SPOKANE, TRI-CITIES INCREASE SERVICE TO COLLEGE CAMPUS PANTRIES

Second Harvest partnered with Eastern Washington University’s Office of Community Engagement (OCE) to open six food pantry cabinets this spring on the EWU campus. A resource fair and pop-up pantry highlighted the opening of the pantry cabinets. The opening is part of a larger move toward serving hungry college students throughout Second Harvest’s service area.

The pantries are intended to be an on-campus solution to a hurdle some students face on a daily basis—food insecurity, or lack of regular access to adequate and nutritious food. According to a 2016 survey conducted by EWU’s Health, Wellness and Prevention Services, roughly one-third of Eastern students have identified themselves as food insecure. This finding prompted various campus constituencies, including OCE, to form a partnership dedicated to reducing student hunger on campus.

Contrary to the stereotype, today’s typical student is not a recent high school graduate who lives in a dormitory and is supported by his or her parents. Less than one in four students can be categorized as having parents who can pay for all their college expenses (Hunger on Campus: The Challenge of Food Insecurity for College Students, 2016).

WSU Tri-Cities and Columbia Basin College have joined the push to address college hunger, opening or expanding campus pantries throughout the Mid-Columbia region. The WSU branch campus in Tri-Cities partnered with Second Harvest’s Pasco location to create the Cougar Cupboard in April. Columbia Basin partnered with New Horizons High School in January to use that school’s food pantry, which is also filled by Second Harvest.

After looking at food pantry models at other universities, Eastern’s OCE decided to implement a system where metal cabinets of nonperishable food items are strategically placed—but not prominently displayed across campus—for students to grab food as they need it.

“There is a lot of shame being a college student needing food...anything that can be done to remove barriers to access increases the likelihood that the student will take advantage of the food pantry.”

"There is a lot of shame being a college student needing food,” said Brian Davenport, director of the Office of Community Engagement. “Anything that can be done to remove barriers to access increases the likelihood that the student will take advantage of the food pantry.”

The pantries are made possible thanks to a $10,000 sponsorship from the Dairy Farmers of Washington (DFW). The Washington dairy community believes every student should have access to fresh, healthy food and is committed to supporting these efforts. Second Harvest, the largest food distribution and hunger relief center in Eastern Washington and North Idaho, will provide food at no cost to Eastern. Food will be delivered to a centralized space on campus where student volunteers will then stock the cabinets.
There’s a new bus in town! While it’s not designed to get people from point A to point B, it should help them get to a better place in life by providing fresh, nutritious food.

Second Harvest’s Mobile Market Bus is set to roll anytime now. The retired Spokane Transit Authority bus is a walk-through pantry on wheels bringing food to people in need at no cost to them. Second Harvest continually looks for additional and better ways to get food directly to those who need it most. The Mobile Market Bus, retrofitted with shelving and refrigeration for food, will allow Second Harvest to target locations in neighborhoods that may have specific dietary needs or economic challenges, such as subsidized senior apartments. Residents will be able to walk through the bus and choose fresh produce and other foods available that day, just as they would in a grocery store aisle or at a farmers’ market.

Since 2006 Second Harvest has hosted Mobile Markets at community centers, churches and schools throughout Eastern Washington and North Idaho. At each market Second Harvest staff and volunteers distribute 8,000 to 10,000 pounds of donated food to families facing hunger. The bus will be used for smaller, more frequent food distributions in high-need Spokane neighborhoods not easily accessed by the larger refrigerated Mobile Market trucks. Initially the bus will make about 90 visits a year to underserved Spokane neighborhoods and food deserts—low-income areas with limited access to grocery stores—especially in northeast Spokane.

Second Harvest staff and volunteers trained as Nutrition Ambassadors will travel with the bus to help people make healthier choices by providing nutrition education, healthy food samples, and simple recipes—with a touch of compassion. For people like Willa, that makes accepting free food a little easier.

“"It used to be hard to ask for anything because I’ve always been the one to do things for others.”

It helps because I’m on a fixed income and can’t afford to buy these fruits and vegetables," Willa says of the produce she received at a Second Harvest Mobile Market in northeast Spokane in July.

The addition of the Mobile Market Bus means Willa will have access to fresh foods in her neighborhood more often. Watch for it rolling into neighborhoods, schools and community and youth centers soon.

To follow the progress on the bus, please visit 2-harvest.org/mobile-bus.
The massive food drive, entering its 19th year, is scheduled for Nov. 16 and 17 at area Rosauers stores. KREM 2 Chief Meteorologist Tom Sherry – the event’s namesake – is leading the charge to spread the word. KREM 2, Rosauers and other sponsors have set a goal to help Second Harvest collect at least 11,000 Thanksgiving meals for families in need in Spokane.

Go to your local Spokane and Colfax Rosauers stores Nov. 16 and 17 and purchase pre-packed Tom’s Turkey Drive bags for $20. Each bag has Thanksgiving dinner fixings for a family of four. Or donate at 2-harvest.org/turkeydrive.

