

# FOOD *for* THOUGHT

## Inside THIS ISSUE

**Feeding Kids: A Shared Philosophy**

**Mission Moments: New Year, New Opportunities**

**Nutrition Education: Healthy Eating in 2022**

**Sourcing Food: Getting Meals onto Dinner Tables**

**Rooting out Hunger: Celebrating Fresh Produce Donors**

**Revisiting the 22<sup>nd</sup> Annual Tom's Turkey Drive**

**Mid-Columbia and Yakima Valley: Turkey Drive Recap**

## *Feeding Kids:* A SHARED PHILOSOPHY

STEVE DURHAM  
VP OF PHILANTHROPY | CHILD HUNGER PROGRAMS



**H**i, it's nice to meet you. I'm Steve Durham, Second Harvest's new Vice President of Child Hunger Programs. Last June, following a lengthy career in retail operations, construction management and e-commerce, I decided to set forth on a new journey. One centered on service to my community. One where I ultimately found myself fighting hunger and feeding hope at Second Harvest. In all actuality, I initially began working as a member of our supply chain team, supporting Second Harvest's mission through my work on the warehouse floor. I've since been honored to accept the opportunity to oversee our Bite2Go program. In case you're not aware, Bite2Go is Second Harvest's child hunger program that currently feeds 6,600 children weekly through weekend meal and snack kits distributed through area schools.

in Amarillo, Texas and decided to visit Snack Pak 4 Kids, a Texas Panhandle nonprofit that provides food-insecure kids weekend meal kits, which became the pilot model for Bite2Go here in 2014. What began as a hopeful partnership between Second Harvest and At The Core at a handful of schools in Spokane has blossomed into a robust program serving almost every school in Spokane County, with expansion across Benton, Franklin, Stevens and other counties today and even more growth on the horizon.

Eager to learn more about the history of our program's genesis and meet Snack Pak's creator, Dyron Howell, my team and I hit the road to meet the man whose work inspired Tom Stevenson's initial trip. Dyron Howell generously extended his Texas hospitality to our Bite2Go team and invited us to his facility to exchange ideas addressing child hunger.

On the surface, one would think that Texas and the Inland Northwest would have little in common. The surrounding area of Amarillo is pancake flat except for Palo Duro's deep canyon; nothing like Central and Eastern Washington. And yet the people of each region share passion for the mission of feeding those experiencing hunger.

In the Amarillo warehouse, we witnessed volunteers on forklifts raising pallet after pallet of dry goods into the beds of old Ford pickups. Behind them, high school honors students lined up alongside lengthy workbenches. They worked to fill plastic shopping bags with single-serve portions of breakfast cereal, fruit strips and Chef Boyardee entrees. It was a bustling scene with a classic rock soundtrack coming from a giant speaker on the floor. And in all honesty, it reminded me of the Bite2Go kit builds we host here at Second Harvest.

During our visit, Howell provided timely lessons about food distribution to remote communities. He told us about the

At the time I took on my new role, I also accepted an invitation to visit our Bite2Go program's inspiration, Snack Pak 4 Kids in Amarillo, Texas.

A Spokane area nonprofit, At The Core, started looking into solutions for child hunger around the same time Second Harvest was exploring ways to serve the same kids. At The Core's leader, Tom Stevenson, heard about the Snack Pak 4 Kids program



*Continued on Page 2*

Continued from Page 1

partnerships that allow him to maintain steady food supplies and prices in a time of inflation and supply chain disruptions. After a full day of building tours, laughs with volunteers, and long conversations about supply chains, my team thanked Dyron for his time and headed back to the Inland Northwest to get to work feeding kids. You see, where we ultimately gained the most value from our trip was not in the talk of logistics and programmatics, though helpful, but rather in time spent connecting through mission and vision.

