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MEMBER OF FEEDING AMERICA

FOOD for THOUGHT

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Serving Those Who Served Us: VETERAN-FOCUSED EVENTS

ISABEL ZIMMERMAN
MARKETING ASSOCIATE

It's a surprising fact: one in six military and veteran families experienced food insecurity or hunger last year. To address this need, Second Harvest recently partnered with the Bob Woodruff Foundation to provide Mobile Markets at veteran-focused locations throughout our region. The five free food distributions in North Idaho and Eastern Washington shared nearly 54,000 pounds of food with over 1,000 families in need.

The June event at Newby-ginnings in Post Falls, Idaho, served many veterans who were attending their first Mobile Market; Army veteran David was one of them. He noticed the Mobile Market truck from the street and decided to join the line. With high inflation rates, David said he has been feeling extra pressure when making everyday purchases. Receiving food from the Mobile Market will help ease some of that pressure. "It saved on the food bill a lot," he said.

David served in the Army for three and a half years. "I was drafted when I just turned 18," he shared. Laughing, David mentioned he had been shot four times in the rear. "If you've ever seen the movie Forrest Gump, that's where I got shot."

Also attending her first Mobile Market was Jennifer, who was picking up food for herself and her husband, who served in the Navy for 11 years. "With prices the way they are, we can't always buy fruits and vegetables that we need, and meats are another thing that're getting outrageous," she said. "So every little bit really does help, because if you know how to cook or can, you can stretch it and make it go even further."

The Mobile Market at Newby-ginnings served over 220 families and distributed over 15,000 pounds of food.

Craig attended a July Mobile Market in Spokane at the Mann-Grandstaff Veterans Affairs Medical Center. His military career began when he volunteered for the service in 1966, where he served in the Army for four years. He and his wife are on a fixed income, and the extra help has made a big impact for his family.

"My wife and I adopted 12 children; three are at home. They're 3, 7 and 8 years of age, and it's hard now. It helps out an awful lot," Craig said of the Mobile Market. When asked what inspired him and his wife to adopt so many children, he shared, "There are so many kids out there that are in need of a family and raising, and they need all the chance they can get in life."

The event at Mann-Grandstaff also featured a number of volunteers who were veterans themselves. Reba served in the Marine Corps for five years as a helicopter mechanic and now is a nurse at the VA. "As a veteran, you have a different respect for fellow veterans," Reba said. "You understand what they've been through in life and in their career, so if you're in a position to give back, you want to do that for people who have been through the same thing that you have."

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David served in the Army for three and a half years.

Partners in Fighting Hunger: OUR CORPORATE SUPPORTERS

It takes a community of hands and hearts to help solve food insecurity. No single business, individual, foundation or organization alone can end hunger. This season, Second Harvest is honored to celebrate the many businesses that have taken action to help provide food for our neighbors in need. We extend our sincerest thanks to all our community partners who have committed to making a difference.

The team at Second Harvest thanks you!

THANK YOU TO OUR CORPORATE PARTNERS

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WSECU
Yakama Nation Legends Casino Hotel
Yoke's Fresh Markets

Second Harvest staff

Yasuhara Middle School: BITE2GO IN ACTION

KIM DAVIDSON
PHILANTHROPY DIRECTOR

At Denny Yasuhara Middle School, community is built from the ground up—and addressing child hunger is part of the foundation.

"We know that if kiddos are hungry, they're not learning," said Principal Stephanie Lundberg.

> *"We know that if kiddos are hungry, they're not learning."*

The new Spokane school serves 400 students in sixth and seventh grade, pulling from four elementary schools in East and West Central Spokane. Next year, they'll add eighth graders.

With a high percentage of students qualifying for free and reduced-price meals, food insecurity is just one issue facing students and their families. To ensure that they don't go hungry during weekends, students at Yasuhara will be invited to join Bite2Go, a partnership between Second Harvest and another local nonprofit that's laser-focused on child hunger, At The Core. Bite2Go provides free, nutritious, kid-approved foods to over 7,000 elementary, middle and high school students in area neighborhoods.

