FREE PRODUCE HELPS FILL SUMMER FOOD GAP FOR FAMILIES WITH CHILDREN

Serena held open a plastic bag in front of her mom, Julie, pleading with her to get more plums from Our Place’s free produce distribution. Julie smiled and nodded, and Serena eagerly ran over to the table full of fresh fruits and vegetables, where a volunteer filled her bag with enough plums to make a few pies or cobblers for the whole family. “I love fruit,” said Serena, as her bag grew heavier and heavier. “More than candy.”

Our Place, one of Second Harvest’s 250 partner food pantries, holds its Fresh Market, a free produce distribution outside of its food pantry, each week during the summer months. Our Place staff and volunteers started the distribution so people who can’t afford to buy food at the farmers’ market that takes place on the same day just a few blocks away can still enjoy the evening’s live music and friendly atmosphere without leaving empty-handed.

The Fresh Market also fills another important need—getting food to families with kids during the summer. Free and reduced-price school meals are a huge help for families with small budgets, but these meals aren’t provided through the summer months. The Fresh Market provides low-income families like Julie’s an added opportunity to access fresh, healthy food at no cost during this time.

Julie’s family was excited about all the fresh fruit available at the Fresh Market. If Serena’s excitement over her full bag of plums didn’t give it away, Julie’s kids eat lots of fruit at home. Julie likes to make pies and muffins with it, but she had no doubt that her three kids would eat a lot of it straight from the bowl. “I used to have a big problem with eating candy,” said her son, Owen, who was also at the Fresh Market. “Now I try to eat fruit instead.”

Julie and her family started attending the Fresh Market last year after hearing about it from others in her neighborhood. “They’re just really delightful people,” she said. “The ladies here always make me smile and laugh.” She also uses Our Place to get supplies such as toilet paper and toothbrushes for her family of five.

“Having three men in the house, they can eat. I’m really grateful that places like Second Harvest donate food for people that need it because there’s a lot of people out there who can’t buy food. It saves a lot of money.”

At this market, Julie, Serena and Owen left with apples, leeks, onions, cauliflower, celery, tomatillos, swiss chard, pears, oats, rice, and several other items. Julie would go home and make some tasty treats with the fruit she got there—and she’d save the seeds, too. “I put them off to the side. You never know, maybe some day I’ll want my own plum tree.” Of course, that would be her daughter’s dream come true.
KIDS IN THE COMMUNITY LEARN TO COOK
WHEN THE KITCHEN COMES TO THEM

Since 2015, The Kitchen at Second Harvest has been a space where people come to learn about healthy eating and get hands-on cooking experience. But not everyone, especially kids, can get themselves to The Kitchen. That’s why Second Harvest brings The Kitchen to them.

One in five kids in the Inland Northwest is food insecure. Many of them don’t eat the recommended daily value of fruits and vegetables because their family can’t afford them. Others are often on their own to prepare meals for themselves because their parents are at work during meal hours. But without the knowledge to choose healthy foods or the skills to cook nutritious meals, many kids are left with few options, which are rarely healthy.

To combat this problem, Second Harvest partners with several youth-focused programs to bring nutrition education to kids. Second Harvest’s nutrition educators and volunteers trained as Nutrition Ambassadors bring all the ingredients and supplies necessary to make healthy, kid-friendly recipes to places like the Northeast Youth Center, Catholic Charities’ Childbirth and Parenting Assistance (CAPA), and Project DISCOVER, the transition program serving students with developmental disabilities at Mead High School.

These classes focus on the basics of healthy eating—concepts that kids can grasp and take home with them, such as “eating the rainbow” of colorful fruits and vegetables and choosing drinks with less sugar. After doing an activity or playing a game that teaches about these nutrition topics, the kids then work together to make a recipe, such as rainbow crunch wraps, lentil tacos and yogurt parfaits with fresh fruit and homemade granola.

