COLUMBIA BASIN AND YAKIMA VALLEY

Thanks to generous supporters of Second Harvest’s Turkey Drive in the Mid-Columbia, 2,400 families in Sunnyside, Yakima and the Tri-Cities gathered around full tables this Thanksgiving. After more than 100 hours assembling boxes filled with a turkey, potatoes, onions, carrots, apples, pie crusts, crumb topping, rolls and milk, more than 140 volunteers helped distribute them to people facing hunger in the days leading up to Thanksgiving. Members of the community, businesses and other organizations donated $30 per meal to ensure families facing hunger could partake in the holiday.

Teresa was excited to have her son home for Thanksgiving this year, but she couldn’t afford a turkey. Thanks to the distribution, her family could focus on the spirit of the holiday: gratitude and family. “For us, it’s the family being together. Our son is going to help us cook the dinner. It’s just a day where we’re all together, and we just hang out together and have fun.”

Without this distribution, Thanksgiving would have looked a lot different for Lisa, another Yakima resident. “Probably a pot of beans and rice. This makes a big difference—a huge difference,” she said. This year, Lisa was grateful for all those who supported the Thanksgiving meal distribution. “Thank you for being a blessing in our lives.”

Local sponsors donated food and funds to the fourth annual Turkey Drive. This year’s event was sponsored by Lamb Weston, AgriNorthwest, Exponential Ag, LLC, Domex Superfresh Growers, UnitedHealthcare Community Plan, Czebotar Farms, Dairy Farmers of Washington, Northwest Farm Credit Services, Washington River Protection Solutions, PCA Columbia Region, Easterday Farms, Tree Top, Les Schwab, Gebbers Farms, Grimmway Farms, Columbia Basin Blends and Tri-City Herald.

SPOKANE

The 20th annual Tom’s Turkey Drive was a huge success thanks to the event’s volunteers, donors and sponsors. Volunteers at the two-day drive and meal building sessions were inspired by the event’s namesake, Tom Sherry of KREM 2, who first brought community partners together to provide a Thanksgiving meal to families in need. With the help of 750 volunteers, 7,500 families took home boxes filled with ingredients to make a full holiday dinner from the Spokane Veterans Memorial Arena on the Tuesday before Thanksgiving. More than 3,500 meals were also distributed through food pantries in Spokane, Whitman, Stevens and Kootenai counties.

Amber was one of the people who received a meal from Tom’s Turkey Drive this year. “I don’t think you can explain to somebody who hasn’t been through it what it’s like to go through that—to have to choose do I put food on the table or do I pay the electricity to make the food?” she said. Thanks to Tom’s Turkey Drive, she didn’t have to face that choice this Thanksgiving.

Seventy-seven-year-old Belle knows what Tom’s Turkey Drive means to the community. “It’s important for people. I guarantee everyone here needs it. They count on it. Every year, you’re counting on having it. It’s your Thanksgiving.”

Tom’s Turkey Drive was made possible thanks to its many sponsors: Rosauers, whose customers donated $20 for each pre-packaged Thanksgiving meal at area stores, KREM 2, Starbucks, Franz Bakery, Darigold, the Dairy Farmers of Washington, Numerica Credit Union and Itron.
Students at Columbia Basin College now have a place to go on campus when they’re hungry—and it’s not the cafeteria. The college recently opened their campus food pantry after a survey of students showed that food insecurity was a widespread issue throughout the student body.

Hunger is an emerging concern on college campuses. Although there are fewer barriers to higher education, low-income students still struggle to pay for their basic needs on top of tuition and course materials.

The Columbia Basin College pantry had an instant impact. The college held a ribbon-cutting ceremony to celebrate the opening of the food pantry in November. As people were funneling out of the room after the ceremony, six students got in line to pick up food. Less than a month after its opening, the pantry was utilized 85 times by 65 different students.

The pantry not only helps students at the college but also their families, who may have a hard time accessing food assistance elsewhere. “I had a student that I helped yesterday that told me that he and his family are going through a really hard time and that this really means a lot,” said Ralph Reagan, Assistant Dean of Student Conduct and Activities at Columbia Basin College. Within the first few weeks of operating, the pantry had served 260 people, which included others in the students’ households.