"Food is so important," shared Assistant Principal Julia Rendall. "It's one of the most important things that you need. But it also starts to establish habits with kids about what it is like to eat healthy and in a healthy way, and they need to learn that now, from a very young age, so that they can grow up and be healthy."

While Bite2Go has served local elementary students experiencing chronic food shortages at home since 2014, the "XL" model was launched two years later to provide a more substantial menu more suitable for the nutritional needs and appetites of middle and high school students. Bite2Go XL is student-focused and anonymous, from start to finish. Recipients choose from a diverse menu of ready-to-eat foods and place their weekly orders via a QR code. Fellow students then manage the inventory and package the weekend food supplies, which trusted school staff discreetly provide to students who have asked for help.

"We know with the percentage of our kids who are coming in that are considered to be living in poverty, this is a really, really important program for our students," explained Rendall. "But the other thing that's great about it is that it gives our kids leadership opportunities to give back to the community as well."

Understanding the high level of food insecurity, Yasuhara's Bite2Go XL adoptive organization, The Smith-Barbieri Progressive Fund, increased its financial support to feed more children. Lundberg said the level of commitment from their adoptive organization and other donors means the world to students and families.

"There are lots of things to be worried about in a lot of our kiddos' lives, and so removing one of those things is important to us. You don't have to worry about what you're going to eat this weekend. You're going to have that taken care of for you."

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 through Feed365, you'll create a reliable source of funding year-round to provide healthy food for those facing hunger in our community.

Numerica Credit Union is proud to support Second Harvest and encourages our community to become recurring donors through Feed365.

Through October, Numerica will generously match the first month's donation for new Feed365 supporters up to $5,000.

To learn more about Feed365, visit 2-harvest.org/feed365

NUMERICA CREDIT UNION

"The increasing disparity of wealth in our society—and in our neighborhoods—contributes, every day, to the inability of some to sustain themselves, their families and their children. We give regularly to Second Harvest because it is a good way to assist directly our fellow citizens in temporary or permanent need."

— Mike and Jean Herzog, Feed365 members

Mike and Jean Herzog

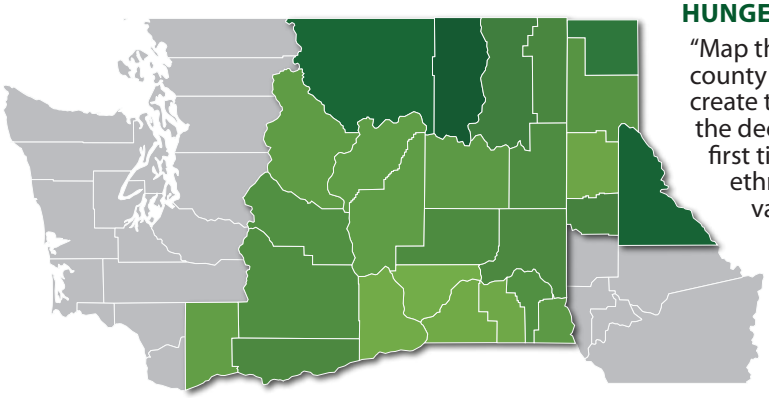
Map The Meal Gap: HUNGER BY THE NUMBERS

LEAH HORTON
VP OF PHILANTHROPY

At Second Harvest, we take our role as the region's largest charitable food distributor seriously. We have a 51-year history of innovation, building partnerships, being thrifty and creating practical hunger solutions. As a proud member of Feeding America, the nationwide network of more than 200 food banks serving every state, Second Harvest capitalizes on every benefit that membership provides. One of those benefits is harnessing Feeding America's national data to better address food insecurity here in the Inland Northwest.

Since 2011, Feeding America has conducted its annual "Map the Meal Gap" study to improve the understanding of food insecurity and food costs at the local level; it's the only study that provides this data from every state. The latest "Map the Meal Gap" report was released July 2022 with 2020 food insecurity data for the overall population and children at multiple geographic levels, including counties, food bank service areas, congressional districts and states. The study also analyzes and reports the "meal gap" shortfall by state, county and congressional district.

