KITCHEN CLASSES GIVE FOOD BANK CLIENT TOOLS TO COOK AT HOME

Four years ago, Kathy was in a wheelchair. Now, she bounces into The Kitchen, eager to learn a new recipe during class.

Kathy began attending free Community Classes in The Kitchen at Second Harvest about three years ago. She was in the midst of making some major changes to improve her health, and getting back into the kitchen was one of them.

Kathy, 60, used to make meals for her parents. But when they passed away, she lost her love of cooking and turned to fast food for most of her meals. That change took a toll on her health; she gained weight, her blood pressure and cholesterol went up, and she eventually had two small strokes. Her doctor told her a big one was on the way if she didn’t make some changes.

Kathy knew that learning to cook healthy meals was a key step in her journey toward health. She had access to lots of healthy foods at her local food bank, but she didn’t know how to cook many of them—at least not in ways that would move her closer to her health goals.

During cooking classes at Second Harvest, Kathy learned healthy cooking techniques and practiced recipes that incorporate nutritious foods, like brown rice, beans, and vegetables.

“I was more of a ‘fry it’ type of girl. Now I sauté or bake foods,” said Kathy. With these new skills, she’s learned how to make a recipe her own. “The classes have made me put things together that I wouldn’t have thought to put together.”

Now, rather than turning to fast food, Kathy opens up the folder where she keeps all the recipes she’s made in the Community Classes. She uses the food she receives at the food bank to make these healthy and delicious dishes at home. “I’ve had fun with pretty much every recipe,” she said. She even shared all of The Kitchen’s lentil recipes with the cook at the Union Gospel Mission Women’s Shelter, where Kathy works. She sang the praises of the lentil cookie recipe when the cook gave her a doubtful look.

“I tell everybody about The Kitchen. I love it. It’s my favorite thing to do.”

“...I sauté or bake foods... The classes have made me put things together that I wouldn’t have thought to put together.”

The Kitchen at Second Harvest promotes health, wellness and self-sufficiency through scratch-cooking lessons, cooking demonstrations, recipe testing, meal sampling and nutrition education.

The Kitchen hosts Community Classes, paid classes, chef presentations, team building and corporate events, and more.

Find classes, recipes and volunteer opportunities at secondharvestkitchen.org.
April is National Volunteer Month! Second Harvest simply could not carry out its mission without the 8,000 volunteers who walk through its doors each year. This month, Second Harvest is shining the spotlight on a few dedicated volunteers who keep the wheels of Second Harvest turning. Rain, snow or shine, these volunteer drivers hit the road each week to collect food donations from community partners—schools, churches, grocery stores and more.

Chuck
Chuck has been driving for Second Harvest for five years. He was introduced to Second Harvest through the Bite2Go program, and when he heard there was a need for drivers, he decided to get behind the wheel. Chuck currently picks up food drive and Grocery Rescue donations in the community. “It’s a two-way street,” he said about Grocery Rescue. “It helps them. It gets stuff out of their store. It’s not wasted. And we get to help people in the neighborhood.”

His current routes include a weekly trip to Fairchild Air Force Base.

Andy
Like the other drivers, Andy is a Renaissance man when it comes to volunteering at Second Harvest. He started driving in 2012, but he also frequently volunteers in the sort room and at Mobile Markets. His breadth of knowledge about Second Harvest’s operations enables him to relay the bigger picture of its mission to community partners. He believes his consistency as a volunteer allows him to be an ambassador for Second Harvest and strengthen its relationships with the community. “There’s a connection that develops,” he said of the partners he interacts with through his volunteering. While on his route, Andy enjoys reminding food donors of the difference they’re making in the community. “It’s not the amount. It’s their effort. It all contributes to the distribution of food to people in need.”

