 Imagine going to the grocery store with a list, ready to fill your cart with goods for the week’s meals. Instead of going through the aisles and picking what you know you and your family will eat, and what items they can eat based on food allergies or favorites, you are given a box of food and ushered out the door. It would be better than no food, but most of us would miss being able to choose what to take home.

That realization, along with an increased focus on healthy eating, is driving food banks across the country to make the switch to client choice pantries. These revamped food pantries include signage to identify healthy foods, tools like the MyPlate guide and free recipes, and they often give clients freedom to pick what they want.

A recent story in The Inlander featured changes at Spokane’s Better Living Center, a Second Harvest partner pantry implementing client choice. The transition is a big one for pantries, but it’s worth it for clients.

"Can you imagine going to the grocery store and just being handed a bag of food?" asks Mindy Wallis, nutrition education manager for Second Harvest. "You want to choose what you want to eat, and you’re more likely to eat it that way, too."

Many pantries are putting an emphasis on produce and other healthy foods. According to Feeding America, these so-called healthy nudges are subtle environmental changes in a food distribution setting, designed to make a healthy choice the easy choice.

Examples of healthy nudges include providing nutrition information and nutritious food choices on-site and making these things easily available to clients.

A recent study from Cornell University and Feeding America showed healthy nudges increased the likelihood that clients chose a healthy food item by 46 percent. According to the study, “Nudge interventions can be particularly beneficial for food pantries that do not have the capacity to incorporate traditional nutrition education strategies, such as classes or workshops. They can also complement existing nutrition education efforts to help make healthy choices the easy choice.”

“Having the fresh produce first for selections I believe certainly does encourage our clients to make some healthier choices,” said Sharon Mobley, manager at Othello Food Bank. “When you’re in line and anxious about getting food for your family, you are pretty much focused on getting what you see first.”

At least 18 Second Harvest partner pantries have been set up as Healthy Pantries or are in the process of doing so, said Christina Geschke-Lagrou, Second Harvest nutrition outreach coordinator. No official certification is required to become a healthy pantry, Geschke-Lagrou said, but someone from the Second Harvest nutrition outreach team conducts an initial assessment and recommends changes.

“Pantry managers have told me they’ve heard positive feedback from clients about being able to shop and how welcoming the changes have been,” Geschke-Lagrou said. “The most rewarding result I see is that by allowing clients to shop for food, this not only promotes dignity, it allows clients to have more control of what they eat, it promotes healthy lifestyles, and benefits those who have dietary restrictions, including food allergies.”
April is National Volunteer Month, and at Second Harvest we want to take time to thank each and every one of our volunteers. You make it possible to get healthy food to every person, every day. Your hard work at our Pasco and Spokane hunger solution centers, partner food pantries and Mobile Market food distributions, as well as collecting food and funds at community food drives, and helping at other special events and activities means hungry people can eat when they need it most.

More than 8,000 people volunteered one or more times last year at Second Harvest. Here are some of their perspectives:

**Alicia Hughes, AmeriCorps member:**

“Second Harvest has a long-term impact because feeding everyone, regardless of their circumstance of needing it, affirms the equal inherent value, dignity and rights of me and them.”

“When I give someone food, it reminds me that we are the same; I have just had more opportunity in life. It reminds them that they are an inherently valuable person, and they can then move forward in their life from a place of value. My goal is for everyone, especially the most marginalized, to be taken care of and know they matter and they are loved.”

**Walt, volunteering at a Mobile Market for veterans:**

Walt doesn’t let his wheelchair stop him from helping clients carry groceries to their car. He does it for hours. A Mobile Market catering to low-income veterans is his kind of scene. A retired physical therapist, Walt used to work at Mann-Grandstaff VA Medical Center. He’s volunteered for the Red Cross, a CB radio group, and coached softball and wheelchair basketball. Walt’s also a member of The Military Order of the Purple Heart, which he earned after being injured in the Vietnam War.

“I started volunteering when I was 16,” he said. “Any time we can do something to help vets, that’s what I love doing.”

**Bill and Esther, teaming up to volunteer:**

Bill and his wife Esther volunteered at a veterans’ Mobile Market together. They planned to go out for pizza afterward, but had fun donating their time first.

Bill teaches archery at the Inland Northwest Disabled Veterans Sports Association, and after he got out of the military, he earned degrees in social work and linguistics. He’s been volunteering for four years.