Many of these recipes expose kids to foods they’ve never had before, such as lentils. When nutrition educators explained they’d be making lentil energy bites during one class, many of the kids were skeptical. But after trying what they made, they were very pleasantly surprised. “I’m going to make these at home, definitely!” said Ian, one of the kids who attends cooking classes at Northeast Youth Center, as he picked up a copy of the recipe to bring home.

“Who would think kids would get into lentil energy bites?” said Brandon Harrison, program manager at Northeast Youth Center. When the class ends, many of the kids run to his office, excited to show him their creations. Brandon is grateful for the opportunity for kids to learn about healthy eating—and for them to simply get something to eat. He said many parents of the kids in the program are single parents trying to feed several children on one income and often end up relying on convenient, less healthy options. He loves that kids get to take home quick, inexpensive, healthy recipes to their parents from the classes. “I think it goes a long way,” he said. “I hope that some of the parents are catching on and using some of these recipes.”

Now that it’s summertime, classes like these are especially important for kids facing hunger. Without the security of consistent free or reduced-price school meals, many parents struggle to put enough food on the table to feed their kids all summer long. This summer, The Kitchen is partnering with SPEAR, Express, the Northtown Boys & Girls Club, Northeast Youth Center and North Central High School to provide cooking classes for kids. These classes will not only give them a fun, educational experience in The Kitchen, but also a meal—and maybe even some leftovers—during a time when they might not be getting enough food to eat.

Want to learn more about how you can make sure every child in your community has enough food to eat? Visit 2-harvest.org/feedingkidsfirst.
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.
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!

93.7 The Mountain
Acosta Sales & Marketing
AECOM
AgriBeef
AgriNorthwest
Albertsons
Alpha Gamma Delta Foundation
Avista Foundation
Bank of America Foundation
Bechtel National, Inc.
Beef Counts
Bloomsday
Coca-Cola
Corwin Ford Tri-Cities
David and Dorothy Pierce Charitable Trust
Emerging Leaders Society - United Way of Spokane County
Enterprise Holdings Foundation
Fairmount Memorial Association
First Interstate Bank
Food Circle Group
Ford Motor Company
Franz Bakery
Fred Meyer - Hunger Roundup
Friendly Sons of St. Patrick
Gus Johnson Ford - Peanut Butter Drive
Harriet Cheney Cowles Foundation
Harvest Foods
Henningsen Cold Storage
Hops ‘n Drops Kennewick
Huckleberry’s Natural Market
Humana Foundation
Idaho Community Foundation
Inlander Restaurant Week Restaurants
Itron
JPMorgan Chase
Kadlec Regional Medical Center
Kalispel Tribe of Indians and Northern Quest Resort & Casino
Karts 4 Our Community Teams
Key 101 FM
KNDU NBC
KREM 2 & Tom Sherry
KVEW ABC
KXLY
Leidos
Love Abounds Foundation - Dutch Bros. Coffee - Dutch Luv
Macy’s - Bag Hunger
Metallica & All Within My Hands Foundation
Mid-Columbia Libraries - Food for Fines
MilkPEP Great American Milk Drive
Mondelz International
Montgomery Distillery
National Association of Letter Carriers
Negative Split
Northwest Agricultural Consultants
Northwest Farm Credit Services
Numerica Credit Union
Premera Blue Cross
Progressions Credit Union - Spokane
Providence Health Care Community Benefit Fund
Providence Pediatric ER
PwC Charitable Foundation
Richland Lutheran Church
Rosauers Supermarkets
Rotary 5030 & 5080
Safeco Insurance Fund
Safeway
Spokane Chiefs
Spokane County Library
Spokane County United Way
Spokane Public Library - Food for Fines
Starbucks
Street Music Week
The Country Store
The Inlander
The Jay & Kevin Show
The Union Studios
TJX Foundation
Trout Lake Farm/Amway/Nutrilite
Tyson Foods, Inc.
United Airlines
United Way of Benton and Franklin Counties
Visa Foundation
Walmart Fight Hunger. Spark Change.
Walmart Foundation
Washington River Protection Solutions
Washington State Combined Fund Drive
Wells Fargo Foundation
Wendle Ford - Peanut Butter Drive
Wells Inland Distributors
Women Helping Women Fund - Spokane
WSECU
Yakima Valley Farm Workers Clinic
Yoke’s Fresh Markets

This year’s letter carriers’ Stamp Out Hunger Food Drive brought in 136,957 pounds of food for people in need in Spokane and the Tri-Cities.