Food for the campus pantry comes from Second Harvest and other community donations. Thanks to generous donors like you, students at Columbia Basin College and six other area colleges have a place to go right on campus when they need food to fuel them as they work toward their dreams.

VOLUNTEER SPOTLIGHT: CARL EBINGER

Carl has always loved cooking at home, but it wasn’t until recently that he discovered how much good he could do with that hobby. In just a year and a half, Carl has become a core Nutrition Ambassador and a go-to “expert” on certain ingredients and cooking techniques in The Kitchen’s Community Classes.

Carl found The Kitchen at Second Harvest when he was looking for a way to combine his love of cooking with a way to give back to his community. “I feel like I’ve been really lucky in my life,” he said. “A couple of wrong turns or bad luck situations could have had me in the same situation as a lot of people who are coming to these classes.”

Through his interactions with class participants, Carl has learned how hard it can be for some people to access fresh groceries. “I wish people realized that the need isn’t from laziness or apathy. It’s just from lack of resources,” he said. That’s why he finds so much value in teaching people how to cook the fresh produce available at their local food pantry—and how to have fun while doing it, too.

Of course, Carl has a few favorite recipes from The Kitchen, but it’s the people he meets there that make it worthwhile. “It’s been really enriching. I’ve interacted with people who normally wouldn’t even be visible to me—people who have a lot of need and really need the help that Second Harvest provides. In my day-to-day life, I don’t usually meet people in those situations,” he said. “It’s really enlightening and kind of humble to meet all of them, and that’s a big part of what keeps me coming back—seeing that the few hours a week I put in can really help people out a lot.”

Thank you, Carl, for sharing your love of cooking with everyone you meet in The Kitchen!
Doctors in the residency program at Spokane Teaching Health Clinic are getting a little hands-on cooking experience as part of their emphasis on nutrition as a clinical intervention for patients. Residents made black bean burgers and split pea guacamole in The Kitchen at Second Harvest recently. Those are some of the dishes prepared in Community Classes offered at Second Harvest. The free cooking classes teach people how to make healthy meals using fresh produce and other basic, sometimes unfamiliar ingredients available at their local food pantry.

Since diet is so closely linked to a variety of chronic diseases, including diabetes, cancer and obesity, good nutrition is increasingly part of many health prescriptions. The class exposed doctors to an important resource for people who are food insecure and/or who are trying to develop healthy eating habits.

“It would never have occurred to me to refer someone to this,” said Scott Tetz, a resident in internal medicine. Julius Grecu, a psychiatry resident added, “The personal experience was great. I can tell my patients I’ve been (to a cooking class).”

Incorporating Second Harvest cooking classes as an educational tool for doctors is part of a multifocal learning model at Spokane Teaching Health Clinic. Residents study nutrition, social determinants of health and food insecurity. The collaboration between the clinic and Second Harvest is a great fit, as the clinic’s patient population includes many of the same people that Second Harvest sees in its food pantry lines.

Second Harvest is located just down the road from the clinic and is on a bus line, so patients referred to a Community Class don’t have far to go. They leave the class with more than just cooking knowledge. Class participants enjoy a true sense of community as they sit down together to enjoy simple but flavorful foods made with whole, fresh ingredients—foods that today are the norm rather than the exception at Second Harvest partner food pantries and Mobile Market free food distributions.

“I was pleasantly surprised. It was great tasting food,” said internal medicine resident Jose Gomez.

For more information on cooking classes, please visit secondharvestkitchen.org.

COOKING CLASSES MAY BE JUST THE RIGHT PRESCRIPTION FOR NEW DOCTORS

BASIC FOOD
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!

