LOCAL DAD FILLS THE FOOD GAP AT MOBILE MARKET

By Ben Prez

When Jeremy decided to chase his dream of becoming a video game animator, it wasn’t as simple as signing up and attending class.

He quickly had to reckon with the pressure and sacrifice that came with raising three young children, being the only source of income from his job as an overnight production baker, and paying for classes.

All of this left little time for actually completing course work, not to mention not having enough funds to adequately feed his family.

“Money is always tight at this point,” Jeremy says. “I’m basically living paycheck to paycheck and any extra help with food is always welcome.” For the past year, Jeremy has frequented the free monthly produce distributions at Sunset Elementary where his kids attend school. Second Harvest’s Mobile Market program brings a selection of fresh produce, protein, and bread to schools in the Spokane area typically with at least 50 percent of their students receiving free or reduced lunch. For many schools, that number is as high as 70 percent.

Jeremy and his family have relied on these free groceries to fill the gap between income and EBT funds.

“Opening the fridge and seeing it close to empty is really depressing,” he says. “Having food around, just visually, really lightens the mood in the house.”

At a typical Second Harvest Mobile Market at Sunset Elementary, Jeremy can be seen selecting produce, dry goods, protein and bread while his three young children help him shop at the farmers’ market style event.

“It’s nice having a variety of options and if the kids don’t like something, there’s always something else on the line for them to try,” he said. “The food quality is amazing and I don’t get any hassle from Second Harvest.”

“It’s been a great experience overall and it helps feed my family,” Jeremy says of the Mobile Market assistance.

Ben Prez is a member of Second Harvest’s AmeriCorps Program. Second Harvest is proud to partner with the Washington Service Corps, Jesuit Volunteer Corps and AmeriCorps to help get healthy food to every person every day. Learn more at https://www.nationalservice.gov/programs/Americorps
It’s a busy afternoon at Holmes Elementary. Summer is coming, but principal Stephanie Lundberg knows the school will keep serving local kids, even when classes are out.

Holmes is a summer feeding site, Lundberg said, and many students come back for meals all year. “Our kids rely on school for those meals,” she said. Without them, many kids would go hungry during the summer. Most of us think of summer as a fun, carefree time, but for low-income kids who rely on school for food, it can be stressful.

Kristen, a mom in the Tri-Cities, said the summer is a tough time to try to feed her two kids, ages 4 and 7. “Summer months mean needing to get extra food, extra snacks, for my kids. They’re constantly growing and on the move, so I try to prepare extra snacks like sandwiches and apples so they always have a snack on hand.”

She visits the food bank and the Mobile Market more often in the summer to provide for them.

For many low-income kids and their families, food from Second Harvest’s Mobile Markets, food pantries and school-based programs makes a vital difference all year.

After Holmes started the Bite2Go program, Lundberg was astonished by the response. “We had 100 kids sign up,” she said. “It was like the floodgates opened. It was hugely successful – our parents really appreciated it.”

Currently Holmes participates in something called the Community Eligibility Program, or CEP; if enough kids are below the poverty line in a given school, the entire building gets access to free and reduced lunch and breakfast.

At a rate of nearly 90 percent in the West Central neighborhood, Holmes qualifies. It’s one of only a few local schools in the program right now, Lundberg said, but it’s extremely helpful. When she started as principal seven years ago, she had to spend a lot of time trying to get parents to fill out forms for free lunch. Many people felt ashamed of asking for help, or ran into a language barrier.

Today, between Bite2Go, CEP and other community-run programs, kids can eat free at Holmes no matter what. “There’s no shame in it,” she said. A steady supply of food is vital for kids to succeed in school. As an educator, Lundberg knows that more than most. “If those basic needs are not met, they’re not able to learn.”
TAKING A BITE OUT OF HUNGER

More than 1,000 guests and 50 wine, beer and food vendors helped break the record for Taking A Bite Out of Hunger this year! The 24th annual event raised 1,125,000 meals for hungry families throughout the Inland Northwest. Thank you to the generous donors and guests who made this evening possible to help Second Harvest get healthy food to every person every day.

Photos by Rick Singer Photography
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!

Hunger Run: More than 500 people showed up on a cold, wet day to run and walk the third annual Hunger Run and support Second Harvest Inland Northwest and Union Gospel Mission Inland Northwest.

Street Music Week: Local volunteers raised nearly $30,000 during the 16th annual Street Music Week in Spokane and Coeur d’Alene to feed hungry people in Eastern Washington and North Idaho.

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.

