MID-COLUMBIA
Second Harvest’s Pasco Hunger Solution Center held its annual Turkey Drive this year. About 75 volunteers helped distribute 2,600 Thanksgiving meals in Sunnyside, Yakima and Kennewick. Members of the community, along with businesses and other community organizations, donated $30 per meal to give families in need a holiday meal to remember. Rebekah received a donated meal in Kennewick this year. She recently moved to the Tri-Cities with her family after one of her daughters passed away. Since Rebekah and her husband aren’t working yet, they were relieved to learn about the Turkey Drive. “It means a lot to us. There are so many families in need, and it means the world to them to just be able to have a holiday that they can’t otherwise afford. It’s special. It makes me want to cry,” she said.

Wenda learned about the Turkey Drive distribution at her local food bank, where she both receives food and volunteers. Since she loves helping others, she offered to volunteer at the Yakima distribution and also took a meal home. “It makes me feel wanted, worthy, to help out today,” said Wenda.

SPOKANE
Almost 200 volunteers were busy the week before Thanksgiving filling boxes with ingredients like apples, potatoes, pumpkin puree, vegetables, milk, butter—and, of course, a turkey. With help from more than 600 additional volunteers, these boxes were distributed to people on what’s known as “Turkey Tuesday” through the annual Tom’s Turkey Drive. Almost 7,500 meals were given out at Spokane Veterans Memorial Arena, while more than 3,500 meals were distributed through food pantries in Spokane, Whitman, Stevens and Kootenai counties.

Crystal, a single mom of two teenage boys, attended Tom’s Turkey Drive for the first time this year. The distribution helped relieve some stress that the holiday brings. “I can actually provide a Thanksgiving meal for them. I’m not worried that everyone else is getting a meal but my kids,” said Crystal.

Sixty-year-old David left his home in Spokane Valley at 6 a.m. to take the bus to the arena. His fixed income doesn’t leave him much for food. Tom’s Turkey Drive gave him both a meal and hope this holiday season. As he waited to receive his meal, David said, “It’ll feed my belly. It’ll give me hope to do better—to do good, to be financially stable. That’s what I want to be. It’s coming.”

This event, the 19th annual, wouldn’t be possible without many sponsors: Rosauers, whose customers donated $20 for each pre-packaged Thanksgiving meal at area stores, KREM 2, Starbucks, Franz Bakery, Darigold, the Dairy Farmers of Washington, Numerica Credit Union and Itron.
“Do you know how difficult it is to find a cooking teacher?”

RC leaned across the table in Second Harvest’s Volunteer Center, where he waited to be led back to The Kitchen for a cooking class. He knows that learning how to cook is key to improving his health.

As you might expect of a former Hollywood background actor, RC is outgoing and confident. He’ll gladly share his Jack Nicholson impression (very accurate!) with you and tell you about the stars he’s met. But when it comes to the kitchen, he knows he has some learning to do. That’s why he started attending The Kitchen’s Community Classes—weekly free nutrition and scratch-cooking classes open to all.

Fifty-six-year-old RC heard about the cooking classes from the MOVE! Weight Management Program—a health improvement program held at Spokane’s VA hospital. He was inspired to join the program after learning his weight at a recent doctor’s appointment. “I didn’t realize it had gotten that high,” he said.

RC has had success with weight loss before. Several years ago, he lost a significant amount of weight—and he felt fantastic. But five years ago, he threw out his back. When it didn’t improve, he became depressed and turned to food to cope.

Once again inspired to lose weight and get healthy, RC knows there’s one thing that could prevent him from doing so: his lack of knowledge in the kitchen. “My mom hated to cook, so she never forced her kids to learn,” he said. Growing up, he wasn’t exposed to a variety of foods because his mom kept meals very basic. Now, he often turns to fast food, but he’s ready to change that. RC says he has all the tools at home—pots, pans, etc. Now, he just needs the skills.

In just two classes in The Kitchen, RC has learned to dice an onion, wedge and roast potatoes, and cook spaghetti squash—a food he had never tried before but is excited about incorporating into meals at home. “It’s too bad we don’t have more time,” he said, referring to the classes.

RC’s goal is to lose 50 pounds this year. He says the classes at The Kitchen at Second Harvest are a crucial step to reach that goal. Not only is he learning how to cook a variety of foods, but his confidence in the kitchen is improving.

For many, losing weight is a dreaded process, but not for RC. He looks forward to coming to the classes—not just for what he’s learning but also for the people he’s meeting. “I don’t get out a lot,” he said. “I had a great time last week. That’s why I’m here tonight.” He said he felt like “the new kid on the block” in his first class, since many other participants had met in prior Community Classes. RC looks forward to becoming one of the regulars. With his friendly personality and commitment to learning to cook healthy meals, it’s just a matter of time.