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THIRD ANNUAL TURKEY DRIVE
IN THE MID-COLUMBIA AND YAKIMA VALLEY

Help Second Harvest feed 2,600 families in need in the Tri-Cities, Sunnyside and Yakima this Thanksgiving.

Your $30 donation provides a holiday box with a turkey and all the fixings for a family in need.

DONATE A $30 MEAL AT 2-HARVEST.ORG/TURKEY

Meal boxes to be distributed on Monday, Nov. 12, in Sunnyside, Tuesday, Nov. 13, in Yakima and Saturday, Nov. 17, in Kennewick.
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!

Second Harvest volunteers share their responses to “I can’t _______ when I’m hungry” in honor of Hunger Action Month this September.

Green Bluff Growers provided over 5,000 meals to people facing hunger at the 40th annual Cherry Picker’s Trot.

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.
LOCAL STUDENT SOWS SEEDS FOR HUNGER RELIEF

Damien has always loved to garden, especially when it leads to sharing healthy fruits and vegetables with others. So when the Tri-Cities Prep senior spotted an unused, overgrown garden area outside his mother’s office at Christ the King Church last fall, he had to know more.

The 24-by-20-foot garden area had belonged to the former owners of a house located across the street from the Richland church, which recently acquired the property. When Damien learned there were no plans to utilize the garden space, he knew it was the perfect opportunity to unite his affinity for gardening with his desire to help others. He was given permission by the church and his school to move forward with a unique senior project: to plant a garden and donate the food for those in need.

Damien’s mom wasn’t surprised, saying, “He has a heart for feeding the hungry.”

Damien planted a variety of seeds this spring, including squash, cucumbers, zucchini, tomatoes, kale and carrots. He wanted to grow healthy food prepared without chemicals and dubbed his project “The Garden of Eatin’.”

The high school senior made his first delivery of 11 pounds of produce to Second Harvest in late July, with more on the way over the coming months. “I wanted to partner with Second Harvest since I know they have the ability to distribute the food to people in need,” he commented.

Damien has a vision for the land that extends beyond his senior project: that it will be a “perpetual garden” to benefit hungry people in our community, with students from Tri-Cities Prep tending the crops and Second Harvest distributing the food through its partner food banks and meal programs. The garden will continue to help the parish by utilizing the land and will help the school by providing a service project for students. Most of all, it will provide healthy produce for people who don’t have enough to eat.

Congratulations to Damien for designing and implementing the “Garden of Eatin’” to feed hungry people in our community, both now and for years to come. His partnership furthers our mission to provide healthy food to every person, every day.

MARK AND JUDY NEWBOLD ARE LEAVING A LEGACY OF HOPE

Mark and Judy Newbold chose to be among the founding members of the Kay Porta Legacy Society, which was formed recently to recognize the special people who have named Second Harvest as a beneficiary in their wills.

The Newbolds moved to Spokane more than three decades ago. They care deeply about the community where they raised three children, where Mark built and retired from a successful career in the insurance industry, and where to this day they cherish bringing their family together—now including four grandchildren—in the place they proudly call home.

“There are people who are working so hard. That was really a motivating factor for me,” Mark says, remembering what got him interested in supporting organizations like Second Harvest to help struggling families move forward.

Mark says that Second Harvest is one of the local charities that he and his wife believe are crucial to the overall health and well-being of the community. The Newbolds know that their legacy gift to Second Harvest is an investment that will be used to get healthy food to where it’s needed most for years to come.

“I love that it’s local. That’s the kind of thing that I care most about,” Judy says. “We’ve had a good life here.”

Mark agrees and hopes that others will follow their lead.

“The good book says you’re not going to take it with you when you leave,” Mark says. “Acting on what we’re passionate about makes for a better community.”

Because of the Newbolds and other Kay Porta Legacy Society members, Second Harvest will be here to help build healthier communities through food for as long as there are people facing hunger in the Inland Northwest. Thank you, Mark and Judy, for your commitment to this important work.

To join the Kay Porta Legacy Society or for more information, contact Melissa Cloninger, director of donor relations, at 509-252-6274 or melissa.cloninger@2-harvest.org.
**EVENTS AND VOLUNTEERING**

For more information, visit 2-harvest.org.

**October**

**19 – Tom’s Turkey Drive**

Nov. 16 and 17 – Spokane

Participating Starbucks stores will be donating food to local families in need. All sales from hand-crafted beverages in Starbucks Tom’s Turkey Drive Day will be donated to Tom’s Turkey Drive.

**20 – Spokane**

**Tom’s Turkey Drive**

Sunnyside, Tuesday, Nov. 13 in Yakima, and Saturday, Nov. 17 in Kennewick.

2-harvest.org/turkeydrive.

Meal boxes to be distributed on Monday, Nov. 12 in Pasco, Kennewick, Yakima, and Yakima Valley Community College.

Your $30 donation provides a holiday box with a turkey and all the fixings for a family in need. Donations can be made online at 2-harvest.org/turkey.

