

FOOD *for* THOUGHT

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Agency Spotlight: OUR PLACE

ELIAS PIÑA
PROGRAM DIRECTOR



When it comes to finding a place in the community, Our Place Community Outreach lives up to its name. On Wednesday afternoons and Thursday mornings at the corner of West College Avenue and North Cedar Street, Our Place Community Outreach staff play music and shoot the breeze as they set up for their weekly food distribution. A parking lot is quickly transformed into a farmers market-style grocery experience, with linen-covered tables hosting a variety of fruits, vegetables and several other kinds of nonperishable foods. It is here where the staff of Our Place Community Outreach continues their mission to help feed their neighbors.

Thirty-five years ago, a handful of Spokane churches banded together in what was initially expected to be a 6-month community pantry program. This pantry, now located and managed by Our Place Community Outreach, has since grown to weekly outdoor market distributions and has continued serving families in Spokane's West Central neighborhood. Setting up a distribution – twice a week, every week – is no easy task. Food is moved from pallets to tables, then back to pallets to be safely stored when the day is done. Nearly four decades of experience has refined the process, but it's the feeling of bringing hope to their neighborhood that keeps the staff going.

"It's a gift to be able to give to the community," says Executive Director Tracie Swanson. "If you are in need of food or hungry, come on down to get some healthy food." Recent years have brought a few changes to their distributions, and the onset of the COVID-19 pandemic has been no exception. Always resourceful, the staff of Our Place Community Outreach has leaned into these changes and found ways to better meet the needs of their community.

In early 2020, with unfamiliar changes and social distancing requirements rapidly approaching, the staff knew that the distribution method would need

some adjustments to keep people safe, while still allowing their clients' choice of food. The first step was extending their summer outdoor farmers market-style distribution every Wednesday night to year-round – and with support from two deliveries every week from Second Harvest, Our Place Community Outreach was able to make that a reality. "Second Harvest has evolved over the year to help us meet the needs," Swanson says.

"We couldn't do what we do without Second Harvest," says Food Bank Manager Setira Dawson. "The variety is great, and our clients appreciate it."

"It's amazing, it really is. I don't know what I'd do without it," says Virginia, who has been a client for a year. "Whatever you guys are doing, how you get this food here, believe me, it's appreciated."

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Pictured (left to right): Tracie Swanson, Kat Hartsell and Setira Dawson

Serving People Facing Hunger: FUELED BY VOLUNTEERS

Every day, volunteers power our mission to connect our neighbors facing hunger with healthy food. During National Volunteer Month and all year round, we applaud their dedication and perseverance.



Last year, thousands of volunteers donated time to Second Harvest and collectively served 41,156 hours. Our volunteers worked tirelessly to sort and repack food, work on our docks, lead nutrition classes, deliver Bite2Go kits and so much more... all to help our neighbors in need. Their service has made an enormous impact on the lives of so many individuals and families within our community. From all of us at Second Harvest, we want to extend our deepest appreciation to everyone who takes time to join our fight against hunger. We appreciate you. We salute you. We can't fight hunger without you. Here are some of the individuals who power our mission.

MEET *Mary Jo & Jeff*

For some volunteers, like Mary Jo and Jeff, volunteering is part of their everyday life, as they can be found in our sort room or at a Mobile Market multiple times each week. College sweethearts, Jeff and Mary Jo met at Bowling Green State University. After Jeff's lengthy career with Caterpillar Inc., the couple decided to retire in the Inland Northwest. They were familiar with food banks, having previously spent time volunteering at other Feeding America partners in the Midwest. After discovering Second Harvest online, they've been staples in our local fight against hunger for the last four years. Last year, they each volunteered 133 hours!

Mary Jo recalled to us her most impactful volunteer shift. "This was our first distribution after COVID hit. It was at the fairgrounds, and it was a massive one, just hundreds of cars going through. Well, I used to take a yoga class at the Y..." That's when Mary Jo saw a familiar face come through the distribution line. "My yoga teacher came through and she was a single mom with a couple little kids," Mary Jo said. "She came through our line, she was in her car sobbing. And I was loading her car sobbing. I loaded some extra veggies in there because I knew she'd like them. But it was so real that she is now unemployed and needs food for her family."