Volunteer Spotlight: Deb Holsapple

Deb Holsapple is using her newfound free time to help build a healthier community. After retiring last spring, she’s quickly become one of the most experienced Nutrition Ambassadors in The Kitchen at Second Harvest.

Deb first learned about Second Harvest when she volunteered with her colleagues from Premera several years ago. During another volunteer food sort last year, she was reminded of the bounty of the Inland Northwest and was shocked that some people don’t know how to cook with common, local ingredients. That day, she decided to sign up to volunteer in The Kitchen.

“Having been in health care all these years, everyone wanted to have the magic bullet to keep the costs down. I started to think about how much of it is due to personal health.”

Through her volunteering, Deb hopes to help people gain confidence in the kitchen, which will lead to healthier food choices and more home-cooked meals—and overall better health.

In less than a year, Deb has volunteered for all types of Kitchen events—Mobile Markets distributions, Community Classes, after-school cooking clubs and spring break cooking camps. She especially loves volunteering for kids’ classes. “They’re almost hungry for it because it’s not offered in the schools.”

To Deb, the smiles on people’s faces as they realize how easy cooking can be are compensation enough for all the time she spends with The Kitchen. “The people are a blast. And it’s very rewarding interacting with those members of our community who utilize the services of Second Harvest.”
Second Harvest strives to build healthier communities by increasing access to nutritious food for people in need. As part of that goal, we aim to connect more people with the Washington State Basic Food Program (formerly known as food stamps).

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

The Kitchen at Second Harvest has hit the road. Second Harvest's AmeriCorps team of nutrition educators along with trained volunteers known as Nutrition Ambassadors, currently teach classes in two local secondary schools: Chase Middle School and Shadle Park High School.

When students sign up for an after-school cooking club with Second Harvest, they get a hands-on, collaborative—and, of course, delicious—experience that teaches them how to cook, with a dash of nutrition education mixed in.

Through these classes, Second Harvest teaches kids about healthy eating and gives them skills to make healthy recipes. One in five children in the Inland Northwest is food insecure, and many of them would benefit from knowing their way around the kitchen. “A lot of students go home to an empty house, and it would be nice if they could go home and cook for themselves and their siblings,” said Ava Becks, moderator of Chase’s cooking club.

Maria Schmid, an AmeriCorps member serving as a nutrition educator at Second Harvest, teaches the classes. “The goal is to get kids excited and interested about what they’re eating daily. We demonstrate making a dish, then walk them through how to cook it, and then tie that recipe in with a nutrition focus. We want to introduce kids to the fun of making their own food and help them understand how they can make healthy dietary decisions,” said Schmid.

Though many schools have kitchen classrooms, some no longer offer cooking and nutrition classes. Chase Middle School lost funding for its “Life Skills” course a few years ago. The kitchen space now goes unused during school hours, and the loss of a food-centered curriculum leaves students in the dark about how to prepare their own meals.

“A lot of students go home to an empty house, and it would be nice if they could go home and cook for themselves and their siblings.”

“It’s a life skill. Everyone should know how to cook—men, women, boys, girls,” said Becks.

The absence of a cooking class is felt at Chase. This year, more than 100 students wanted to sign up for cooking club. The school’s kitchen classroom only allows for 15.

Emma, a senior at Shadle and loyal cooking club chef, will head to Spokane Falls Community College next year. “Your parents aren’t always going to be around,” she said. “Cooking is a budget-friendly way to provide for myself, especially in college because that’s coming up.” Emma has made several cooking club recipes at home, and she taught her dad how to dice an onion. She appreciates the snack recipes, such as homemade granola, she’s learned how to make in the club. “It’s nice to know that there are healthy options for snacks after school.”

Zadeus, an eighth-grader at Chase Middle School, has tried lots of new foods in cooking club, such as hummus and zucchini blueberry pancakes. His brother gobbled up the pancakes when Zadeus made them at home. Zadeus loves cooking club not only for his yummy creations but also for the sense of community he experiences there. “Everybody here has the same passions, and we get to do the same thing instead of it being a competition.”

With continued community partnerships and funding, The Kitchen continues to reach after-school programs working with low-income youth to give kids more power over their plates.
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!