Second Harvest’s very own band played at Street Music Week in downtown Spokane.

PAGE 4
MOBILE MARKET A CRITICAL RESOURCE DURING THE SUMMER FOR STRUGGLING FAMILIES

Leslie waited in line with her son Wyatt for the Mobile Market in Airway Heights to begin. Wyatt sat in the grocery cart, but he soon had to get out and walk with his mom to make room for the food they received.

The oldest of 12 kids, Leslie had to learn how to budget quickly. Now with six children of her own, two of whom are autistic, it’s still a challenge. Leslie cares for her kids at home while her husband works elsewhere as a caregiver. She goes to the Mobile Market whenever she gets the chance. “With one income, you can’t feed your family without help,” she said.

Leslie and her husband often eat smaller meals or skip meals altogether to make sure their kids get enough to eat. “As parents, we end up going without a lot. At the end of the day, it’s whatever’s left.”

The Mobile Market brings more food into Leslie’s house to help fill some of those gaps. She especially loves the fresh produce available at the Mobile Market, since her kids love fruits and veggies. One of their favorite snacks is “ants on a log” – celery with peanut butter and raisins.

As the sun beat down and the temperature rose, Leslie reflected on the added financial stress the summer would soon bring. Her kids won’t be able to eat school meals for three months, which means more mouths to feed at home. Other added costs during the summer, such as higher gas prices, don’t help. “The Mobile Market saves us in the summer. If it weren’t for this, my kids would go without.”

TRI-CITIES’ TAKING A BITE OUT OF HUNGER IS COMING UP THIS FALL

Second Harvest’s hunger solution center in Pasco will host its Taking a Bite out of Hunger food-and-beverage tasting and auction on Wednesday, Oct. 9, from 5:30 to 9 p.m.

This is the 14th year for the event, which features more than 25 top restaurants, wineries, breweries and other purveyors of fine food and beverages, as well as live and silent auctions with dozens of items up for bid.

Second Harvest is looking for donations of fun items; certificates for airfare, hotels, restaurants, golf and outdoor adventures; and tickets for sporting events, concerts and other entertainment for the silent auction. To donate an item, contact Jean Tucker at 545-0787 ext. 201 or jean.tucker@2-harvest.org.

Tickets cost $100 each and tables are available for $800. Sponsors are needed to ensure that all proceeds can be put toward fighting hunger in the Columbia Basin and Yakima Valley. Inquire about recognition benefits for all levels. To find out about sponsorships, tables and tickets, contact Jean Tucker at 545-0787 ext. 201 or jean.tucker@2-harvest.org.
Events and Volunteering

For more information, visit 2-harvest.org.

July 1–31 – Tri-Cities
Independence From Hunger
The Kennewick Grocery Outlet store invites customers to purchase pre-bagged groceries to donate. Cash donations can also be made at the register for Second Harvest.

Aug. 28–Sept. 2 – Spokane
Pig Out in the Park
Enjoy a great Labor Day weekend tradition with live music and food vendors while supporting Second Harvest. Vendors will have donation cans at this event, which is held in Spokane’s Riverfront Park.

September – Spokane & Tri-Cities
Hunger Action Month
Find out what you can do to support Hunger Action Month by visiting 2-harvest.org throughout September.

September – Spokane
Alaska USA Federal Credit Union’s Annual Cash for Cans
Throughout September, Alaska USA Federal Credit Unions will accept cash donations that support local food pantries or banks like ours. Best of all, 100 percent of the proceeds directly benefit the communities where they’re raised—so the more donations made at Spokane Alaska USA Federal Credit Union branches, the more support we receive! Visit an Alaska USA Federal Credit Union branch near you or donate online at alaskausa.org/branches.