509 Wealth Management – Ameriprise – Jason Johnson
Ag Reserves
Alaska USA Federal Credit Union
Avista Utilities
Bank of America
Barrister Winery
Big 99.9 Coyote Country – The Jay and Kevin Show
Bill Burke Advertising and Pig Out in the Park
Bloomsday Road Runners Club – Turkey Trot
Broadway Court Estates
Cherry Creek Media
City of Spokane Police Department
CliftonLarsonAllen
CoBank
Czebotar Farms
Dairy Farmers of Washington
Daniel T. McGinnity Memorial Turkey Trot
Darigold
Enterprise Rent-A-Car
First Interstate Bank
Franz Bakery
Fred Meyer
Full Sail Brewery
Garco Construction
Gebbers Farms
Global Credit Union
Gold Seal Mechanical
Gold Seal Plumbing
Gonzaga Prep
Gonzaga University
Green Bluff
Grocery Outlet Kennewick
Hops n Drops Kennewick
Humana
Idaho Central Credit Union
Inland Northwest Council Boy Scouts – Scouting for Food
Inspirus Credit Union
Itron
Kalispe Tribe of Indians
KREM 2
KXLY 4 News – Season of Giving
KXLY Radio Broadcast Group
Lamb Weston
Local 44 Plumbers and Steamfitters
Local Union 598 Plumbers and Steamfitters
Louisville Laser and Spa
Lukins & Annis, P.S.
Mission Support Alliance - Leidos and Centerra Group
Mt. Spokane High School DECA Club – Tackle Hunger
NAC Architecture
No-Li Brewhouse
Northern Quest Resort & Casino
Northwest Farm Credit Services
Numerica Credit Union
Premera Blue Cross
R’nR RV
Red Nose Day
Rosauers Supermarkets
Seventh-Day Adventist Church – Journey to Bethlehem
Shadle Park High School DECA Club – Tackle Hunger
Spokane Association of REALTORS®
Starbucks Coffee Company
STCU
Temple Baptist Church
The Fitz Tournament
The Guardian Life Insurance Company of America
The Trailer Park Girls
Tito’s Handmade Vodka
Tri-Cities Sunrise Rotary
Twigs Bistro and Martini Bar
Tyson Foods
United Way of Benton and Franklin Counties
UnitedHealthcare Community Plan
Walmart
Washington Trust Bank
WSECU
Ya Ya Brewing
Yakima Valley Farm Worker’s Clinic
Yoke’s Fresh Markets – Season of Giving

Thanks to all involved in Yoke’s Season of Giving food drive this holiday season!

The Pasco School District No. 1 students, parents, employees and community members gave so generously to this year’s Project Fill-the-Bus! Their donations provided thousands of meals for local families in need during the holidays.

Gesa Credit Union team members spent time sorting food at our Pasco Hunger Solution Center.

Thanks to all involved in Yoke’s Season of Giving food drive this holiday season!
Serving Those Who Served Us: You’re Feeding Veterans in Our Community

Veterans have given their time, skills and, in some cases, lives to defend our country. Unfortunately, after their military service, many veterans face challenges—physical, emotional, and financial—that make it difficult to access healthy food for themselves and their families.

You’re helping to change that. Thanks to you, veterans in Spokane are getting more healthy food and nutrition education through the Mobile Market and cooking classes.

Mobile Market

Every few months, the Mobile Market bus rolls up right outside the doors of the VA hospital in Spokane to bring thousands of pounds of fresh produce and other healthy food to veterans in need. “A lot of our veterans, in order to qualify for care here, have to be under a certain income level, so there’s a population often that is income challenged. Getting good food, fruits and vegetables, and the things that Second Harvest can provide is really good for them,” said Mary Hoenecke, health promotion disease prevention program manager and a nurse practitioner at the VA Medical Center.

Cooking Classes

Spokane’s VA Medical Center brings veterans to The Kitchen at Second Harvest so they can learn how to make delicious meals out of all the nutritious foods available on the Mobile Market bus, at their local food pantry and inexpensively at the grocery store. During these classes, veterans have made recipes such as vegetable stir fry, spaghetti squash, stovetop stuffing and homemade cranberry sauce. Some of them even hopped on the smoothie bike!

“A lot of people, especially veterans, are one crisis away from losing everything. Whether that be financial or PTSD and things like that, they’re one event away from potentially losing everything they have—the ability to support themselves. With veterans, I would hate to think somebody who is more than willing to say, ‘Yes, I’m willing to die for you’ would then not receive some help. A large number of veterans, we have a house, but it may be a house of cards. One leg is taken away and everything crumbles.” -Danny, Army veteran, attended Mobile Market

“I’m able to shop and get what I need to keep my health up, and it makes me feel independent. For veterans, especially the ones that have been injured, you get to the point where you feel defeated and not useful. This gives you a leg up—a chance to be independent again.” -Cheri, Air Force veteran, attended Mobile Market

Cheri was excited about all of the nutritious food she took home from the Mobile Market bus.
You’re bringing about a future where all kids have the food they need to live healthy lives. Thanks to your generous support, Feeding Kids First is moving forward in delivering solutions to child hunger right here in our community.