MOBILE MARKET BUS HITS THE ROAD

The Mobile Market bus is rolling and delivering healthy food to Spokane neighborhoods! The bus will travel to food deserts—areas with limited access to affordable and nutritious food—as Second Harvest expands the ways it gets food to the people who need it most. Shoppers walk through the aisle and choose from the items available on the shelves—just like a grocery store—except they get the food at no cost. When you see the green and orange bus traveling around Spokane this spring, know that it is helping to build a healthier community—one neighborhood at a time!
Thanks to generous donors and volunteers, Second Harvest is there for people any time they need food assistance—regardless of circumstance. Cynthia, Mary and Ruth left a Mobile Market distribution in January with not only a box full of food but also a heart full of hope.

Cynthia is no stranger to food banks. She’s volunteered as the director of her church’s food bank for the past two years. She’s seen the need, and she loves being there to help and support her neighbors during tough times.

But the government shutdown brought a lot of uncertainty for Cynthia and her family, and she found herself seeking extra support until the shutdown ended. That’s why she stood in freezing temperatures in the middle of January, waiting for a Mobile Market to begin. It was the first time she’s ever stood in a food bank line.

“I believe this is a blessing at the right time. I don’t know what’s going to happen,” she said.

Cynthia works for the Department of Social and Health Services (DSHS). She utilizes SNAP benefits each month to help buy food for her family of three. But those benefits looked different in the new year. Because of the government shutdown, February’s SNAP benefits were issued early—at the end of January. Cynthia had to plan her purchases carefully to stretch those benefits through February, and until the shutdown ended, she wasn’t sure when she would receive them again.

Cynthia expected food banks to be more crowded because of the shutdown. Federal employees missed two paychecks, forcing them to choose between necessities they can normally afford, like buying food or paying rent. Several federal employees, including many TSA workers,

stood in line for food at the Mobile Market.

“I’ve been counting on people to bring a meal to work, but there isn’t always one there every day,” said Mary, a TSA employee. “Occasionally we’ve had some other donations at work too, so that helps. But my lunch at work is my big meal, so this is really helpful.”

She came with another TSA employee, Ruth, who was also grateful for the food available at the Mobile Market.

“I have been eating a lot of soups that I froze during the summer. And the things that I won’t eat from the Mobile Market, I can share at work because there are people that aren’t able to come.”

Both Mary and Ruth never thought they’d need to seek food assistance from Second Harvest. “It was hard coming down here today,” said Mary. Ruth agreed. “I have a job,” she said. “There’s a lot of people here, and I’m thinking, ‘Oh man, they need this more than I do. They really do.’ But I’m going, ‘Nope, I need it.’”

Your gift is essential to provide food to people like Cynthia, Mary and Ruth during life’s unexpected circumstances. Thank you for being part of the solution to hunger in your community.
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!

The Spokane Chiefs partnered once again with Fred Meyer to help raise food and funds for people facing hunger.

Iron Horse Brewery
Jones of Washington Winery
Knights of Columbus in Deer Park
Leidos and Centerra Group
Mountain West Bank
Moranco and Associates
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Numerica Credit Union
Pacific Northwest Inlander
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Riverview United Methodist Church
Shalom United Church of Christ
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Spokane Chiefs Hockey Club
Spokane County Cattlemen
Spokane House of Hose & Air Electric
Spokane Seed Company
The Garden Tri-Cities
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Townshend Cellar
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Wagstaff
Walmart
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**EVENTS AND VOLUNTEERING**

For more information, visit 2-harvest.org.

April 15-26 – Tri-Cities
**Feeding Families Food Drive**
Visit 2-harvest.org/kndu for details on how to donate food or funds for this annual event, sponsored by KNDU-NBC, Bechtel, AECOM and its Hanford affiliates. All proceeds will help get food to where it’s needed most in the Mid-Columbia.

April 22-May 20 – Spokane and Tri-Cities
**Walmart Fight Hunger. Spark Change.**
Each participating item purchased at local Walmart stores and each donation made in-store or online will help Second Harvest get food to where it’s needed most.

