

# WHAT SHOULD I DONATE TO A FOOD DRIVE?

- Canned Fish and Lean Meats
- Healthy Soups and Stews
- Dry or Canned Beans
- Whole Grain Pasta, Rice and Cereal
- Canned Fruits and Vegetables
- Peanut Butter and other Nut Butters

*Healthy bodies and minds require nutritious meals to thrive! When choosing items to donate, keep nutrition in mind to help ensure the good health of those in need.*



# SECOND HARVEST

## Healthy Food. Every Person. Every Day.

### VISION

Second Harvest is a non-profit food resourcing and distribution organization founded in 1971. Our mission is to fight hunger and feed hope.

We get food to those who need it most - struggling families, seniors, and children – to help fill a nutritional gap.

We work to get healthy food, to every person, every day.

### THE NEED

In our area, **1 in 8 people**, including **1 in 5 children**, are food insecure, which means they lack adequate resources and access to affordable, nutritious foods necessary to live a healthy, active lifestyle.

Our service area spans **21 counties in Eastern Washington** and **5 counties in North Idaho**.

### HOW WE GET FOOD

We work with food industry partners in the Northwest to source fresh produce, perishable and staple food items to distribute to those in need.

Generous community donors contribute funds, sort food, and host food drives.

We turn every dollar donated into five meals to feed our hungry neighbors.

### DISTRIBUTING FOOD

We supply food at no cost to **250 food banks**, agencies and meals programs in our area, and also through our Mobile Markets.

Each month we distribute **3 million pounds of food**. More than half is fresh produce and perishables.

Every week, **55,000 people** receive food from Second Harvest.

### VOLUNTEERS

We rely on more than **8,000 volunteers** each year to help sort, pack and prepare food for distribution and to assist at food drives and events.

Volunteer opportunities are available for individuals, groups, businesses and families.

### HOW TO GET INVOLVED

Donate. Volunteer. Organize a food drive. Find out more at [2-harvest.org](http://2-harvest.org) or on our social channels.



# SECOND HARVEST

Healthy Food. Every Person. Every Day.

Throughout the Inland Northwest 1 in 8 people, including 1 in 4 kids, face hunger and don't have access to the healthy, nutritious food they need.

FEEDING FAMILIES,  
FEEDING SENIORS,  
FEEDING KIDS,  
HEALTHY EATING

Every week, Second Harvest helps feed 55,000 people.



HUNGER RELIEF  
IN OUR  
COMMUNITY

Our agriculturally-rich region produces enough food for hungry people – we work to get it to those who need it most.

FRIENDS + FOODS  
+ FUN

- More than 8,000 volunteers helped last year
- Every \$1 equals five meals



Volunteer, Donate

2-harvest.org



# REAL-WORLD IMPACT



For Ryan's family, the Mobile Market is a lifesaver. The busy father of two works part-time and takes care of two young kids, while his wife holds down a full-time job.

"But even with that, it's tight," he said. "I don't even care about myself, but we try to feed them as much as we can."

## GETTING FOOD TO WHERE IT'S NEEDED MOST

Second Harvest provides half a million pounds of food each week through programs in Eastern Washington and North Idaho.

- 250 food banks, meal sites, programs
- Mobile Markets to schools and community centers

**To see a list of our partners or to learn more visit  
[2-harvest.org](http://2-harvest.org).**

# DONATE HERE

**Every \$1 raised provides 5 meals**  
for people in need.

**Together** we can provide healthy food  
to **every person** every day.



# Your Impact

## \$1 = 5 meals

For every dollar donated, Second Harvest secures and distributes six pounds of foods (5 meals) to people in need.

## Our Impact

Fighting hunger and feeding hope in the Inland Northwest



**55,000**

people served weekly



**30.3 million**

pounds of food distributed yearly



**12.2 million**

pounds of fresh produce delivered yearly



HARVEST



[2-harvest.org](http://2-harvest.org)



**\$1=5  
MEALS**



HARVEST





HARVEST