Here's what we learned about the philosophy behind Dyron's program. "My building is full of food, but people don't see that it's [actually] full of tools," Howell said. He pointed to ample evidence about the negative outcomes in classrooms for kids who show up hungry. "Food," Howell said, "is a tool that develops and sustains a young student's focus, concentration and participation in the classroom."

Howell went on to explain, "We're not giving out food. We're giving out dignity." That same principle also guides Bite2Go. A trusted teacher or counselor gives the student food in a private exchange each week. The ready-to-eat meals and snacks arrive in non-descript bags filled with kid-friendly food sourced from major brand names to help students avoid the social stigma of generic government food. Howell sums it up nicely, "We cannot rob people of their self-esteem when we help."

Snack Pak  
4 Kids and  
Bite2Go both

demonstrate compassion in action when volunteers and donors act on behalf of kids facing hunger. Looking to the future, Bite2Go is poised for even more expansion.

Though Howell's Snack Pak 4 Kids program operates 1,500 miles away from Bite2Go, there is a shared mission—an organizing principle summarized by Howell: "Keep the kids in the center of everything we do."

I hope I can center the philosophies gleaned during our trip—preserving dignity and harnessing the power of caring communities—as I lead this team and Bite2Go into the future.



## Mission Moments: NEW YEAR, NEW OPPORTUNITIES

JASON CLARK,  
PRESIDENT & CEO



To me, it seems impossible that we're almost two years into the pandemic. I had to take another look at my calendar to double-check myself. I'm well beyond speculating about when our world will return to pre-COVID norms. As I step back and reflect on what we've learned and how we adapted to extraordinary times, I'm incredibly grateful for the support from people like you that has kept Second Harvest moving forward.

For us, the shift from old to new normal has included reopening The Kitchen at Second Harvest. It was exciting to schedule our first cooking class in January after not being able to welcome the community into our Spokane teaching kitchen since early 2020. Check out page three of this newsletter for a refresher on our nutrition education priorities and how you can get involved.

Phase two of renovations is in progress, but our new Wolff Family Child Hunger Solution Center is open! Located across from our Spokane distribution center, it's home to our Bite2Go weekend food program for schoolchildren in need. Eight years ago, Second Harvest launched Bite2Go alongside another local nonprofit, At The Core, which has been an incredible advocate for reaching more kids facing hunger. Together, we're poised to expand Bite2Go—particularly in schools in outlying and underserved rural communities. You'll find more about this on page one.

There's even more on these pages about the work you help us do to get food to vulnerable children, families and seniors in the Inland Northwest. It's so important. Despite pandemic disruptions, that's something that hasn't changed. Thank you for all you do to help Second Harvest build healthier communities through food.

## FEEDING FAMILIES FACING HUNGER YEAR-ROUND



Three meals a day, every day. When you don't know where your next meal is coming from, that's a lot of uncertainty. By becoming a monthly giver, you'll create a reliable source of funding year-round to provide healthy food for those facing hunger in our community.

***"Feed365 makes everything automatic and works within our budget. Second Harvest's mission is so important to us and Feed365 makes it easy to participate."***

- Dean & Sandy,  
current Feed365 members

For more information, email  
[Feed365@2-harvest.org](mailto:Feed365@2-harvest.org).





# Nutrition Education: HEALTHY EATING IN 2022

**C**urious to learn what you can do with an ingredient lingering in your pantry? The Kitchen at Second Harvest can help! Since 1971, it has been Second Harvest's mission to get food resources out to those who need it most. But providing groceries alone isn't always enough when people are unfamiliar with an ingredient or don't know how to prepare the food they receive. After being disrupted by the onset of COVID-19, The Kitchen at Second Harvest is making a comeback. We're taking our mission a step further and investing in long-term community health through nutrition education and hands-on cooking lessons, giving people the tools to take their nutritional health into their own hands. Nutrition education is an integral part of our mission at Second Harvest. Read more about how we make our vision for a healthier community come to life at [2-harvest.org](https://2-harvest.org) or [secondharvestkitchen.org](https://secondharvestkitchen.org).