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Bill Burke Advertising and Pig Out in the Park
Bloomsday Road Runner’s Club – Turkey Trot
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Cherry Creek Media Tri-Cities – NewsRadio 610 KONA, Mix 105.3, 92.5 La Super
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Mustang Signs
Northern Quest Resort and Casino
Northwest Farm Credit Services – Spokane
Northwest Farm Credit Services – Yakima
Numerica Credit Union
Papé
Pasco School District Transportation Department
R’nR RV
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Rosauers Supermarkets
Safelite AutoGlass
Safeway Albertsons
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 Association of Realtors®
Spokane Urology South & HDR
Starbucks Coffee Company
STCU
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Summit Funding – Kennewick
Sunheaven Farms
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West Valley High School DECA Club – Tackle Hunger
XPROi Audio Visual
Yoke’s Fresh Markets – Season of Giving
MOBILE MARKET HELPS FILL FOOD GAPS IN THE INLAND NORTHWEST

The Mobile Market travels throughout Second Harvest’s 26 county service area to deliver fresh produce and other healthy food to underserved communities. Below are a few stories of the people who used the Mobile Market this past fall. To read more Mobile Market stories, visit 2-harvest.org/news/hunger-stories.

Becky, St. Maries
Becky came to the Mobile Market with her mom, a senior on a fixed income. Produce in town is too expensive for both of their budgets. “The Mobile Market provides a little extra food when times are tight, especially for people who live with one check a month.”

Nicholas, Spokane
Nicholas was employed in the food service industry for 17 years—until an injury prevented him from continuing to work. He uses his cooking skills to make delicious meals for his family with food from the Mobile Market. “This could be $50 to $100 worth of food ... It could really stretch a family.”

Nichole, Coeur d’Alene
Nichole homeschools her three daughters while her husband works full time. They used to volunteer at their local food pantry, but they’ve hit a rough patch and now find themselves needing food assistance. The Mobile Market helps provide them with fresh produce. “When you really start looking at things, where do you cut out? You don’t want it to be the produce, but milk is cheaper than apples.”

Linden, Bonner’s Ferry
Linden came to the Mobile Market to get food for his grandparents, who adopted him when he was 17. They have a hard time getting out of the house. “The whole thing... it just makes you feel welcome. Here you can chit-chat with people. It’s enjoyable because you feel like you’re actually part of a community.”

“Participant,” Coulee City
A man in Coulee City was experiencing his third “low food month” in a row when the Mobile Market came to town. He described what it felt like to face chronic hunger. “It hurts right there,” he said, pointing to his abdomen with both hands. “Stomach pains ... You can feel your stomach growling. It’s scary.”

Linda, Newport
Linda recently moved to Newport from Michigan to be closer to her daughter. A senior on fixed income, Linda needs most of her budget for health care costs. The Mobile Market helps stretch her food budget—and exposes her to new foods, too. “I didn’t eat a lot of squash before. I’m starting to like it.”
January 31 – Spokane  
First Bite  
Get your first taste of Inlander Restaurant Week at First Bite for Second Harvest presented by Dairy Farmers of Washington. This is your chance to sample some of the featured Restaurant Week entrees, while also raising money for Second Harvest. Eight participating restaurants will be offering tastes from their menu, and creameries from Washington State will also be serving delicious tastes of locally produced artisan cheese. Tickets are on sale now for $31. Visit 2-harvest.org.

February 9 – Spokane  
15th Inland Northwest Ice Bowl Benefitting Second Harvest  
This year’s Super Ice Bowl Blowout is Saturday, Feb. 9 at the Rocky Ridge Disc Golf Course. Early entry fee is $25 and 10 cans of food. Day of event sign up is $30 and 10 cans of food and starts at 9 a.m. Pre-registration is available starting the first week in December. Go to www.facebook.com/events/1796320520487139/ for registration information or call David Willman directly after 4 p.m. at (509) 842-8211.

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

February 21 – March 2 – 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, or donate directly through Everyone Eats — and raise money for Second Harvest to feed a family in need. More information at inlanderrestaurantweek.com.

March 16 – 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.

April 7 – Spokane  
Negative Split  
The Hunger Run is merging with the Negative Split half-marathon/10K/5K. Our friends at Negative Split understand how to put on a great race event for everybody involved. Our shared interest in improved health and nutrition in our community made sharing our resources a perfect fit. Joining forces, our impact will be even stronger. It will offer even more choices to accommodate your goals and abilities. Most importantly, it will continue to champion the work at Second Harvest and the Union Gospel Mission to make nutritious food accessible for our neighbors in need. Register on nsplit.com.

BLOOMSDAY
Second Harvest is honored to be Bloomsday’s Official Charity this year! The 43rd annual Lilac Bloomsday Run will be held on May 5, 2019 in Spokane. Participants will be able to donate to Second Harvest when registering for the race. This year, run your race knowing you’re part of the solution to hunger!