Sept. 5–6 – Spokane
Spokane Association of REALTORS® (SAR) Food Drive
Second Harvest’s longtime supporters at SAR and Albertsons have partnered for their annual food drive to help the community. Participate by visiting Albertsons stores and donating groceries, purchasing pre-packaged bags for $5 or $10 or making a cash donation.

Sept. 26 – Spokane
Night in the Warehouse
Our eighth annual Night in the Warehouse event will happen on Sept. 26 from 5:30 to 8 p.m. Come prepared for an evening of food, drinks and unmitigated fun in our Kitchen.

Oct. 9 – Tri-Cities
Taking a Bite out of Hunger
Taste some of the area’s best entrées, appetizers, desserts, beers, wines and other beverages while bidding on auction items from 5:30 to 9 p.m. at the Pasco distribution center. Volunteers are needed to help with set-up, vendor check-in and other tasks. Watch for more details at 2-harvest.org/tcbite.

Volunteer Spotlight:
Tina Stevens

Tina is no stranger to a classroom setting. A high school science teacher, Tina has been volunteering in The Kitchen at Second Harvest as a Nutrition Ambassador for almost a year and a half. At school, she’s used to Bunsen burners and pipettes, but when she’s in The Kitchen, it’s all about convection burners and cooking utensils.

And in this classroom, the students’ “experiments” are edible. “Cooking is science, after all,” said Tina.

The Kitchen is a perfect fit for Tina’s interests and skills. Not only does she enjoy teaching others, but she also understands how important being able to cook nutritious food is to one’s overall health. “I enjoy cooking, I value nutrition and want to share that with others, and I want to give back to the community.”

Tina knows that eating well can have a ripple effect in people’s lives. “If you’re eating a healthy diet, you feel better, and that makes your whole day better. I want to help other people’s days go better,” she said.

Tina is especially passionate about making sure kids have enough healthy food to eat. As a teacher, she’s seen the impact of hunger on students. “They can’t focus at school,” she said. Tina enjoys working with kids and teens during off-site cooking classes at schools and youth centers. “There’s so many convenience foods, so kids don’t learn to cook.” Yet Tina sees their enthusiasm during these classes, making it clear that they’re eager to learn—and Tina’s there to help. By teaching them basic cooking skills, Tina is giving them the power to make healthy, scratch-made meals they enjoy at home—and to make their days a little bit better.

Volunteer Spotlight:
Tina Stevens

Tina prepares jackfruit in The Kitchen.

Leave a Legacy

The Kay Porta Legacy Society honors individuals who envision a hunger-free Inland Northwest and choose to make Second Harvest a part of their legacy of generosity. The society establishes a strong foundation upon which lasting impact will be possible.

We invite you to be part of the Kay Porta Legacy Society by remembering Second Harvest in your will, estate plan or trust.

To find out more, contact Melissa Cloninger at melissa.cloninger@2-harvest.org or (509) 252-6274.
Thank you for feeding hungry kids this summer.

Fighting hunger, feeding hope, Second Harvest brings community resources together to feed people in need through empowerment, education and partnerships.

Board of Directors
Mark Bray, Chairperson, Lydig Construction
Carl Sohn, Vice Chair, Northwest Farm Credit Services
Carla Cicero, Past Chairperson, Numerica Credit Union
Kimberly Thielman, Audit and Finance Committee Chairperson, Asuris Northwest Health
Jason Clark, President and CEO, Second Harvest
Jennifer Milnes, Secretary/Treasurer, Second Harvest
Dr. Ken Anderson, Gonzaga University
Michael Gadd, Clearwater Paper Corporation
Alex Jackson, MultiCare Rockwood Clinic
Thomas McLane, Tom McLane Law
Bruce Nelson, Agricultural Producer
Dr. Darryl Potyk, UW School of Medicine
Heather Rosentrater, Avista Utilities
Ray Sprinkle, URM Stores, Inc.