

# FOOD *for* THOUGHT

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## Agricultural Donors: PROVIDING FRESH, LOCAL PRODUCE

ISABEL ZIMMERMAN  
MARKETING ASSOCIATE



**F**ood donations at Second Harvest make up most of the food we distribute. In a more typical year—prior to the pandemic—Second Harvest received close to 8 million pounds of food donated by over 100 agricultural partners. These donations allow us to provide a variety of fresh, local produce to people experiencing food insecurity throughout our region.

Based in Kennewick, with farms along the Columbia and Snake rivers in southeast Washington and northeast Oregon, AgriNorthwest is one of Second Harvest's valued agricultural donors. AgriNorthwest has provided a consistent supply of potatoes and onions to Second Harvest for over a decade and is the presenting sponsor of our annual Turkey Drive in the Tri-Cities.

Kyle Barclay, senior manager of area operations at AgriNorthwest, explained, "Our culture is service oriented. We see where needs are, and we try to fill them as best we can. I think everybody is aware there's a need there, and the need is growing."

Donations from agricultural producers like AgriNorthwest and others help Second Harvest get nutritious food to people in need in our community.

"People facing hunger tend to have less choices when it comes to fresh fruits and vegetables," Mike Thomsen, Second Harvest supply chain director, said.

In an agriculturally rich state like Washington, Second Harvest is able to receive and distribute a wide variety of fresh produce, including apples, pears, potatoes, watermelons and more. "No one person, no one company will do it alone. It's everybody doing their part. We can provide a potato or an onion, but somebody else is going to provide a cherry or an apple," Barclay said.

"Getting those products to people facing hunger so there is nutritious food, not just food, is so important," Thomsen added.

Everyone should have access to fresh produce, and our agricultural donors help make that a reality. "We have a commodity that can be used," Barclay said. "Second Harvest already has the infrastructure to spread it out, and we can still do what we do on the farm and help that way."

AgriNorthwest's generosity and service-oriented values are demonstrated in each donation they make to Second Harvest.

"When we send a load of onions or a load of potatoes to Second Harvest, we don't send a commodity that has a problem with it. We back the donation truck up right next to the truck that's going to the processing plant," explained Barclay.

Farmers and growers donate food for a variety of reasons. Whether it's due to excess product, crops that won't fit in the U.S. retail market or

*Continued on Page 6*



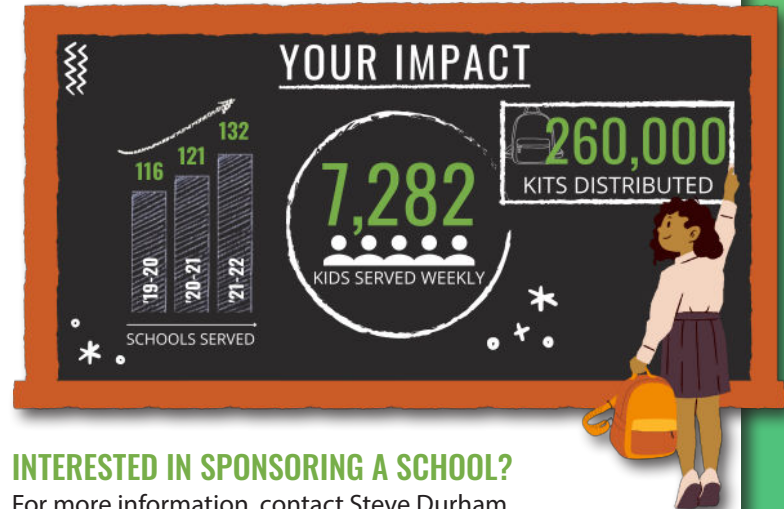
Kyle Barclay (left) and Mike Thomsen (right)

# Feeding Kids First: PARTNERING TO END WEEKEND HUNGER

One in six local children faces hunger in the Inland Northwest. The Bite2Go program provides weekend food supplies for schoolchildren in need. Each Bite2Go kit includes a mix of single-serving, nutritious, nonperishable and ready-to-eat food for meals and snacks for students to enjoy over the weekend so they can better focus on learning when they return to school on Mondays.

Second Harvest, in partnership with Spokane nonprofit At The Core, works with generous community organizations that "adopt" schools in Spokane and the Tri-Cities to provide Bite2Go kits free of charge to students in need. They're currently serving 7,282 elementary, middle and high school students throughout the school year and are working to expand the program to more rural areas.

We extend sincere thanks to our Spokane and Tri-Cities Bite2Go Adoptive Organizations for serving thousands of children during the 2021-2022 school year!