Jeff shared he enjoys taking his service home when he can. They have elderly neighbors who struggle to get necessities from time to time. "Sometimes when a market is over, we'll take some food back to our neighbors. They can't get out very much to get the groceries themselves, so they're very appreciative," said Jeff.

When asked about what they would say to someone interested in volunteering at Second Harvest, they both emphatically exclaimed, "Just do it!" Mary Jo added, "Sign-ups are easy. It's very organized." Jeff said, "You have to jump in with both feet. Give it a shot, it's very rewarding."

Both Mary Jo and Jeff return to Second Harvest weekly because of their love of service to the community and the friendships they have formed with other volunteers and Second Harvest staff. "They're not just here for a job, they're here because their heart is here. You can see that in talking to them. I think that's why we're here more than anything," said Mary Jo. The couple also agreed that they both enjoy sorting food drive donations best, and each insists that the other is the better volunteer.



41,156
TOTAL HOURS VOLUNTEERED

2 HOURS
AVERAGE VOLUNTEER SHIFT

20
TOTAL VOLUNTEER HOURS DONATED ARE EQUIVALENT TO 20 FULL-TIME EMPLOYEES

15,326
HOURS VOLUNTEERED AT MOBILE MARKETS

MEET *Becky*

Becky, a senior at Gonzaga University, joined us for her first volunteer shift recently. Joined by her sisters in Alpha Pi Phi, the group regularly comes to Second Harvest to help sort food. Philanthropy and service to others are central tenants to Becky's organization. She shared with us, "I've always been so fortunate to always have food on the table, even as a college student. That's something that you really take for granted, and I think coming to a place like Second Harvest you really get to see how much help is needed in the community right now."



MEET *David*

David Krieg has been volunteering with Second Harvest at our Pasco location for the past few months. He was inspired by the surge in need resulting from the pandemic and says, "I just really liked the mission of feeding people in the community with food from the community." Now, he's become a regular and stops by our warehouse 2-3 times per week to help sort bulk items and deliver food to those facing hunger. He carools with other volunteers to go to Mobile Markets out of town, which he says helps build a sense of community. What David loves most about Second Harvest's operations is our ability to source and break down huge donations into small quantities. "One of the things that really kind of blew my mind, I had no idea that rice came in two-thousand-pound bags! It's enjoyable to be a part of making those huge donations available to people that need them."



Reducing Waste: SUSTAINABLE PARTNERSHIPS

Second Harvest works hard to serve people facing hunger every day throughout the Inland Northwest. As we witnessed firsthand through the pandemic, and more recently with high inflation rates, food insecurity is ever-evolving. To navigate these changes and more effectively feed neighbors in need, Second Harvest incorporates sustainability into our everyday practices.

ISABEL ZIMMERMAN
MARKETING ASSOCIATE



It is estimated that over 38 million people, including over 11 million children, across America live with food insecurity. Nearly 80 billion pounds of food is wasted annually in the United States alone, more than any other country in the world. Second Harvest collects some of that safe, healthy food for people in our community who are facing food insecurity.

We accomplish this through different ways, one of which is our Grocery Rescue program. In 2021, our Grocery Rescue program worked with around 200 retailers throughout our service territory to redirect over 13 million pounds of nutritious food from landfills to local food pantries. In addition to reducing food waste, this program brings variety to local food pantries.

All types of food are donated through Grocery Rescue, including frozen goods, dairy items, produce, fresh meat, canned goods and even pet food. One of the stores that participates in this program is the Walmart Distribution Center, located in Grandview, Washington. This location is the largest donator of Grocery Rescue food, with 2021 donations totaling over 500,000 pounds of healthy food.

Bruce Heath, operations manager at the Walmart Distribution Center, has been part of the Grocery Rescue program for 18 years. Heath explained, "Naturally in the grocery business and at our distribution center, we end up with product that won't be able to be shipped to stores in time. Just like Second Harvest, we want that food to go into the hands of people, not a landfill!"