MELISSA JOHNSON  
NUTRITION EDUCATION  
ASSOCIATE



## THE KITCHEN AT SECOND HARVEST

Opened in 2015, The Kitchen at Second Harvest is an educational classroom, meeting space and commercial production-style kitchen, all in 2,153 square feet. The space welcomes cooking novices and enthusiasts to come together and get excited about home cooking, gain confidence in culinary skills and learn more about how food choices affect our overall health.



## ON & OFF-SITE CLASSES

To connect with those who are unable to access opportunities on-site, Second Harvest staff and dedicated volunteers also head out into the community to offer classes in schools, community centers and low-income housing sites.

Outreach includes the Healthy Pantry program and recipe sampling at partner agencies during their food distributions. This encourages healthy choices and supports pantries to make environmental changes that favor client-choice, and making the healthy choice the easy choice for those who visit. Think of sampling and store set-up at Costco!



## AGENCY & INDIVIDUAL EDUCATION

Of course, none of this would be possible without our dedicated volunteers, known as Nutrition Ambassadors, who are passionate about our mission to provide tools, resources and education as a means to elevate the overall health of local communities and families. Nutrition Ambassadors are community members who have a specific interest in food, nutrition education or dietetics, or interest in working with vulnerable populations. Volunteers wear many hats. On any given day, they assist with cooking classes, hand out healthy food samples alongside our Mobile Market or lead a cooking demonstration in a community center.

## MOBILE MARKET

The Mobile Market helps get our community excited about scratch-cooking. Whether it's introducing clients to new recipes or offering a healthy food sample to clients at a Mobile Market, our goal has always been the same: to empower community members to move from hunger to health and self-sufficiency through powerful hands-on learning and engagement. Nutrition education is provided during Mobile Market distributions through samplings paired with easy-to-follow recipes that incorporate many of the ingredients families will receive. COVID-19 forced the onsite programming in The Kitchen to temporarily pause, but nutrition education efforts continued through recipe distribution at our Mobile Market events. Come say "hi" and learn from our Nutrition Ambassadors at a Mobile Market near you.



Want to stay updated on how to get involved as things get cooking in The Kitchen? Watch for more news at [2-harvest.org](https://2-harvest.org) or check out The Kitchen website for recipes and more at [secondharvestkitchen.org](https://secondharvestkitchen.org)

# Sourcing Food: GETTING MEALS ONTO DINNER TABLES

CLAIRE HURD  
MARKETING ASSOCIATE



Ever wonder how Second Harvest gets food to thousands of families each year? Let's start with the basics. A food bank is a nonprofit that has the capacity to store millions of pounds of food that can then be shared with hunger-relief programs, such as food pantries, meal sites or senior programs. Food stored is donated from local neighbors, grocery stores and agriculture partners. Second Harvest takes these food products, stores, repackages, transports and distributes them to the agencies and areas that need them. These partner agencies are where local families can find food resources near them throughout the Inland Northwest. So, while Second Harvest's warehouses operate out of Spokane and Pasco, families throughout Eastern Washington and North Idaho can find a method of food assistance near them that suits their needs.

Approximately 13 million pounds of Second Harvest's donated food comes from grocery retailers annually. Our Grocery Rescue program consists of grocery stores throughout Eastern Washington and North Idaho. These are quality, safe to consume, food items that would otherwise likely find their way to the landfill unnecessarily. Using community connections, Second Harvest also sources bulk food from distributors, manufacturers and growers, repacking them using volunteer labor to be ready for their intended distribution. If the food received happens to be unusable, Second Harvest keeps it from a traditional landfill by offering the spoiled product to local farmers who use it for pig feed or soil fertilizer.

## HOW SECOND HARVEST GETS FOOD TO THE TABLES OF THOSE IN NEED



Once the donated items are inventoried and quality-checked, Second Harvest staff can pull and prepare orders for partner agencies. Pallets of product are assembled and loaded onto trailers where a driver will deliver them. The option to pickup directly is available to partner agencies, as well.