Food insecurity matters locally because it is often directly associated with numerous adverse social and health outcomes and is increasingly considered a critical public health issue. Key drivers of food insecurity include unemployment, poverty and income shocks/disruptions, which can prevent adequate access to food. As defined by the Department of Agriculture, food insecurity is a research measure that articulates the lack of access, at times, to enough food for each household member to lead an active, healthy life.



HUNGER IN THE INLAND NORTHWEST

"Map the Meal Gap" 2022 confirms that hunger exists in every county in Second Harvest's service area. While the pandemic did not create the food crisis in America, the 2020 data shined a spotlight on the decades long issue of food insecurity. This year's study, for the first time, also includes food insecurity rates for several racial and ethnic groups at the local level and reveals that disparities can vary greatly by population and place.

Across Second Harvest's 26-county service region, there's an overall food insecurity rate of 11.4%, which translates to approximately 1 in 9 people, including 1 in 6 children. That means a lot of our neighbors face food insecurity every day. Additionally, hunger rates for our service area are slightly higher than national rates for child hunger, while slightly lower for overall food insecurity. The report shows the 2020 overall hunger rates in our region were 11.4% compared to 11.8% nationally—for child hunger, the Inland Northwest rate was 17.9% and 16.9% nationally.

THE BIGGER PICTURE

When listed as numbers and data points, the personal toll of food insecurity is hard to grasp. But every day across the Inland Northwest, there are 214,070 people, including 81,250 children, experiencing food insecurity. People like Frani. For Frani, Second Harvest's Mobile Market free food distributions have become an essential resource for feeding her family since the pandemic began. "My husband was out of work for a while. He's a server so the restaurant closed down," said Frani.

In recent years, Frani has seen the process of assisting the local community with food from many vantage points. As a grocery store employee, she has helped donate extra product from their store to local food pantries through Second Harvest's Grocery Rescue program. As a recipient, she is grateful for free food distributions like the Mobile Market to stretch her grocery budget amidst rising prices. She wants the volunteers and donors who help make the Mobile Market happen to know they are making a difference for people like herself seeking food assistance. "I am part of a couple Facebook groups of local moms and local pages. I see a lot of people that have a hard time feeding their families. It is actually feeding people that probably wouldn't eat as well without you guys helping. It's really helpful," she explained.

Frani visited a Mobile Market this summer.

LEARN MORE

Scan the QR code to visit Feeding America's interactive map and learn more about food insecurity in the Second Harvest service area.

THANKSGIVING TURKEY DRIVES

Thanksgiving is just around the corner. With inflation at a 41-year high, a holiday meal will be out of reach for thousands of local families. Second Harvest invites you to help make the season brighter for neighbors in need. Scan one of the QR codes below to sponsor a local family's Thanksgiving meal.

A donation of just $20 to Tom's Turkey Drive will provide one complete Thanksgiving meal box.

KREM CARES TOM'S Turkey DRIVE

Scan to donate to Tom's Turkey Drive

2-harvest.org/turkeydrive

Your gift of $30 will go toward a complete holiday meal for families in the Mid-Columbia and Yakima Valley.

TURKEY DRIVE 2nd HARVEST

Scan to donate to Second Harvest's Turkey Drive

2-harvest.org/turkey

BASIC FOOD

Take a Fresh Look 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.

JASON CLARK'S HUNGER CRUSADE

During his two decades of leading Second Harvest, President and CEO Jason Clark has focused on building partnerships and programs in his audacious quest to end hunger. Throughout the years, there's been one constant: it takes a community to feed a community. Now you can join Jason for a fun and informative look at the creative ways neighbors are serving people facing hunger. Scan the QR code to watch the video.