“We do anything we can to help,” he said.

**Rose, serving and volunteering:**

Rose is an active member of the armed services, but she finds time to volunteer for both Second Harvest and Meals on Wheels. She moved to Washington and wanted to meet people – volunteering seemed like a great way to do just that. “It’s a great way to feel good spiritually. If we have the time, why not give back?” she said. “I wanted to do something good – good for my heart, good for my soul, and to help out other people. What’s not to like?”

Check out our volunteer opportunities at 2-harvest.org.

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**PARTNER SPOTLIGHT: OTHELLO FOOD BANK**

Healthy food choices take center stage at the Othello Food Bank in Adams County to promote increased access to fresh fruits and vegetables among the children, families and seniors served. Sharon Mobley, Othello’s food bank manager, also leads the Othello community garden as another way to emphasize the importance of eating more fresh produce.

Many pantries are making the switch to healthy nudges, including product placement using MyPlate guidelines, signage identifying healthy choices, materials on nutrition education and proper food storage, and healthy recipes.

The Othello Food Bank has implemented these things through its partnership with Second Harvest. Othello is more than just a food pantry. Staff is involved in community events and believes in building relationships. Othello was recently involved in a “Bake for Good Kids” at Othello Middle School. The school opened up the cafeteria for participants to mix and bake bread. The students, many of whom don’t have an oven at home, baked one loaf of bread for their family and one loaf for the food bank.

The food bank also participates in Second Harvest’s Bite2Go program for schoolchildren in need and a summer food program for kids. Healthy food donations are encouraged from other partners as well.
DEDICATED LOCAL VOLUNTEERS FEED HUNGRY KIDS IN TRI-CITIES

Bite2Go is part of Second Harvest’s Feeding Kids program, which targets child hunger on several levels. We work with partners in the classroom, at community venues, in The Kitchen at Second Harvest, at after-school centers, on college campuses and more to help feed the 1 in 5 kids who face hunger in our community.

The Bite2Go weekend food program for students in need in the Tri-Cities has grown by leaps and bounds, thanks to the help of superheroes disguised as local citizens. Dr. Charles Bickenheuser and Karl Henwood are affectionately known as Dr. B. and Captain Karl, and the dynamic duo has been battling weekend hunger faced by local schoolchildren.

Dr. Bickenheuser is a retired high school teacher and university adjunct professor. Before Dr. B. began his 25-year career in education, he served as a medical sergeant with the 5th Special Forces in Vietnam in 1970 and 1971. Throughout his 25 years teaching in the Tri-Cities, he has seen hunger in the classroom and knows firsthand how devastating it can be to children. He connected with a group of like-minded citizens to launch the No Hungry Children project in the fall of 2017.

When project members began looking into ways to provide food to hungry schoolchildren, they found a natural partner in Second Harvest. No Hungry Children now helps secure funding for Second Harvest’s Bite2Go program.

“By partnering with a developed and successful program, and with the expertise of Second Harvest, I can make a difference in the lives of children,” Dr. B. said.

Karl Henwood is a writer and a captain for the Oregon National Guard. His background includes industrial logistics and law enforcement. Karl also served in Iraq from 2010 to 2011. He became interested in social services after working with soldiers and gaining a better understanding of their journey to get into the military. Many of them faced difficult challenges, including hunger.

When Karl heard about the No Hungry Children project, he immediately wanted to be a part of it. Karl recognizes that hunger makes it extremely difficult to think clearly, focus and function. He doesn’t want any child to have to be in this situation.

Dr. B. and Karl teamed up to make a powerful impact for local children in need. The funding project started in Kennewick and has helped Second Harvest’s Bite2Go expand into Eastgate and Edison elementary schools, currently serving 125 children per week.

Their team regularly meets with individuals, businesses and local service organizations about Bite2Go sponsorship opportunities, with the hopes of sustaining funding in local schools so that no child will go hungry on weekends. We are grateful for their superpowers in the fight against childhood hunger. Up, up and away!

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.
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! 📞‍️‍️‍️‍️

AECOM at WTP
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Safeway Albertsons
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Spokane Chiefs Hockey Club
Spokane Seed
Sysco
The Garden Tri-Cities
Townshend Winery
Washington Harvest
WhyHunger

This spring host a fund drive to help get food to those who need it most. Use our online resources to help you get started and give you tips along the way. Every $1 raised helps to get 5 meals to people in need.