Although this food might not make it to a grocery store in time to be sold to customers, our Grocery Rescue partners help get food where it's needed most in a timely manner by keeping it local. Second Harvest connects these stores with nearby food pantries, so excess product is quickly transported directly to the food pantry and can be distributed immediately. "To have Second Harvest, where we can give that food to, where we know it will help people in need in the community, that's a wonderful thing," said Heath.

Outside of Grocery Rescue, partnerships with growers and warehouse distributors help Second Harvest secure produce that doesn't meet the aesthetic standards of many grocery stores. Cal Johns, a food sourcing representative for Second Harvest, helps manage some of these partnerships.

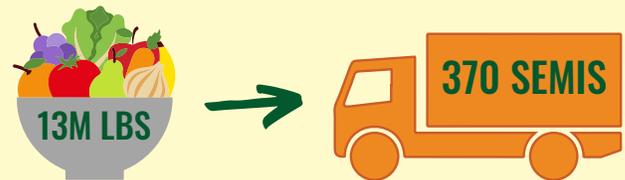
"To have Second Harvest, where we can give that food to, where we know it will help people in need in the community, that's a wonderful thing."

- Bruce Heath

"Sometimes food is in good condition, but they have visual defects on them, so they wouldn't make it to the stores. These

will often get donated to Second Harvest, because the food is in perfectly good shape, they eat well, they just aren't pretty enough for the grocery store," said Johns. He explained that visual defects can range from natural spotting to the size of produce, whether it's too big or too small. If this produce weren't donated to Second Harvest, it would most likely be added to juice product.

Last year, Second Harvest redistributed 13 million pounds of food, which is equivalent to over 370 semis



Second Harvest goes to great lengths to make sure as much food as possible is distributed while still keeping our neighbors' health and safety a top priority. Inevitably, there are times food is not able to make it out the door before it becomes unsafe for humans to consume. When this occurs, Second Harvest works with a small network of local farmers to provide them with this food to feed livestock or use in compost.

Food waste is a reality for organizations like grocery stores and food banks, so developing systems to manage that waste before it reaches a landfill is vital. Second Harvest's Grocery Rescue program and partnerships with growers, warehouse distributors and local farmers not only feed more neighbors, they reduce food waste and promote a circular food system.



Pictured: Lyle, a farmer who partners with Second Harvest

Putting the Fun in Fundraising: FOOD & FUND DRIVE PARTNERS

It takes a community to feed a community. No single business, individual, foundation or organization can solve the issue of food insecurity. This season, we're honored to celebrate the many businesses and organizations that have taken action to put food on the tables of our neighbors facing hunger. We share the belief that hunger in our communities is unacceptable, and we extend our sincerest thanks to our community partners who are making a difference.

GET INVOLVED

To host your own food or fund drive, contact Shannon Kinney at shannon.kinney@2-harvest.org



Jay and Kevin Food Drive

Every mid-October, Jay and Kevin with Big 99.9 Coyote Country broadcast live from the parking lot of R'nR RV Center for an entire week. For 26 years, they've invited listeners to stop by their live broadcasts to donate food and funds for their annual Jay and Kevin Food Drive. In October 2021, with matching help from Northern Quest Resort and Casino, Global Credit Union and Precision Gutters and Roofing, the Jay and Kevin Food Drive collected \$38,564.46 and 4,197 pounds of food.

Bloomsday Road Runners Club Turkey Trot

The Turkey Trot is an annual Spokane Thanksgiving tradition organized by the Bloomsday Road Runners Club. Each Thanksgiving morning, families arrive at Manito Park dressed in costumes and bring food and cash donations for Second Harvest. Thanksgiving 2021 participants donated 3,979 pounds of food and \$7,186 for families and seniors.



Street Music Week

Since 2002, Street Music Week has been held during the second full week of June. It began on the sidewalks of downtown Spokane and has expanded to include Sherman Avenue in Coeur d'Alene, Idaho, as well as Spokane's historic Garland District. Last June, musicians and donors raised \$24,065.60 for Second Harvest.