SCAN HERE TO WATCH THE VIDEO

2-harvest.org/hungercrusade

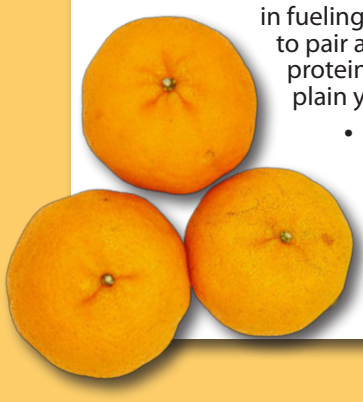
It's Snack Time: AFTER-SCHOOL SNACK IDEAS

CAROLYN NEGLEY, RD
NUTRITION EDUCATION MANAGER

THE KITCHEN 2nd HARVEST

School is back in session and that means it's time to talk snacks. After a long day of playing, thinking, reading and more, young bodies often need a chance to refuel. Whether your after-school plans include homework, soccer practice, music lessons or all of the above, turn to this handy list for tips and tricks for after-school snacks at home and on the road.

- **It's all about balance.** The perfect after-school snack has some fat, protein and carbohydrates. This is important because each macronutrient plays a different role in fueling your body. An easy trick for balance is to pair a fruit or vegetable with a high-quality protein/fat source like cheese, nut butters, plain yogurt or hummus.
- **Eat the rainbow.** Avoid snack-time ruts by making it a weekly goal to eat varied colors. Colors are a good indicator of different vitamins and minerals, so it's best to eat as many as possible!



- **Sample Menu:**
  - Monday – strawberries and plain yogurt
  - Tuesday – clementines and cheese bites
  - Wednesday – carrots and mashed avocado
  - Thursday – Bugs on a Log (celery with peanut butter and blueberries)
  - Friday – almonds and frozen purple grapes
- **Drink for your health.** Sodas and juices are never more tempting than after a long day; instead try sparkling water, herbal tea or fruit-infused water to stay hydrated without adding extra sugar.

For more snack ideas, check out secondharvestkitchen.org/snack.

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Hunger Solution Centers

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Spokane, WA 99202
(509) 534-6678

Tri-Cities: 5825 Burlington Loop
Pasco, WA 99301
Mailing Address:
P.O. Box 3068
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Mission Moments: HELP FILL OUR SHELVES

JASON CLARK
PRESIDENT & CEO

All of us at Second Harvest feel fortunate to be in a community that responds generously when we ask for help. Right now, our shelves are emptier than they have been in years. There are things happening in the world that make it harder for farmers and food companies to give as much food as they have in the past. All this while inflation is at a 41-year high and putting more people in food bank lines.

Donated food supply constraints have made it increasingly difficult for Second Harvest to have the volume and variety of food on hand that we need to serve our neighbors facing hunger. Second Harvest is distributing food to our partner food banks in Eastern Washington and North Idaho faster than it's coming into the doors of our hunger solution centers in Spokane and Pasco.

We can all understand that inflation is seriously impacting people living paycheck to paycheck as well as those on fixed incomes. A community of support will be needed to close the expanding meal gap that Second Harvest and the people we serve are facing.

Donated food has been and continues to be the heart of Second Harvest's services. However, we know that to do our mission-critical work, there will be increased freight costs and other expenses for these donated loads.

Second Harvest will do all we can to help feed our community in the months ahead. I hope you will join us in this important work. Donate food. Donate funds. Volunteer your time. Go to 2-harvest.org to learn more about how you can get involved. Thank you!

VETERAN-FOCUSED EVENTS

Continued from Page 1

Charles, another volunteer, served in the Air Force for 21 years. Growing up, he always knew he wanted to join the military after watching his uncle serve in the Army and the Air Force. Charles laughed as he explained, "He would always say, 'I've been in the Army, and I've been in the Air Force. I want you to join the military, and I want you to go in the Air Force because they treat you better than the Army.'"

The Mobile Market at Mann-Grandstaff served over 240 families and distributed nearly 14,000 pounds of food.

Second Harvest is honored to work with committed partners to help end hunger among active-duty military and veterans, including Veterans First, the Department of Veterans Affairs and its regional facilities, Fairchild Air Force Base and the American Legion. Generous financial donations from The Bob Woodruff Foundation helped cover the expenses of five summer Mobile Markets that served veterans and their families not only in Spokane and Post Falls, but also Reardan, Kennewick and Pasco, Washington.

To learn more about food insecurity in the military and among veterans, please visit the Military Family Advisory Network at www.mfan.org.

Reba served in the Marine Corps for 5 years.