Last year, our hunger relief network provided more than 50 million pounds of food to children, families and seniors facing food insecurity. That was food for more than 114,000 meals per day throughout the Inland Northwest.





# Rooting out Hunger: CELEBRATING FRESH PRODUCE DONORS

**A**gricultural donors are a key element in Second Harvest's hunger-relief mission. These partnerships not only help keep good product from landfills, but also allow for millions of pounds of food to get into the hands of those who need it throughout Eastern Washington and North Idaho.

This special system is giving way to greater opportunities for farm-to-table meals for families facing hunger. And these generous partners are helping to close the gap between food insecurity and healthy eating. It's the first harvest that makes the second harvest possible, and we want to extend our sincerest thanks to our partners in the agricultural industry who donate the fresh food to make healthy eating for local families an easier choice.



## SAMPLE OF 2021 LOCAL FRESH PRODUCE DONORS



LOGOS INDICATE TOP 10 PRODUCE DONORS BY POUNDAGE

### MOST DONATED FRESH PRODUCE 2021



5M LBS



4.2M LBS



2.6M LBS

**10M+** POUNDS OF  
FOOD DONATED

# Revisiting the 22<sup>nd</sup> Annual TOM'S TURKEY DRIVE

Last November was the 22<sup>nd</sup> annual Tom's Turkey Drive in partnership with KREM2 News. This mass Thanksgiving meal box distribution was held the Tuesday before Thanksgiving in both drive-thru and walk-up settings and provided 11,000 Thanksgiving meals for local families. Throughout "Turkey Tuesday" close to 300 volunteers loaded cars with a 45-pound Thanksgiving meal box, including a 12 to 14-pound turkey and all the fixings. Several 8-pound hams were provided as well. Recipients' cars were loaded drive-thru style and volunteers distributed meal boxes to approximately 700 families every hour at the Spokane County Fairgrounds. Those traveling by foot or bus were served through a walk-up event in front of Second Harvest.



## IMPACT AT A GLANCE

**329**   
VOLUNTEERS

**32°F**   
AVERAGE TEMPERATURE

**700**   
CARS AN HOUR

**11,000**   
THANKSGIVING MEAL  
BOXES DISTRIBUTED

Actual meal  
box distributed! 



## MEET *Jerry*

Jerry visited us on Nov. 23 by taking the Spokane Transit Authority bus route to our walk-up distribution. We were able to catch his story just before he hopped on the bus with his meal box to go home. He looked forward to prepping a green bean salad with his two children.

"Last year was my first time coming to the turkey drive. I saw it on the news. I have two kids I'm going to be spending the holiday with. I can do the cooking, but the kids help too. My favorite dish to make is a green bean salad or a fruit salad."



## MEET *Kelli*

Kelli volunteered at the Spokane County Fairgrounds distribution alongside her coworkers from Corner Booth Media. She directed traffic in a festive turkey costume, sending every recipient off with a smile.

"Everyone in line seemed to be happy, having fun and thankful for Tom's Turkey Drive and being THE TURKEY was just delightful! I got to experience the brunt of all the thankfulness just by being there. I'll always be your turkey, Second Harvest."



THANK YOU TO ALL  
OUR VOLUNTEERS!

FIRST CAR  
SPOTTED AT  
3 AM

Photos courtesy of  
The Spokesman-Review





**S**econd Harvest also hosted Thanksgiving meal box distributions in the Mid-Columbia and Yakima Valley. Distribution sites were in Sunnyside, Kennewick and Yakima, where over 2,300 Thanksgiving meal boxes were provided to local families. Volunteers worked together to load cars and send families on their way with a turkey, rolls, produce, milk, stuffing and more. Additionally, 200 Ben Franklin Transit riders received a meal box. Riders were able to register for these boxes in early November and Ben Franklin Transit delivered them to community members on the 23<sup>rd</sup>.