We received great news from the City of Spokane that our construction permit was approved to begin renovations in the Wolff Family Child Hunger Solution Center! We’ve even already started using the facility to produce thousands of Bite2Go weekend food kits during our bi-annual Big Build events. Your donations make it possible for us to provide over 5,000 schoolchildren with Bite2Go weekend food supplies each week. We know there is more bold work to be done throughout the region.

Second Harvest is extremely grateful for everyone who has donated to this campaign. Generous folks like you have given gifts and made commitments that have brought us more than 85% of the way to campaign completion in just over a year.

If you’d like to help close the gap so that more kids have access to regular nutrition, contact Drew Meuer, SVP of Philanthropy, at drew.meuer@2-harvest.org or (509) 252-6284.

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

Malinda and I think the work that Second Harvest does in our community and for our community is hugely important. When each of us were kids, our parents needed help a time or two and the community was there for them.
— David and Malinda Kimmet, Feeding Kids First donors

This newsletter is published quarterly. Volume 28, Edition 1. To remove your name from our mailing list, please call (509) 252-6261 or (509) 545-0787.
February 8 – Spokane
Inland Northwest Ice Bowl - Benefitting Second Harvest
This year’s Super Ice Bowl Blowout is Saturday, Feb. 8 at Downriver Disc Golf Course. Early entry fee is $25 and 10 cans of food. Day of event sign up is $30 and 10 cans of food and starts at 9 a.m. Pre-registration is available starting the first week in December. Go to the Inland Northwest Ice Bowl Facebook group for registration information or call David Willman directly after 4 p.m. at (509) 842-8211.

February 14 – Spokane and Tri-Cities
Dutch Luv Day
Dutch Bros. will donate $1 to Second Harvest for every drink sold at Dutch Bros. locations on February 14.

February 20-29 – Spokane
Inlander Restaurant Week
Enjoy delicious entrées at over 100 participating local restaurants in Spokane and North Idaho. Post a rave review about your meal on social media or donate directly through Everyone Eats to help feed a family in need. More information at inlanderrestaurantweek.com.

March 14 – Spokane
Friendly Sons of St. Patrick’s Parade and Food Drive
Bring the family to check out this traditional, fun parade. While you’re there, donate some food or funds to the Friendly Sons, who are raising resources to feed people facing hunger.

April 19 – Spokane
Negative Split
Our friends at Negative Split understand how to put on a great race event for everybody involved. Our shared interest in improved health and nutrition in our community made sharing our resources a perfect fit. By joining forces, we have an even bigger impact. This race offers more choices to accommodate your goals and abilities. Most importantly, it continues to champion the work at Second Harvest and Union Gospel Mission to make nutritious food accessible for our neighbors in need. Register for this half marathon/10K/5K on nsplit.com.

May 9 – Spokane and Tri-Cities
Stamp Out Hunger Food Drive
Letter carriers will collect shelf-stable food donations during their annual Stamp Out Hunger Food Drive. Volunteer opportunities will be open soon at 2-harvest.org.

May 13 – Spokane
Taking a Bite out of Hunger
Taking a Bite out of Hunger, now in its 26th year, is a culinary adventure that includes microbrews, wines and nonalcoholic beverages, and a silent auction. To donate auction items or to participate as a restaurant vendor, please contact Shannon at (509) 252-6242 or shannon.kinney@2-harvest.org. For sponsorship opportunities, please contact Chris at (509) 252-6280 or chris.houglum@2-harvest.org.

When you give monthly as a FEED365 member, you’ll create a reliable source of funding year-round to help provide healthy, fresh meals for families, children and seniors facing hunger in our community. Each dollar you give will provide food for five meals. Your monthly gift is easy to set up and manage, and it’ll make a huge difference in the lives of people facing hunger in the Inland Northwest.

Find out more about how you can join the FEED365 team of givers at 2-harvest.org/feed-365.

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.