Learn more at 2-harvest.org/springintogiving.
SPECIAL THANKS TO OUR SPONSORS

24th Annual Event
Wednesday, May 23, 2018

PRESENTED BY

Taking a Bite out of Hunger
A food & beverage tasting & auction

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April 2-30 – Spokane and Tri-Cities
Walmart Fight Hunger Spark Change
Help us fight hunger. Between April 2 and 30, each participating item purchased at local Walmart stores, each donation made in-store and each online act of support will help secure meals on behalf of Second Harvest, which is a Feeding America member food bank. All funds raised locally will be used to feed local families in need.

April 16-27 – Tri-Cities
Feeding Families Food Drive
Visit 2-harvest.org/kndu for details on how to donate funds and food for this annual event, sponsored by KNDU-NBC, and Bechtel, AECOM and its Hanford affiliates. All proceeds will help get food to where it’s needed most in the Mid-Columbia.

April 29 – Spokane
Bulldog Jog
The 5K charity run welcomes runners, joggers and walkers of all skill levels. The run begins in front of the McCarthey Athletic Center at Gonzaga University and extends into Riverfront Park and back. The Bulldog Jog is Alpha Kappa Psi’s largest service event of the year and emphasizes the business fraternity’s dedication to building community and serving others. All proceeds will go toward Second Harvest’s mission to feed hungry people in our community. To register, go to 2-harvest.org/bulldogjog.

April – Spokane and Tri-Cities
National Volunteer Month
Join us to celebrate the thousands of volunteers who help feed our hungry neighbors each year – at our hunger solution centers, as delivery drivers and at community events. Sign up at 2-harvest.org/volunteer.

May 5-14 – Spokane and Tri-Cities
Ford Peanut Butter Drive
Second Harvest is partnering with Wendle Ford and Gus Johnson Ford in Spokane and Corwin Ford Tri-Cities on the annual Ford Focus on Child Hunger event. Watch 2-harvest.org and our social media for details on how to participate.

May 12 – 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 20 – 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 16th year, benefits Second Harvest and two other charities. Learn more at 2-harvest.org/karts.

May 23 – Spokane
Taking a Bite out of Hunger
Taking a Bite out of Hunger, now in its 24th year, is a culinary adventure of the region’s best tastes that also includes microbrews, wines and nonalcoholic beverages, and live and silent auctions. To donate auction items or to participate as a food or beverage vendor, contact Shannon at (509) 252-6242 or shannon.kinney@2-harvest.org. For sponsorship opportunities, contact Chris at (509) 252-6280 or chris.houglum@2-harvest.org.

May 16-23 – Spokane
Huckleberry’s Donation Drive
Stop by Huckleberry’s on Monroe and make a donation. Huckleberry’s Natural Market is hosting its annual drive to raise funds to help feed hungry kids this summer. Every $1 donated helps Second Harvest provide five meals to those in need. Donate at the cash register at Huckleberry’s Natural Market at 926 S. Monroe St. or online at 2-harvest.org.

June 1 – 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 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.

Learn more about these and other volunteer opportunities at 2-harvest.org.

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 inaugural class of the Kay Porta Legacy Society by remembering Second Harvest in your will, estate plan or trust.

To find out more, contact Chris Houglum at chris.houglum@2-harvest.org or (509) 252-6280.

Trishell was hard at work hauling boxes of food for hungry families at Tom’s Turkey Drive. She took a break to speak with us about why she volunteers. “Most people call me T,” she said. Like many people who volunteer at Second Harvest, she jumped at the chance to give back because she was helped when she needed it most. Her company signed up to work shifts at Tom’s Turkey Drive and she gladly joined in.

Trishell grew up in Spokane, a veteran of Lewis and Clark High School, but moved to California after graduation. She ran into hard times there.

As a single mom with three kids, she was homeless. After moving back to Spokane, she found a home with her parents, retrofitting the garage as an apartment. “We made do,” she said. “I paid off all my bills and saved up enough and I bought my home.”

Her story has a good ending: now she works and she completed school. It became a family tradition. All her kids went to college as well. Trishell went back to school at 40 to set an example for her kids. “I couldn’t tell them to do it if I had never done it,” she said. “It’s never too late.”
Fighting hunger, feeding hope, Second Harvest brings community resources together to feed people in need through empowerment, education and partnerships.

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