# Mid-Columbia and Yakima Valley TURKEY DRIVE RECAP



## THANK YOU TO OUR SPONSORS



Additional sponsors: Coordinated Care, Domex SuperFresh Growers, RDO Equipment Co., STCU, Syngenta, Tree Top Inc., United HealthCare, Yakima Chief Hops

### KENNEWICK | NOVEMBER 23 TOYOTA CENTER TRI-CITIES / BEN FRANKLIN TRANSIT

Partnering with volunteers from AgriNorthwest, Lamb Weston, Les Schwab and RDO Equipment, the sixth annual Kennewick distribution at the Toyota Center was a major success. Local families were sent off with everything they needed to have a wonderful Thanksgiving. And our volunteers were a key part to making this happen for those families.

*"I just want to say what an amazing free blessing this is because we're raising two grandchildren, because God has blessed us with that. Every little bit helps out, and the volunteers are extremely awesome and work so hard for us!"*

- Barbi

**1,100**   
THANKSGIVING MEAL  
BOXES DISTRIBUTED

**29**   
VOLUNTEERS



### YAKIMA | NOVEMBER 22 STATE FAIR PARK

Thanks to help from volunteers from Domex Superfresh Growers, Les Schwab, Tree Top and Coordinated Care, this State Fair Park event helped feed more local families, including a new Yakima transplant, Krystal.

*"This box definitely helps. I just moved to the area, and we're trying to get settled. It definitely helps our family during the holidays, and we really appreciate it."*

- Krystal

**700**   
THANKSGIVING MEAL  
BOXES DISTRIBUTED

**32**   
VOLUNTEERS

### SUNNYSIDE | NOVEMBER 22 SUNNYVIEW PARK

Volunteers from Les Schwab, RDO Equipment and Northwest Farm Credit Services helped make sure the Sunnyview Park event was a triumph as they sent hundreds of families off with full meal boxes.

**700**   
THANKSGIVING MEAL  
BOXES DISTRIBUTED

**33**   
VOLUNTEERS





### Hunger Solution Centers

**Spokane:** 1234 East Front Avenue  
Spokane, WA 99202  
(509) 534-6678

402 North Perry Street  
Spokane, WA 99202  
(509) 534-6678

**Tri-Cities:** 5825 Burlington Loop  
Pasco, WA 99301  
Mailing Address:  
P.O. Box 3068  
Pasco, WA 99302  
(509) 545-0787



### BOARD OF DIRECTORS

**CARL SOHN**, Chairperson  
*Northwest Farm Credit Services*

**HEATHER ROSENTRATER** Vice Chairperson,  
*Avista Utilities*

**JENNIFER MILNES**, Secretary/Treasurer,  
*Second Harvest*

**JASON CLARK**, President and CEO,  
*Second Harvest*

**DR. KEN ANDERSON**  
*Gonzaga University*

**KATIE BURTON**  
*Lydig Construction*

**MICHAEL GADD**  
*Clearwater Paper Corporation*

**STAN HILBERT**  
*URM Stores, Inc.*

**ALEX JACKSON**  
*MultiCare Rockwood Clinic*

**THOMAS MCLANE**  
*Tom McLane Law*

**BRUCE NELSON**  
*Agricultural Producer*

**NICOLE SHERMAN**  
*Numerica Credit Union*

This newsletter is published quarterly.  
Volume 30, Edition 1. To remove your  
name from our mailing list, please call  
(509) 252-6242 or (509) 545-0787.

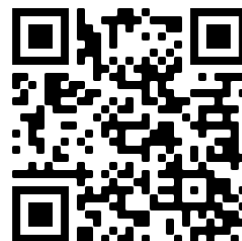
[2-harvest.org](http://2-harvest.org)

## BASIC FOOD

Second Harvest strives to build healthier communities by increasing access to nutritious food for people in need. 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/basicfood](http://2-harvest.org/basicfood).



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