**Season of Giving Food Drive**

Dec. 7 – Spokane & Tri-Cities

Yoke’s Fresh Markets, KXLY and KAPP-KVEW ABC will hold their annual Season of Giving Food Drive. Donors can purchase pre-bagged food for $5 and $10 at Yoke’s or donate online at 2-harvest.org/seasonofgiving.

Volunteers will collect donations at the stores.

**Journey to Bethlehem**

See the annual “Journey to Bethlehem” reenactment at the South Hill Seventh Day Adventist Church, 5607 S. Freya, and donate food and funds for people in need.

**November**

**10 – Spokane**

**Scouting for Food**

The Boy Scouts are holding their annual drive. Participate by filling a bag with shelf-stable food and placing it on the porch Saturday morning.

**13 – Spokane**

**Starbucks Tom’s Turkey Drive Day**

Treat yourself to an extra coffee from 3 to 5 p.m. and help bring Thanksgiving meals to local families in need. All sales from hand-crafted beverages in participating Starbucks stores will be donated to Tom’s Turkey Drive.

**16 and 17 – Spokane**

**Tom’s Turkey Drive**

The 19th annual turkey drive, held at area Rosauers stores and promoted by KREM 2 and its chief meteorologist Tom Sherry, raises Thanksgiving dinners for families in need. To donate, visit Rosauers stores to purchase a $20 bag of all the fixings for a holiday meal or make a cash donation. Gifts can also be made online at 2-harvest.org/turkeydrive.

**17 – Tri-Cities**

**Thanksgiving Turkey Drive**

Help Second Harvest feed 2,600 Mid-Columbia and Yakima Valley families in need this Thanksgiving. Your $30 donation provides a holiday box with a turkey and all the fixings for a family in need. Donate online at 2-harvest.org/turkey. Meal boxes to be distributed on Monday, Nov. 12 in Sunnyside, Tuesday, Nov. 13 in Yakima, and Saturday, Nov. 17 in Kennewick.

**20 – Spokane**

**Tom’s Turkey Tuesday**

Volunteers age 18 and older will help with the holiday meal distribution at the Spokane Arena. Find available shifts and sign up online at 2-harvest.org/volunteer (click on “Spokane” and go to Nov. 20 on the calendar).

**22 – Spokane**

**Turkey Trot**

The Bloomsday Road Runners Club’s annual Thanksgiving morning fun run starts with registration at 8 a.m. near the Manito Park duck pond. The race starts at 9 a.m. There’s no entry fee, but food and cash donations are collected for Second Harvest.

**27 – Spokane & Tri-Cities**

**#GivingTuesday**

Black Friday, Cyber Monday… Giving Tuesday! Watch for unique opportunities on how you can give back on this national day of giving. More information on 2-harvest.org.

**December**

**7 – Spokane & Tri-Cities**

**Season of Giving Food Drive**

Yoke’s Fresh Markets, KXLY and KAPP-KVEW ABC will hold their annual Season of Giving Food Drive. Donors can purchase pre-bagged food for $5 and $10 at Yoke’s or donate online at 2-harvest.org/seasonofgiving.

Volunteers will collect donations at the stores.

**December (date TBD) – Spokane**

**Journey to Bethlehem**

See the annual “Journey to Bethlehem” reenactment at the South Hill Seventh Day Adventist Church, 5607 S. Freya, and donate food and funds for people in need.

**VOLUNTEER SPOTLIGHT:**

**JUNE MUNROE**

June Munroe, an all-star, beloved, and longtime volunteer, passed away on July 23. She was 96. She donated her time and talents to Second Harvest—more than 2,500 hours—over the past 18 years.

She was a member of the Mixed Nuts, a group of mostly retirees who serve weekly at Second Harvest’s Volunteer Center.

June shared her love for Second Harvest with friends, often recruiting other long-term volunteers. Jim Santora and Monica Bracy, also members of the Mixed Nuts, both said they got involved with Second Harvest because of June.

“She worked harder than people half her age. She loved to work here,” said Monica, recalling how June connected with others. “She made lots of friends here. She was close to the people here. They were like family to her.”

When she “retired” from volunteering earlier this year, June asked Jim to keep her posted on who showed up to volunteer and what was sorted that day. “When I’m here now, I feel like I should still tell her,” said Jim, feeling her absence.

June was honored with the Kay Porta Founder’s Award in 2012 in recognition of her commitment to Second Harvest’s mission. Thank you, June, for helping to provide healthy food for people in need.

To learn more about volunteer opportunities at Second Harvest, visit 2-harvest.org/volunteer.

**THE KITCHEN**

The Kitchen at Second Harvest gives people the tools to move from hunger to health. The Kitchen offers weekly free Community Classes that teach nutrition basics and scratch-cooking skills, along with paid cooking classes to help fund its free programs. Go to secondharvestkitchen.org for more information about Kitchen events and for some of the Kitchen’s favorite recipes.
Fighting hunger, feeding hope, Second Harvest brings community resources together to feed people in need through empowerment, education and partnerships.

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