## INTERESTED IN SPONSORING A SCHOOL?

For more information, contact Steve Durham at [steve.durham@2-harvest.org](mailto:steve.durham@2-harvest.org) or (509) 252-6276.

## THANK YOU TO OUR 2021-2022 ADOPTIVE ORGANIZATIONS

All Lines Associates, Inc.  
All Saints Episcopal Church  
Alliant Insurance Services, Inc.  
Associated Industries  
Management Services  
At The Core  
Audubon United  
Methodist Church  
Avista Foundation  
Bechtel  
Becker Buick  
BECU  
Bethel Church  
Bob's Burgers & Brew  
Richland  
Charles E. Toillion, DDS  
Chattaroy Community Church  
Cheney Faith Center  
Cheney United  
Methodist Church  
Christ's Church of Deer Park  
Christ's Church of  
Mt. Spokane  
CLA  
The Clemson Family  
Clyde Gillespie State  
Farm Insurance  
Community Link Consulting  
Crossover Church  
DAA Northwest  
Diesel Power Products  
Douglass Properties  
Elite Construction  
& Remodeling  
Empire Health Foundation  
Faith Bible Church  
Faith Lutheran Church

Faith Tri-Cities  
Fellowship Church of God  
Fievez & Bean  
First Free Methodist  
First Interstate Bank  
First Presbyterian Church  
Flynn Group  
Framatome  
Friends of Trinity  
The Gardner Family  
Genesis Church  
Giving Back Packs  
Gonzaga Preparatory School  
Gonzaga School of  
Business Administration  
Guardian Life  
Hamblen Park  
Presbyterian Church  
The Hille Family  
Holbert Farms  
HopsnDrops - Kennewick  
Hotstart Thermal Management  
Inland Empire Paper Company  
Inland Power & Light  
Integrus Architecture  
JMK & Associates  
KBG Insurance & Financial  
Knife River Prestress  
Life Center Church  
Loon Lake Food Bank  
Lukins & Annis Attorneys  
Lydig Construction  
McCloskey Construction, Inc.  
McKinstry  
Medical Lake Dental Clinic  
Medical Lake Food Bank  
Millwood Impact

Mission Church  
The Morris Family  
Moss Adams  
NAI Black  
New Hope Bible Church  
New Vintage Church  
Nine Mile Falls  
Community Church  
Northwest Farm Credit Services  
The O'Neill Family  
Open Door  
Congregational Church  
Peirone Produce Co.  
Physical Therapy Associates  
Randall & Hurley  
Retired Mead Educators  
Revival Tea Company  
Rockwood South Hill  
Rotary 21  
Rotary South  
The Holbert Family  
S & S Health Care  
Serve Spokane  
Seven2  
Shadle Park  
Presbyterian Church  
Smith-Barbieri  
Progressive Fund  
Sonderen Packaging  
South Hills Church  
Spokane Aurora  
Northwest Rotary  
Spokane Business Leaders  
Spokane Hardware  
STCU  
St. Joseph's Catholic Church  
St. Joseph's Parish

St. Luke's Lutheran Church  
St. Mark's Lutheran Church  
St. Peter's Catholic Church  
St. Stephen's Episcopal Church  
Stejer Development  
Stevens | Clay  
Summit Church  
Summit Church- Cheney  
Suncrest Family  
Worship Center  
Sunrise Rotary  
T.W. Clark Construction  
The Altar  
The Assistants  
The Garden  
Timberview Christian  
Fellowship  
The Brill Family  
Trans-System, Inc.  
U.S. Bank  
Unitarian Universalist  
Church of Spokane  
Valley Real Life  
Victory Faith Fellowship  
Vista Title and Escrow, LLC  
Wandermere Service Group  
Washington Trust Bank  
We C.A.R.E.  
Wendle Motors  
Whitworth Church  
Windermere City Group  
Windermere Deer Park  
Windermere Manito  
Windermere North  
Wolff & Morris Group  
The Wolff Family

# Win the Day: NOURISHING STUDENT SUCCESS

PATTY KIEBURTZ  
MARKETING INTERN



The motto displayed proudly along the halls of Frances L.N. Scott Elementary sings to students as an ode to today's growth and tomorrow's success: "Win the Day."

As a Title 1 school, Scott Elementary in Spokane's East Central Neighborhood has a prominent rate of low-income students: 85% qualify for the free and reduced-price meal program. Students part ways with these guaranteed meals during school-year weekends and summer breaks.