May – Tri-Cities
**Mid-Columbia Libraries’ Food for Fines**
During the month of May, Mid-Columbia Libraries will remove $1 from your overdue fines (up to $10) for each nonperishable food item donated at any MCL branch.

May 1-31 – Spokane and Tri-Cities
**Ford Peanut Butter Drive**
Second Harvest is partnering with Wendle Ford and Gus Johnson Ford in Spokane and Conwin Ford Tri-Cities for the annual Ford Focus on Child Hunger event. Watch 2-harvest.org and our social media for details on how to participate.

May 5 – Spokane
**Bloomsday**
Second Harvest is excited to be the charity partner for this year’s Bloomsday. Every $1 donated will provide food for 5 meals for those in need in our community. Join the race to solve hunger. For more information or to make a donation, go to crowdrise.com/bloomsday2019.

May 11 – Spokane and Tri-Cities
**Stamp Out Hunger Food Drive**
Letter carriers will collect shelf-stable food donations while they deliver the mail during their annual Stamp Out Hunger Food Drive. Register to volunteer at 2-harvest.org/volunteer.

May 15 – Spokane
**Taking a Bite out of Hunger**
Taking a Bite out of Hunger, now in its 25th year, is a culinary adventure of the region’s best tastes that also includes microbrews, wines and nonalcoholic beverages, and live and silent auctions.

May 19 – Spokane
**Karts 4 Our Community**
The Spokane Food Circle Group recruits businesses to assemble teams that vie for top honors go-kart racing at FastKart Indoor Speedway. The fundraiser, now in its 17th year, benefits Second Harvest and two other charities. Learn more at 2-harvest.org/karts.

June 10-14 – Spokane
**Street Music Week**
Volunteer entertainers raise money for Second Harvest during the noon hours of June 10-14 on the sidewalks of downtown Spokane, the historic Garland District and downtown Coeur d’Alene.

Date TBD – Spokane
**Bulldog Jog**
This 5K charity run welcomes runners and walkers of all skill levels. The run begins at Gonzaga’s McCarthey Athletic Center and extends into Riverfront Park and back. Alpha Kappa Psi’s largest service event of the year, this race emphasizes the business fraternity’s dedication to building community and serving others. All proceeds go toward Second Harvest’s mission.

Date TBD – Spokane and Tri-Cities
**Yoke’s What’s for Lunch? Food Drive**
Support the What’s for Lunch? Food Drive at area Yoke’s Fresh Markets, promoted by KXLY in Spokane and KVEW-ABC in the Tri-Cities. Stop by area Yoke’s and buy a $5 or $10 bag filled with essential food items to help feed thousands of hungry children during their break from school this summer. Cash donations will also be accepted.

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**DONOR SPOTLIGHT:**

**THE HOINESSES**

When Steve Hoiness’ parents died in 2009, they left most of their savings to help people in need through the Hoiness Family Foundation. Steve and his wife Kas were excited to inherit a legacy of giving. They use this legacy to put food on the tables of people facing hunger.

Steve and Kas know that hunger can impact anyone at any time. “No one plans to be hungry,” said Steve. “It can flip just like that,” added Kas. They support Second Harvest to make a difference in the lives of their neighbors who are unable to afford healthy food.

The couple say they give to Second Harvest because they see how efficiently the hunger-relief organization gets food to those who need it—with few questions asked and while upholding the dignity of the people it serves. “There are a lot of people who make a lot of money, and they still live paycheck to paycheck,” said Steve. “Second Harvest steps into that, and they don’t judge.”

“I just wish that everybody approached this with no judgment,” said Kas. “You don’t know when you’re going to need Second Harvest’s help, but you’re happy that they’re there,” added Steve.

“Second Harvest touches a lot of people’s lives, so by giving to Second Harvest, we’re reducing hunger and helping the community through Second Harvest’s actions,” said Steve. Thank you, Steve and Kas, for your commitment to ending hunger for children, families and seniors in your community.

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

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