Spokane Association of Realtors

Each year, Spokane-area realtors gather to collect nonperishable food and monetary donations for Second Harvest to help feed hungry families and seniors in our region. Their "Friendly, Fun Food Fight 2021" brought friendly competition among local realtors. The winning office that brought in the most donations was presented with a wall plaque to display in their office for the year. Together, they gathered nearly \$7,700 to help those facing food insecurity in our community.



Bowl of Sol

For the second consecutive year, Cochinito Taqueria partnered with Fred Schumaker of Schumaker's Pottery and the Spokane Potters for "Bowl of Sol." Sales of Cochinito Taqueria's posole served in Schumaker's 120 custom and unique stoneware soup bowls provided a donation of \$3,281.65 to Second Harvest.

Dutch Luv

Each year around Valentine's Day, Dutch Bros helps fight hunger in our community with Dutch Luv Day. Local Dutch Bros donate \$1 from every drink sold to Second Harvest. Dutch Luv Day 2022 donated over \$11,500 to Second Harvest in the Spokane and Tri-Cities regions.



Human Food Drive hosted by KNDU/KNDO

KNDU/KNDO NBC donated 7,477 pounds of food and \$2,884 in January from their Human Food Drive, hosted by the pets of KNDU/KNDO.



Yoke's "What's for Lunch?"

Summer can be a challenging time for kids who rely on school meal programs to get enough to eat. Yoke's Fresh Market helps fill that void with their annual "What's for Lunch?" Food Drive. Donors purchased bags filled with essential food items to help feed thousands of hungry children in our community. Cash donations were also accepted at Yoke's and online. In 2021, the drive collected 30,379 pounds of donated food and raised \$8,001.59.



Season of Giving

Yoke's Fresh Market partnered with KEPR-TV for December's "Season of Giving" in Spokane and the Tri-Cities region. Donors participated by donating at the register and online. The month-long event brought in 59,774 pounds of food and \$268.



Alaska USA Federal Credit Union

Cash for Cans

Barn and Blossom

June 2021 Charity of Choice

Bill Burke Advertising

Pig Out in the Park

Coldwell Banker Tomlinson Tri-Cities

Annual Holiday Food Drive

Constellation Brands

Growing Hope and Fighting Hunger

Campaign

Guinness

Guinness Gives Back

Hanford Site

Feeding Families

Inland Northwest Council, Boy Scouts of America

Scouting for Food

Joel Gott Wines

Gott for Good

Kellogg's

Product Partnership

Macy's

Bag Hunger Round-up Campaign

Mapleton Communication

April Food's Day

Maverik

Round-up Your Change

National Association of Letter Carriers

Stamp Out Hunger Food Drive

Negative Split

1/2 Marathon, 5K & 10K

No-Li Brewhouse

25 Days of Christmas

Packaging Corporation of America

Annual Holiday Food Drive

Panera Bread

Round-up Campaign

Papa John's

2021 Day of Service

Senske Services

Holiday Light Show

Spokane Chiefs

Fight Hunger Week

Spokefest

2021 Charity of Choice

Walker's Furniture of Kennewick

Annual mattress sales

Walmart

Fight Hunger. Spark Change. Campaign

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 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.

FEEDING FAMILIES FACING HUNGER YEAR-ROUND

“As pediatricians, we know that hunger impacts children and families like virtually nothing else. To learn, to grow, and to succeed, kids need access to nutritious food, and as donors, we can help right here in our own community. We know that our support directly impacts our neighbors and friends - so that’s why we give!”

- Radha & Niranjana, Feed365 members



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.

For more information, email Feed365@2-harvest.org.



The Power of Choice: SHOPPING IS BACK

**KIM DAVIDSON
PHILANTHROPY DIRECTOR**



Sunshine and smiles in late March welcomed the return of a Second Harvest priority: the client-choice shopping experience on our Mobile Market bus.

These events had been closed since March 2020, as pandemic safety precautions required the switch to pre-boxed food distributions. Inviting clients to shop for their own foods, as they would in a grocery store, provides dignity and greater options. Generous support from community partners ensures that the food is free of charge.

“There is a lot of power in being able to choose what you eat, and it is an awesome thing to empower our clients this way,” explained Mobile Market nutrition educator Josie Moguin. “We are doing our best to support food autonomy, and client choice is a great example of that.”