93.7 The Mountain
Acosta Sales & Marketing
AECOM
AGC/CLC
AgriBeef
AgriNorthwest
Alloy Potato
Alpha Kappa Psi and the Bulldog Jog-Gonzaga University School of Law
Andersen Organics
Ascension
Bechtel National, Inc.
Beef Counts
Blue Bird Fruit
Broetje Orchards
Cattlwomen’s Association
CenturyLink
Coca-Cola
Corwin Ford Tri-Cities
Dylan Hathaway-Busking for Bread
Food Circle Group
Franklin County Farm Bureau
Franz Bakery
Gebbers Farms
Glacier Family of Banks
Gus Johnson Ford-Peanut Butter Drive
Harvest Foods
Hop Jack’s Kennewick
Huckleberry’s Natural Market
Kadlec Regional Medical Center
Karts 4 Our Community Teams
Klickitat County Cattlewomen
KNDU NBC
KREM 2 & Tom Sherry
KVEW ABC
KXLY
Lamb Weston
Love Abounds Foundation - Dutch Bros. Coffee
Macy’s
McDougall & Sons
Mid-Columbia Libraries
Mondelez International
Mountain West Bank
National Association of Letter Carriers
Northern Quest Resort & Casino
Odom Corporation
Progression’s Credit Union, Spokane
Pure Yoga/Karma Juice
Rosauers Supermarkets
Safeway/Albertsons
Spokane Chiefs
Spokane County Library
The Jay & Kevin Show
Tyson Foods
UFCW 1439
Walmart
Washington River Protection Solutions
Waste Treatment Plant
Wendle Ford-Peanut Butter Drive
Williams Inland Distributors
Yakima Valley Memorial Hospital
Yoke’s Fresh Markets

Take a Fresh Look
Agriculture plays a big role in each of our lives, even if we live in a city. We all need food to survive, but we also reap the benefits that wholesome, nutritious food plays in our overall health. At Second Harvest, we’re proud and grateful to be located in such an agriculturally abundant area populated by generous farmers and growers.

Every March, Second Harvest celebrates the work of our partners in the agriculture industry during National Ag Month. We’d like to highlight the critical role that local farms and farmers play in helping us with our goal to provide healthy food to every person, every day. As the saying goes, “If you ate today, thank a farmer!”

The Agriculture Council of America founded Ag Day in 1973 with the goals of educating the public about how food is produced and acknowledging the many people who have dedicated their lives to doing so.

Since National Ag Day last year, more than 6 million pounds of produce have been donated by 68 generous farmers and growers. That doesn’t include produce that comes through retail partners, just those pounds that come direct from the growers themselves - from farm to food bank!

The four main commodities we have access to through donations are potatoes, apples, onions and pears.

Between those four foods we’re able to keep our more than 250 partner agencies stocked with the fresh produce they need to serve our hungry neighbors, especially children and seniors.

Second Harvest’s generous agriculture donors include Blue Bird, Inc., which has operated in the Wenatchee area for over 100 years. Blue Bird donated almost 600,000 pounds of pears over the past 12 months. That’s a whole lot of healthy goodness enjoyed by kids, families and seniors in need!

Another long-time partner, Gebbers Farms, donated over 900,000 pounds of apples and cherries that went directly out to those in need either through Mobile Markets or to more than 250 partner agencies and schools throughout Eastern Washington and Northern Idaho.

Those millions of pounds allow us to provide the wholesome nutritious foods that at-risk families need in order to be healthy. Children especially need the nutrients that fruits and vegetables provide; without them, kids are more likely to get sick and miss school, or won’t be able to focus very well when they are at school.

LOCAL GROWERS PLAY KEY ROLE IN FEEDING THE HUNGRY

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

Second Harvest’s Pasco distribution center will host its Taking a Bite out of Hunger food-and-beverage tasting and auction on Wednesday, October 10, from 5:30-9:00 p.m.

This is the 13th 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 auction. To donate an item, contact Jean Tucker at 545-0787, ext. 201 or jean.tucker@2-harvest.org.

Sponsors are needed to ensure that all proceeds can be put toward fighting hunger in the Columbia Basin and Yakima Valley. Sponsors at the $2,000, $3,000 and $5,000 levels receive recognition benefits.

To find out about sponsorships, tables and tickets, contact Jean Tucker at 545-0787, ext. 201 or jean.tucker@2-harvest.org.

Tickets cost $100 each and tables are available for $800.
**LEAVE A LEGACY**

In 1971 Kay Porta and a small group of volunteers started the Spokane Food Bank with the belief that food is a basic and critical need. Today, that simple and compassionate vision has grown to become Second Harvest, the largest distributor of food to hungry children, families and seniors in the Inland Northwest.

Kay’s influence continues, with The Kay Porta Legacy Society, which honors individuals who seek to establish a strong foundation for a hunger-free Inland Northwest by making legacy gifts to Second Harvest.

You are invited to be a part of the Kay Porta Legacy Society by remembering Second Harvest in your will, estate plan or trust. To learn about the many benefits of charitable planned giving or to let us know you have already made provisions in your estate planning to support Second Harvest Inland Northwest, please contact Melissa Cloninger at Melissa.cloninger@2-harvest.org, (509) 252-6274.

---

**VOLUNTEER SPOTLIGHT:**

**DARREN**

Darren Dines volunteers in his community in Spokane Valley. Dines, 66, is part of the Spokane Regional Health District’s community health advocate program.