Scott Elementary's longtime partnership with Second Harvest helps bridge this gap. Together, they offer students Bite2Go weekend meal kits and free mobile food distributions to help fight hunger.

## BITE2GO: BRIDGING THE GAP WHEN THE BELL RINGS

Bite2Go kits distributed subtly on Friday afternoons are cherished by students who open their backpacks to discover the package of kid-friendly foods.

Larry Quisano, principal of Scott Elementary and proponent in fighting childhood hunger, says the small bag of food makes a big impact on a student's weekend.



Principal Larry Quisano poses in front of photo of Frances L.N. Scott

"We have a lot of kids who, over the weekend, go hungry," Quisano explained. "They look to the school for a lot of resources, support and nourishment."

Food insecurity faced outside of school manifests itself in the classroom. As students bare the extra weight of an empty stomach, they find it more difficult to focus on learning.

With support from community partners, students perform better academically and socially, and have a greater interest in doing so.

Life Center Church is Scott Elementary's Bite2Go adoptive organization. The Spokane church supports the weekend food program at Scott and Holmes elementary schools.

Krista Lack serves on the Life Center Church Serve Team, as well as on the board of directors for At The Core, Second Harvest's nonprofit partner for the Bite2Go program.

"We know that what we can provide through Bite2Go makes a meaningful impact in our community, not just today in those students' lives, but an impact that is lifelong," Lack said. "Schools

are one of the most beneficial places to invest in future generations."

This year, between Life Center's two adopted elementary schools, 7,000 Bite2Go kits were distributed to children in need.

## FREE FOOD DISTRIBUTIONS: A NEIGHBORHOOD EFFORT

Scott Elementary is utilized as a Mobile Market free food distribution site for Second Harvest throughout the year, and families are invited to select fresh and nonperishable food items to help fill their pantries.

Community partners, donors and volunteers assist with executing distribution events for which families in East Central share their gratitude.

"One of my parents expressed to me that there's a group of people we don't see, who have never been to our neighborhood, who care enough to give," Quisano said. "It's that anonymity. Feeling like somebody who doesn't even know them cares about them."

Scott's administration finds joy in observing families receive food they didn't expect to take home. Fresh produce is an especially welcomed surprise. A kindergartener excitedly shared his newfound knowledge of multicolored bell peppers with Quisano after seeing them for the first time at a food distribution.

Community centers and schools surrounding Scott Elementary will provide free summer meals to children ages 1 to 18 this summer, although transportation issues have proven to be a barrier for students in need when school buses aren't running, Quisano said.

Higher gas prices create additional hurdles for families interested in visiting food pantries and distributions. To address this need, Second Harvest Mobile Markets travel to neighborhoods throughout the area, ensuring that families who face transportation concerns can still receive food. Generous support from community members, donors and volunteers make this community outreach possible.

## TACKLING THE FUTURE WITH A FULL BELLY

This summer, you can help fill the bellies of local children facing food insecurity, strengthening their foundation for a healthy future.

"Sometimes it just takes a little bit of assistance to turn a story around," Principal Quisano shared.

He wants supporters of Second Harvest to know that their partnership helps low-income children receive the food that they need to make their school's "Win the Day" motto come to fruition.

"You give my kids hope," Quisano said. "You give my kids an opportunity to just find the best version of them."



# Agency Spotlight:

## NEW HORIZONS HIGH SCHOOL

KIM DAVIDSON  
PHILANTHROPY DIRECTOR

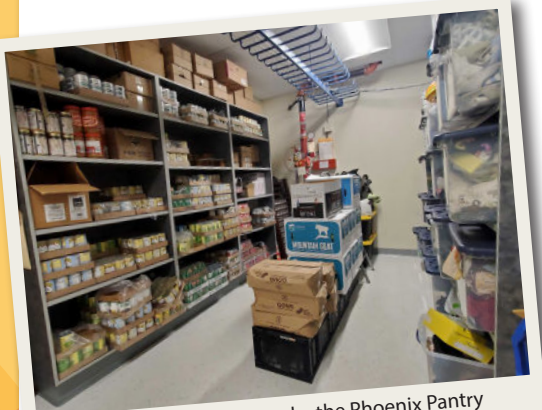


The tears come easily when teacher Jacqueline Brewster is asked what her school's free food pantry means to the students of New Horizons High School.

"Unless you've seen it, it's really hard to explain. If they need to choose between school or food, we're not going to ask them to choose—they come to school. It's such a huge impact."

Previously known as Pasco Alternative High School, New Horizons serves 500 students who attend classes in person or virtually. Hunger impacts many of the teens, which inspired teachers and staff in 2010 to open a school food pantry.