The Mobile Market bus helps Second Harvest provide food when and where it's most needed. By focusing on food deserts – areas with limited access to affordable and nutritious food – the bus is building healthier communities one neighborhood at a time.

At our March 25th event, clients had their choice of fresh produce, turkey, peanut butter, jelly and cookies.

One client told us, “I think this is a great idea because I occasionally do not eat the things I am given, and it ends up as waste.”

“There is a lot of power in being able to choose what you eat.”

- Josie Moguin

Mobile Market attendees were greeted with free recipes and samples to help them make the most of that day's food selection. This is a key part of Second Harvest's Nutrition Education program. Empowering clients with cooking resources helps them stretch their food budgets and improve overall health.

Heart-healthy pistachios were one item available at the March 25th event, and clients received a recipe for Italian pistachio cookies. The nuts were a welcome surprise. “I love that there are pistachios,” shared a client. “I would never pick these up in the store because I can't afford them. This bag of pistachios would easily be almost \$18 at the grocery store.”

For updates on the Mobile Market bus schedule and volunteer opportunities, please visit 2-harvest.org.





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Jennifer Milnes, Secretary/Treasurer, Second Harvest

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Janice Jordan, Marimn Health

Thomas McLane, Tom McLane Law

Bruce Nelson, Agricultural Producer

Nicole Sherman, Numerica Credit Union

Kriss Zerr, Domex Superfresh Growers



Agency Partner



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



2-harvest.org

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Mission Moments: INFLATION'S IMPACT ON HUNGER

JASON CLARK
PRESIDENT & CEO



During a recent visit to one of our partner food banks, I saw the unfortunate hand that inflation has dealt to so many families.

The director of the Southside Food Pantry in Spokane described serving the most clients ever in a single day on a recent Saturday. And 10 of the new families they served were Ukrainian refugees who had recently resettled in our community.

We're hearing similar stories from throughout the region. Not too long ago, one of our drivers was able to share some extra food supplies with a few partner food banks in Yakima that have been serving significantly more people.

Inflation is driving higher prices everywhere, and local families are feeling the impact. At the grocery store. At the gas pump. All while rising costs for housing, child care, utilities and other bills squeeze already-tight budgets that are further limited by the end of federal pandemic relief programs.

"If it wasn't for this place... I don't know... it helps," Virginia told us when she turned to one of our other partner food banks, Our Place, for help. "I live off of only \$550 a month. You have to pay your electricity bill and for all your other needs and then rent, and so this really helps a lot."

Second Harvest is proud to have you alongside us to help serve people facing hunger—especially during these challenging times. Thank you. Learn more about the impact of your support at 2-harvest.org.

AGENCY SPOTLIGHT

Continued from Page 1

The success of the additional Wednesday distribution has resulted in it becoming a new permanent distribution day for Our Place Community Outreach. Clients have thoroughly enjoyed the wide variety of nutritious foods that are available to them and have come up with creative ways to use versatile ingredients.

"I like the soups. I'm single, and a senior citizen, so a lot of times what's easiest for me is soups," said one client. Another mentioned, "I can go home and make some cream of mushroom soup with some porkchops. Or I take the stuffing and mix it in with the cream of mushroom soup, bake it, and it's like a three-course meal."

Until recently, each distribution would expect to serve around 300 clients. That number has grown to over 500 clients per day. Dawson said of the recent upturn, "Due to rising costs of groceries and gas, plus the weather warming up, we are seeing an increase in clients. We are seeing people that we have not seen in a few months, as well as an increase in new clients."

Creating a welcoming space for clients to choose their food was challenging at first, but it's now the preferred way for Our Place Community Outreach to distribute their food. "We all want the dignity and empowerment to be able to choose our food," said Assistant Director Kat Hartsell, who has also found ways of incorporating their social media pages to share recipes, videos or photos on how they created meals with the same food they are distributing. All this work is in addition to other services they provide, such as a free laundry center and clothing bank; it is done with the well-being of their clients in mind.

It is a sentiment that is reciprocated by the clients they serve. "All the people here are great, they're welcoming, they are really trying to help people out with their needs."