“A few years ago I noticed a flyer posted in our apartment saying, “Would you like an opportunity to help your neighbor and your community?” I answered the call and was accepted into the program,” he said.

Health advocates do things like share cooking ideas, run walking and other exercise programs, “Sit and be fit” classes, fall prevention classes, health checkups and more. Advocates also help residents find resources like food and clothing banks, E.B.T. cards and transportation services.

“That’s how I came into contact with Second Harvest. Second Harvest provides food multiple times per year; fresh fruit, bread and more. Many of our residents take advantage of this generous opportunity. I am told it is at times the difference between having enough food to put on the table for the entire month and not having enough money to cover other necessities,” Dines said.

“We in all-senior communities sometimes if not often feel marginalized. We feel like our best days are behind us. The good people at the Spokane Regional Health District, Second Harvest, and countless others are here to remind us that we still matter. On behalf of me and all the rest of the senior citizens, we thank you for all you do!”

---

**EVENTS AND VOLUNTEERING**

**July 1-31 - Tri-Cities**

*Independence From Hunger*

Grocery Outlet in Kennewick invites customers to purchase pre-bagged groceries to donate. Cash donations of $1 or $5 can be made at the register for Second Harvest.

**July 19 - Spokane**

Participate in the 40th annual Cherry Pickers Trot & Pit Spit at Green Bluff and feed someone experiencing hunger. Second Harvest will receive a portion of the registration fee for this fun tradition.

**Aug. 29-Sept. 3 - 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, held in Spokane’s Riverfront Park.

**September – Spokane and Tri-Cities**

**Hunger Action Month**

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

**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 to donate: alaskausa.org/branches.

**Sept. 6-7 – 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. 13 and 27 – Spokane**

*Night in the Warehouse*

We are changing up our annual Night in the Warehouse event this year. This 7th annual event will be held on two dates instead of one. Mark your calendar for September 13th or September 27th from 5:30 to 8:00 p.m. Come prepared for the fabulous food, drinks, and fun you’ve come to expect, plus some exciting new elements! Still in the Second Harvest warehouse and featuring our newly expanded Kitchen.

**Oct. 10 – Tri-Cities**

*Taking a Bite out of Hunger*

Taste some of the area’s best entrees, appetizers, desserts, beers, wines and other beverages while bidding on auction items from 5:30 to 9:00 p.m. at the Pasco distribution center. Volunteers are needed to help with set-up, vendor check-in and other tasks.

**Nov. 16 and 17 – Spokane**

*Tom’s Turkey Drive*

Spokane’s premier turkey drive is held at local Rosauers stores and promoted by KREM 2 Chief Meteorologist Tom Sherry. The event rallies the Spokane community to contribute Thanksgiving dinners for families and seniors in need.

**Nov. 17 – Tri-Cities Third Annual Turkey Drive**

Help Second Harvest feed 2,600 Mid-Columbia families in need this Thanksgiving. A $30 donation provides a complete Thanksgiving meal. Packing and set-up days for food boxes are Nov. 15 and 16. Distribution is Saturday, Nov. 17 for Tri-Cities, with location and time to follow. Locations in Yakima and Sunnyside will be added. Watch for more details at 2-harvest.org/tcturkeydrive.

**Nov. 20 – Spokane**

*Tom’s Turkey Tuesday*

Volunteers are needed to help distribute the fixings for Thanksgiving meals to thousands of families and seniors in need at this one-day distribution at the Spokane Arena. Learn more about these and other volunteer opportunities at 2-harvest.org.

**Nov. 27, Spokane & Tri-Cities**

*Giving Tuesday*

Take a break after Black Friday and Cyber Monday. #GivingTuesday is a day to give back. Your donation of time or money to Second Harvest on #GivingTuesday will help us feed the people who struggle with hunger in our community.

Learn more at 2-harvest.org.
**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 Chairperson, Northwest Farm Credit Services  
Carla Cicero, Past Chairperson, Numerica Credit Union  
Jason Clark, President and CEO, Second Harvest  
Jennifer Milnes, Secretary/Treasurer, Second Harvest  
Dr. Ken Anderson, Gonzaga University  
Mike Dunford, Community Volunteer  
Michael Gadd, Clearwater Paper Corporation  
Alex Jackson, MultiCare  
Thomas McLane, Randall Danskin, P.S.  
Dr. Colleen McMahon, Gonzaga University  
Bruce Nelson, Agricultural Producer  
Dr. Darryl Potyk, UW School of Medicine  
Heather Rosentrater, Avista Utilities  
Kevin Rasler, Inland Empire Paper Company  
Ray Sprinkle, URM Stores, Inc.  
Kimberly Thielman, Asuris Northwest Health

---

This newsletter is published quarterly.  
Volume 26, Edition 3. To remove your name from our mailing list, please call (509) 252-6261 or (509) 545-0787.