"We can tell when our kids are hungry or are needing something. Sometimes they haven't eaten because they came from work. If they worked from 10 p.m. to 6 a.m. and came into class with two hours of sleep, we can say, 'Hey, what do you need?' or 'Have you eaten?'" Brewster explained. "We want to work on making sure they have something because when students haven't eaten, we can see a change in them, which is why this started way back when."



New Horizons' food pantry, aka the Phoenix Pantry

Regular deliveries from Second Harvest have been crucial in expanding the food pantry and ensuring that it remains fully stocked.

"It was tiny at first, and it fit into a small closet. Then we got the Second Harvest (partnership), and it took so much weight off of not knowing if we were going to have enough food or not," Brewster said. "Second Harvest took away those fears. I know there's always going to be food, and if we're out we can work with Second Harvest to arrange another pickup."

The mascot of New Horizons is a phoenix, and the school provides 42 support services to help students rise above the obstacles they're facing. Some live on their own, work overnight jobs to help support their families, or have children. To foster success, the school provides everything from job training to counseling and community engagement opportunities.

Brewster manages the teen parent education program, which includes on-site child care run by the Boys & Girls Club. Juggling the rigors of school while working to pay for food, rent and other necessities is especially challenging for students and young parents.

"There's just a lot of different dynamics that we have here," Brewster shared. "We make sure the students' children are taken care of until they hit kindergarten so they're not ever without care." The Boys & Girls Club provides food and formula for children. "We try to make sure that's all covered for our students at all times. We make sure they know we're here."

The free school pantry helps fill gaps for kids and their families. "The food component, when it's part of the community, that's just one less thing they have to worry about. They know they're not coming to school and going hungry," said Brewster.

Prior to the pandemic-induced closure of the school, they'd fostered a community of sharing and normalizing visits to the food pantry. It's a connection they're working hard to rebuild as their student body grows.

A free phone app that protects students' anonymity informs them of what food's available, providing an easy way to place orders.

As Brewster explained, "Students or families can message us and say, 'when is the next food delivery?' or 'I need another box.' When we get shipments, we can send out pictures and say, 'food's here today.'"

Food boxes are available during normal school building operation hours (including summer), optional Saturday school sessions, and are delivered to student homes during summer break.

"We can drop off a box or they can come pick up a box and the families can join. Even if the students don't tell them, the families can find out that we have the pantry."

To serve more families in their community last year, the students of New Horizons hosted their first Second Harvest Mobile Market. Brewster said it was eye-opening and a source of pride for students.

"We started out as this tiny alternative school with the mentality of, 'Oh, they're an alternative school' and now we're just rocking it, and we have so many opportunities for them. I don't know if we could keep some of the students that we have in school without helping them with the food or the diapers because they'd have to find it somewhere else."



Jacqueline Brewster, teacher at New Horizons High School

# Budgeting Tips: SEVEN WAYS TO SAVE MONEY ON FOOD

CAROLYN NEGLEY, RD  
NUTRITION EDUCATION MANAGER



**N**utrition education at Second Harvest focuses on more than tasty recipes and cooking tips. We also enjoy sharing creative ways to stretch your food budget. Read on for ideas that'll wow your family and friends with nutritious meals that won't break the bank.

## 1. SKIP THE PRE-CUT VEGGIES, FRUIT, MEAT AND CHEESES.

Build your own snack packs, veggie platters, and kabobs to ensure freshness and save money. When it comes to cooking, a little elbow grease in the kitchen saves you a lot of dough in the store!

## 2. BECOME A PRICE DETECTIVE.

Search your favorite grocery stores to find out which has a great selection of cheap produce, which has a cheap pantry selection, and which has affordable meat.

## 3. LOOKING FOR CHEAP SPICES, GRAINS AND BEANS?

Look no further than the bulk bins nearest you! Several area grocery stores offer bulk bins where you can buy a little—or a lot—of your pantry favorites.



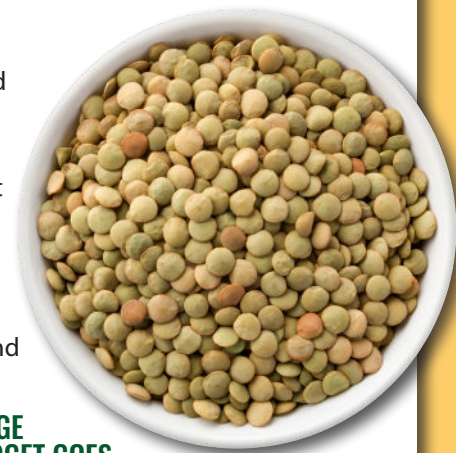
## 4. SHOP IN SEASON.

