditional fun parade. While you’re there, donate some food or funds to the Friendly Sons, who are raising resources to feed the hungry.

**Date TBD – Tri-Cities**  
Guard Against Hunger  
The Washington Army National Guard is encouraging state high school students to collect nonperishable food items for their local food banks.

**April 7 – Spokane**  
The Hunger Run  
Two charities, one cause: Second Harvest and Union Gospel Mission are working together to raise funds a healthy way with The Hunger Run, a 5K and 10K family-friendly race set for the first Saturday in April in the Spokane Valley. Register now at thehungerrun.org.

**Date TBD – Spokane**  
Bulldog Jog  
The date will be announced soon for Spokane’s 13th annual Bulldog Jog, sponsored by Gonzaga University’s Alpha Kappa Psi to benefit Second Harvest. Watch for additional updates at 2-harvest.org.

**March 16 – Spokane**  
Miller Lite St. Paddy’s Day Jersey Night  
The Spokane Chiefs will wear special jerseys to commemorate St. Patrick’s Day that will then be auctioned off to the public. The night’s sponsor, Miller Lite, will donate a portion of the proceeds from each jersey to Second Harvest.

**May 12 – Spokane and Tri-Cities**  
Stamp Out Hunger Food Drive  
Letter carriers will collect shelf-stable food donations during their annual Stamp Out Hunger Food Drive. Volunteer opportunities will be open soon at 2-harvest.org.

**May 23 – Spokane**  
Taking a Bite out of Hunger  
Taking a Bite out of Hunger, now in its 24th year, is a culinary adventure that includes microbrews, wines and nonalcoholic beverages, and a silent auction. To donate auction items or to participate as a restaurant vendor, please contact Shannon at 509-252-6242 or shannon.kinney@2-harvest.org. For sponsorship opportunities, please contact Chris at 509-252-6280 or chris.hougum@2-harvest.org.

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## Save the Date

**Saturday, April 7, 2018**  
Second Harvest and Union Gospel Mission are teaming up for The Hunger Run — a 5K and 10k family-friendly run/walk in the Spokane Valley — to increase awareness of hunger in our region and promote a healthy option for raising funds. Early bird registration ends Jan. 31. For more information or to sign up, visit thehungerrun.org.

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**Basic Food**

Second Harvest strives to build healthier communities by increasing access to nutritious food for people in need. As part of that, our goal is to connect more people with the Washington State Basic Food Program (commonly known as food stamps).

If you or someone you know needs help accessing monthly benefits for food, please visit 2-harvest.org/basic-food.

Learn more about these and other volunteer opportunities at 2-harvest.org.
Fighting hunger, feeding hope, Second Harvest brings community resources together to feed people in need through empowerment, education and partnerships.

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