The price of produce varies throughout the year. During summer months, look for affordable apricots, berries, broccoli, corn, greens, melons and pears. Frozen fruits and vegetables are a great option for out-of-season purchases.

Because they are frozen at the time of picking, they retain a lot of nutrients.

## 5. BE FLEXIBLE!

If your recipe calls for collard greens but kale is cheaper, try that substitution. As you spend more time in the kitchen, you'll feel confident making substitutions knowing that your meal will still be delicious. When in doubt, try a quick Google search to see what substitutions other cooks and food bloggers suggest.



## 6. IF YOU'RE LIKE ME, A HUGE CHUNK OF YOUR FOOD BUDGET GOES TOWARD MEAT.

Try replacing just one meal a week with a bean or lentil alternative and see how much money you save! You can also try rebuilding your meals so that meat is just a piece of the puzzle rather than the main attraction. Soup is a great place to start. Replace half the meat with beans and enjoy the benefits of added fiber and nutrients.

## 7. PLAN AHEAD AND COOK AHEAD TO PREVENT IMPULSE DINING OUT.

There are lots of meals that freeze well, such as soup, lasagna, spaghetti sauce and chili (just to name a few). Cook a double batch of these meals so that you always have something yummy in your freezer for those days when cooking just isn't an option.

*Ready to cook? Discover delicious, budget-friendly recipes at [secondharvestkitchen.org](http://secondharvestkitchen.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).**

## YOUR LEGACY, OUR COMMUNITY'S FUTURE

*"I've volunteered at Second Harvest, and I know there is a great need for help with food. Kay Porta Legacy Society is a way I can continue to help."*

**- Sara Lindgren, current KPLS member**



Join the Kay Porta Legacy Society today! You can make an impact no matter the gift, no matter the size. Participate in the joy that accompanies including Second Harvest in your will, estate plan or trust. Your legacy gift will ensure that children, families and seniors facing hunger are fed for years to come.

**For more information, contact Tony at (509) 252-6277 or [legacy@2-harvest.org](mailto:legacy@2-harvest.org)**





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2-harvest.org

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(509) 252-6242 or (509) 545-0787.

# Mission Moments: APPRECIATING AGRICULTURAL PARTNERS



**JASON CLARK**  
PRESIDENT & CEO

If the pandemic has taught us anything, it's that we need to prepare for whatever is coming up next without knowing for sure what that is. I'm inspired by the generous community partners who make it possible for Second Harvest to navigate forks in the road so we can get food to where it's needed—even in times of crisis.

In this time of transition between the hardships of the pandemic to the mounting challenges that inflation is inflicting on families, we know we need to find more food. Second Harvest is fortunate to be surrounded by the unrivaled agricultural bounty that our region produces. We have spent more than two decades building some very special relationships with generous farmers and producers who make donating farm-fresh produce a priority.

This newsletter's cover story is a fine example of an area agricultural partnership that helps ensure the people we serve have access to Washington-grown fresh fruits and vegetables. I'm eternally grateful for producers like AgriNorthwest who donate truckloads of food because they believe it's the right thing to do and want to make a difference.

Second Harvest has a unique and special opportunity to bring more people from our regional food industry around the table. We can help people not only in agriculture, but also in food processing and the grocery world do something wonderful with food that would otherwise go to waste. We can use that wonderful food to help people facing hunger.

Truly, our hunger-relief mission is a team sport. We can do more by working together.

## PROVIDING FRESH, LOCAL PRODUCE

*Continued from Page 1*

the desire to make an impact, all donations fuel Second Harvest's mission.

Barclay explained the most rewarding part of making donations: "You just feel like you're helping somebody. You don't know who they are or what all their needs are, you're just able to give back somewhere. Donating to Second Harvest provides an easy, effective way to do that."

As Second Harvest continues to meet the rising need for food assistance in our region, we are always in need of additional food industry donors.

"If anyone has any calling to help jump in, people are hurting out there. We can put your food to good use to feed people that are facing food insecurity. It's a pretty cool feeling to be part of that effort and we would be honored and thrilled to have more partners," said Thomsen.

*For more information on how to make food donations to Second Harvest as an agricultural producer, please contact Mike Thomsen at [mike.thomsen@2-harvest.org](mailto:mike.thomsen@2-harvest.org) or (509) 252-6261.*



Kyle Barclay (left) and Mike Thomsen (right)